

عنوان مقاله:

The Role of Metacognition and Intolerance of Uncertainty in Differentiating Illness Anxiety and Generalized Anxiety

محل انتشار:

مجله تمرین در روانشناسی بالینی، دوره 4، شماره 1 (سال: 1394)

تعداد صفحات اصل مقاله: 9

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خلاصه مقاله:

Objective:This study aimed to differentiate illness anxiety and generalized anxiety by the role of metacognition and intolerance of uncertainty. **Methods:** This research was a descriptive-correlational study with an ex post facto design. The study population included all students of Yazd University, and the study sample comprised ۴۰۰ healthy adult university students (Mean age=۲۳.۳ years, SD=۴.۹) who were selected using the convenience sampling method. Participants were asked to fill out ۴ self-report measures: short health anxiety inventory, intolerance of uncertainty scale, metacognitions questionnaire, and Penn State Worry questionnaire. Finally, ۳۳۸ questionnaires were statistically analyzed by SPSS ۲۰, using ANOVA and discriminant function analysis. **Results:** The results showed that there were significant differences between different groups with respect to most studied variables and that intolerance of uncertainty cannot discriminate between ۲ disorders. We can argue that this factor is a significant risk factor in both illness anxiety and generalized anxiety disorders. **Conclusion:** In general, transdiagnostic factors such as intolerance of uncertainty and cognitive beliefs have significant roles in emotional disorders, and can be considered as therapeutic targets.

کلمات کلیدی:

Metacognition, Comorbidity, Anxiety disorders, Diagnosis

