What Maintains Generalized Anxiety Disorder?

Examining Intolerance of Uncertainty and Negative Beliefs about Worry

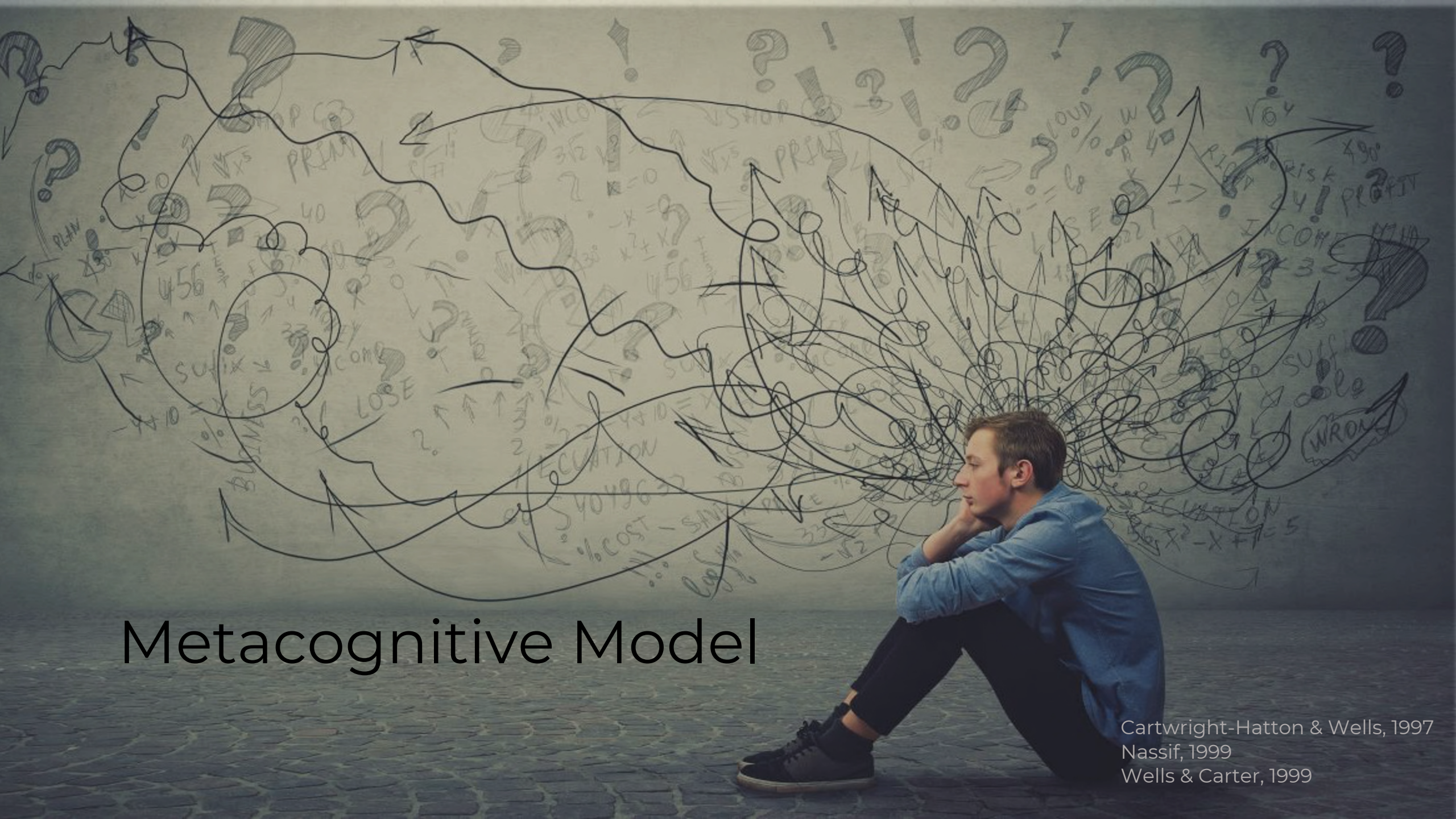
Sydney A. Parkinson
Dr. Alexander M. Penney



WAHA Lab
Worry and Health Anxiety Lab

Generalized Anxiety Disorder (GAD)

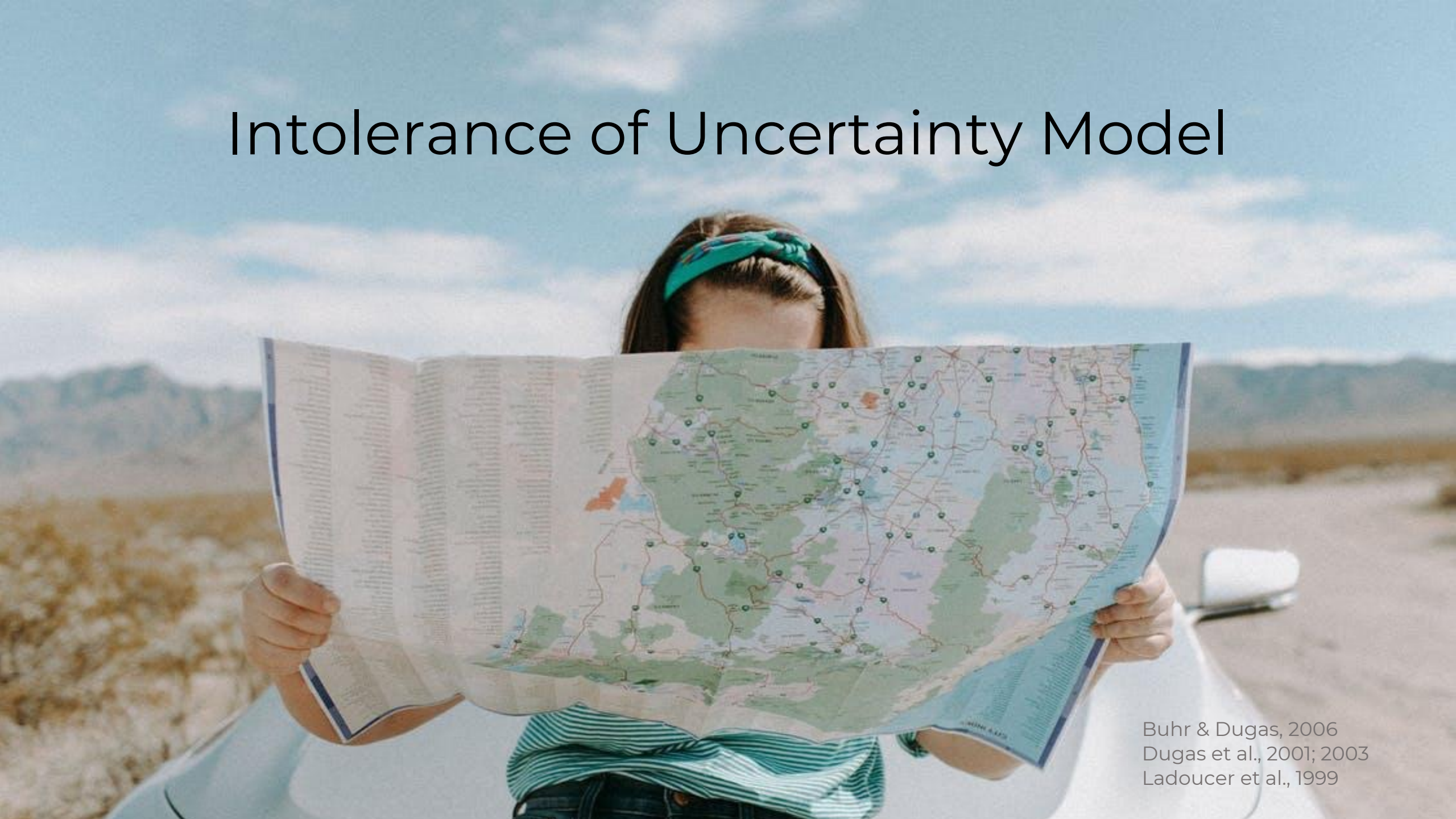




Metacognitive Model

Cartwright-Hatton & Wells, 1997
Nassif, 1999
Wells & Carter, 1999

Intolerance of Uncertainty Model



Buhr & Dugas, 2006
Dugas et al., 2001; 2003
Ladoucer et al., 1999

Emotion Dysregulation Model



Buhr & Dugas, 2012
Mennin et al., 2002
Mennin et al., 2005

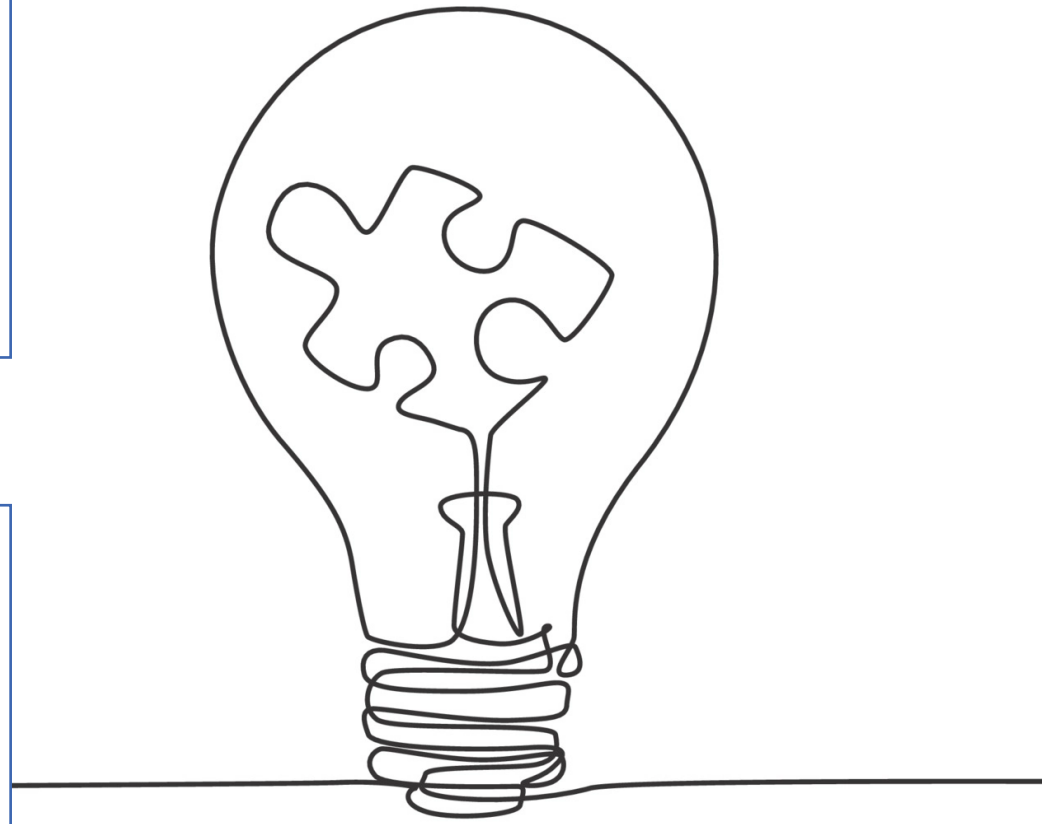

Negative beliefs about worry ?
Fear of emotions ?
Intolerance of uncertainty ?

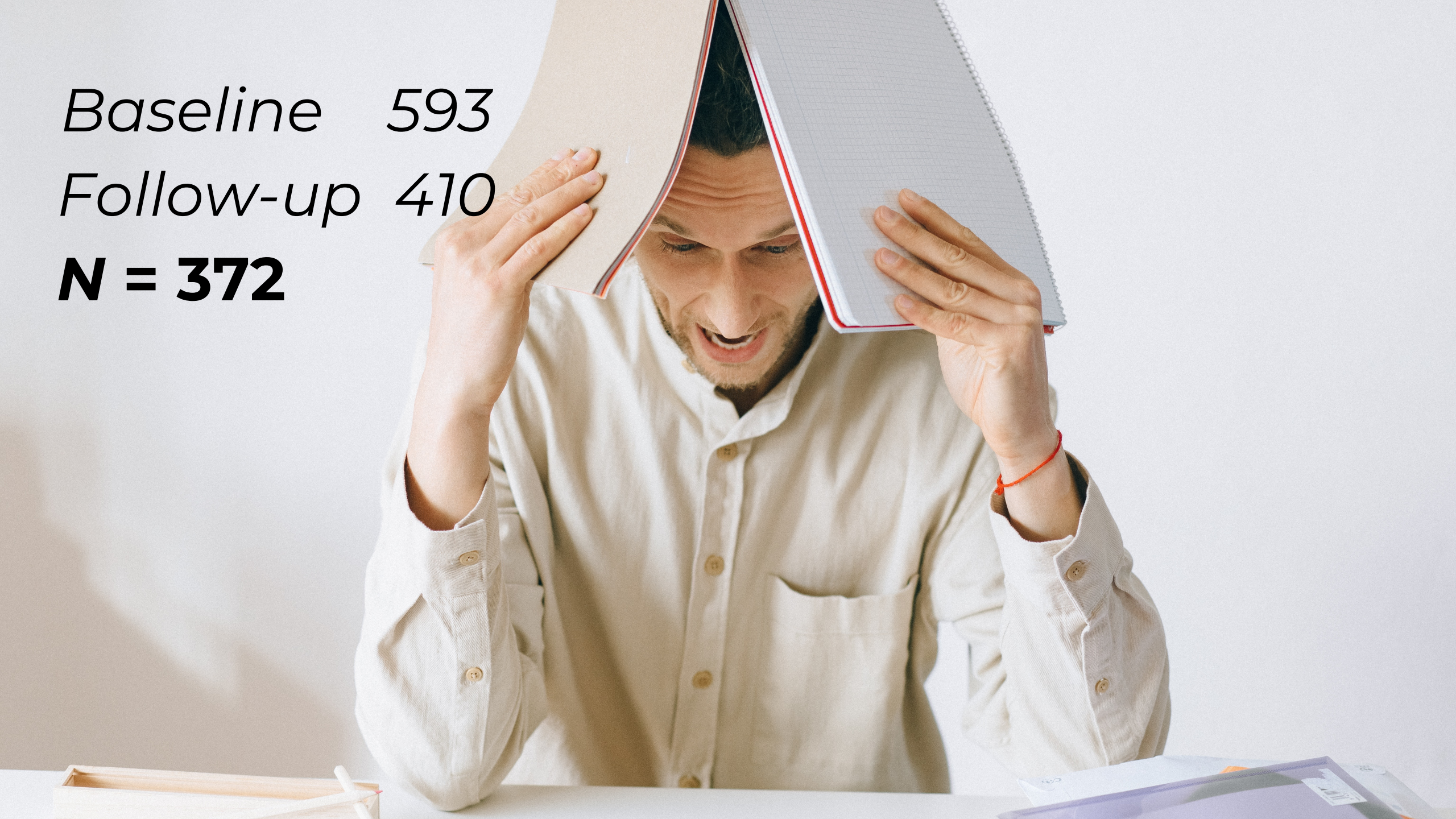
NBW

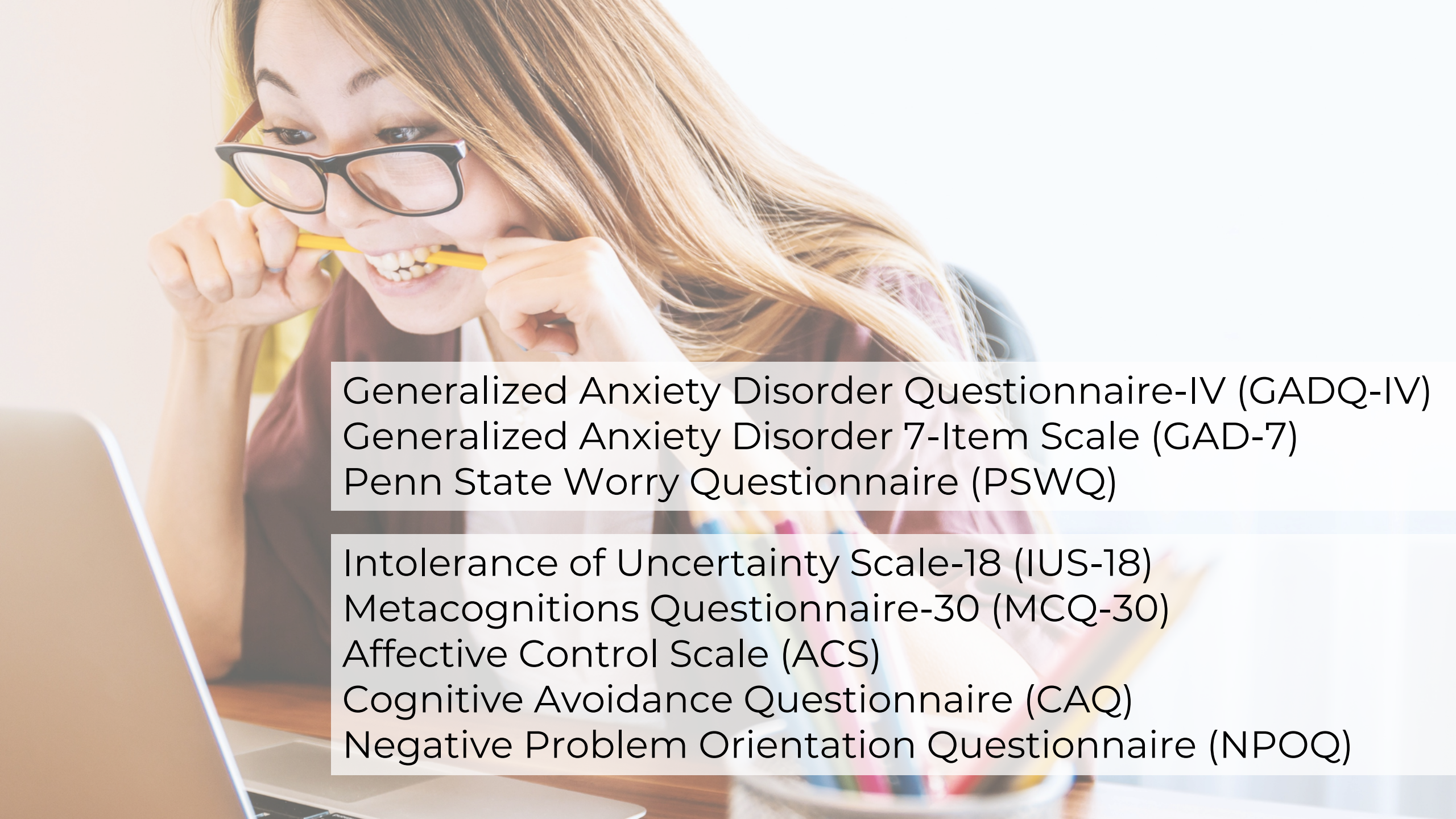
Strongest predictor of worry & GAD symptoms cross-sectionally

NBW

Strongest baseline predictor of worry & GAD at follow-up




Baseline 593
Follow-up 410
N = 372



Generalized Anxiety Disorder Questionnaire-IV (GADQ-IV)
Generalized Anxiety Disorder 7-Item Scale (GAD-7)
Penn State Worry Questionnaire (PSWQ)

Intolerance of Uncertainty Scale-18 (IUS-18)
Metacognitions Questionnaire-30 (MCQ-30)
Affective Control Scale (ACS)
Cognitive Avoidance Questionnaire (CAQ)
Negative Problem Orientation Questionnaire (NPOQ)


90.6%
87.6%

CROSS-SECTIONAL PREDICTORS OF WORRY

BASELINE	FOLLOW-UP
NBW *pr* = .32**	**NBW** *pr* = .48**
NPOQ *pr* = .26**	**PBW** *pr* = .22**
ACS-ANX *pr* = .17**	**ACS-ANX** *pr* = .18**
PBW *pr* = .13*	**IU** *pr* = .17**

* = $p < .05$

** = $p < .01$

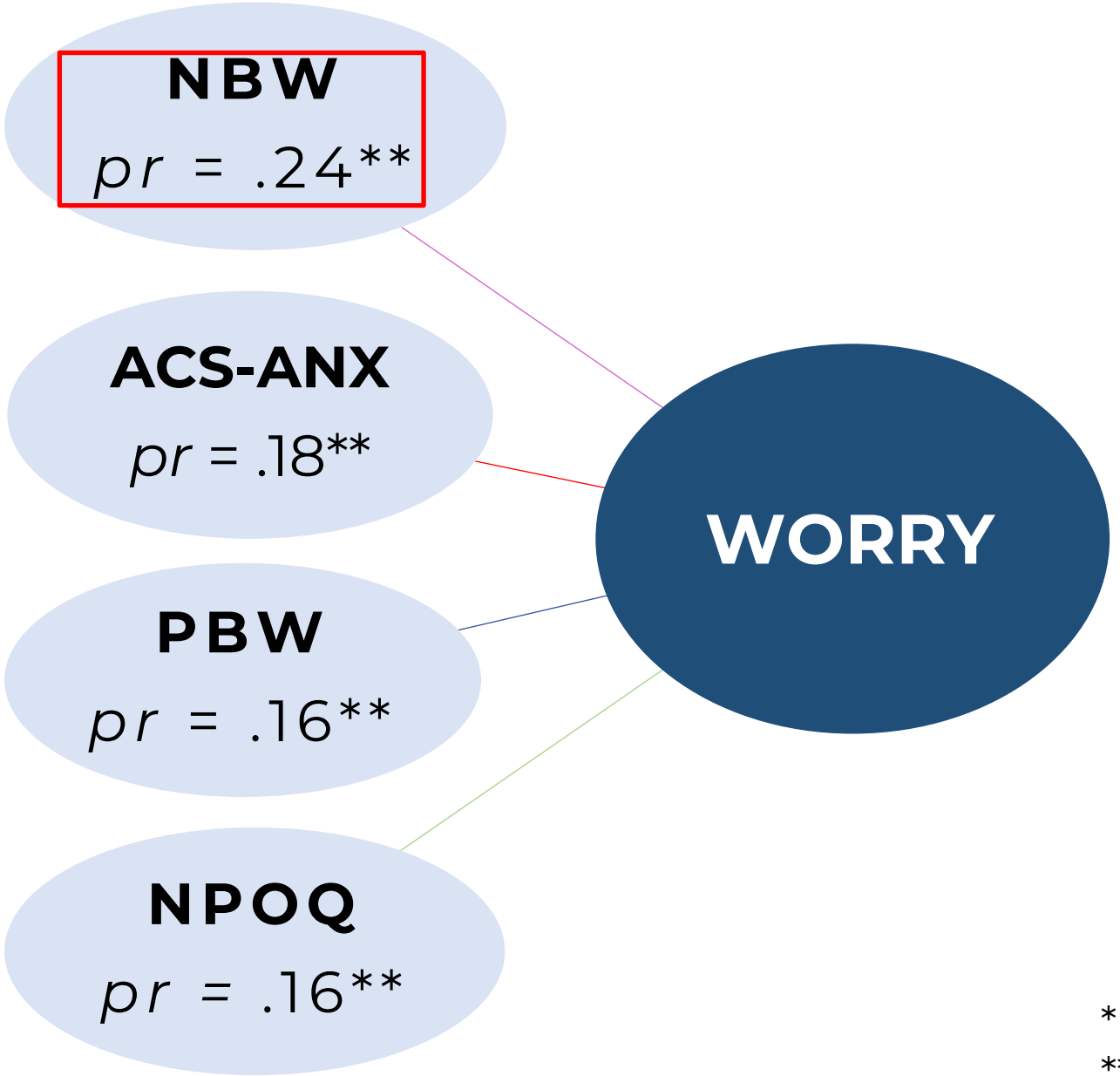
CROSS-SECTIONAL PREDICTORS OF GAD

BASELINE	FOLLOW-UP
NBW *pr* = .30**	**NBW** *pr* = .25**
IU *pr* = .18**	**IU** *pr* = .12*
ACS-DEP *pr* = .18**	**ACS-ANX** *pr* = .11*
PBW *pr* = .12*	**PBW** *pr* = .10*

* = $p < .05$

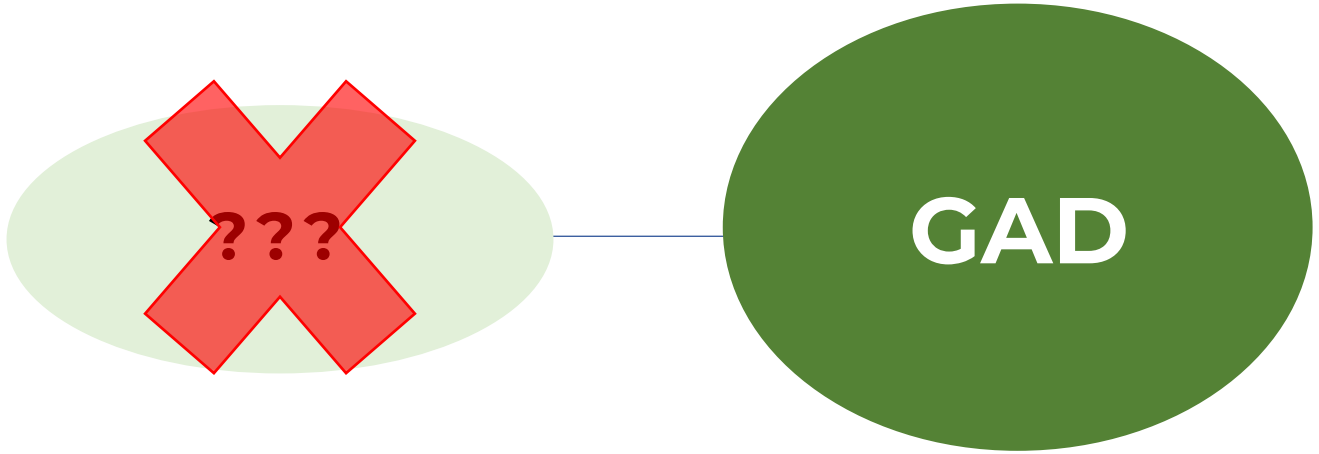
** = $p < .01$

Beliefs at baseline predicting worry at follow-up



* = $p < .05$
** = $p < .01$

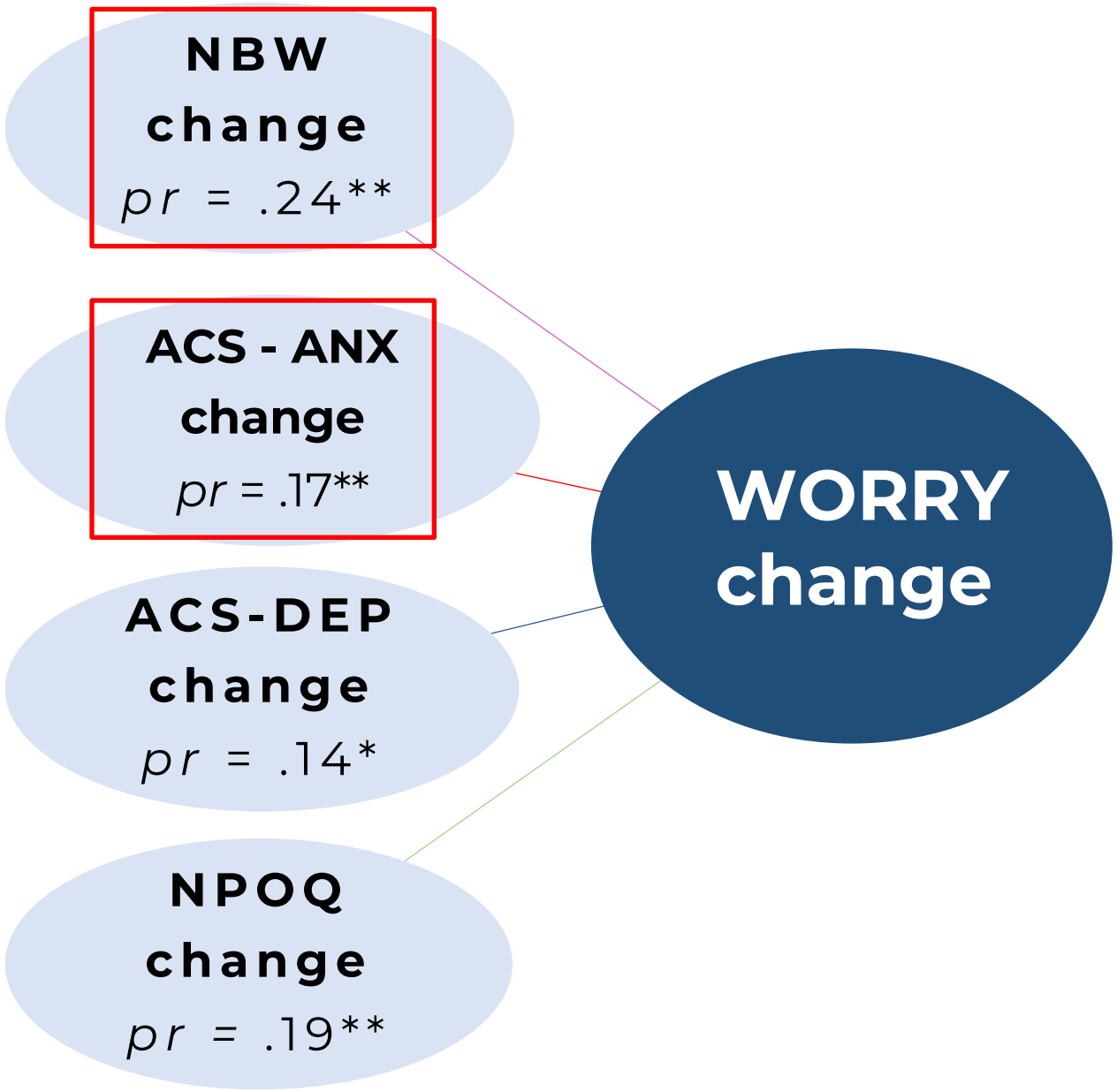
Beliefs at baseline predicting GAD at follow-up



* = $p < .05$
** = $p < .01$

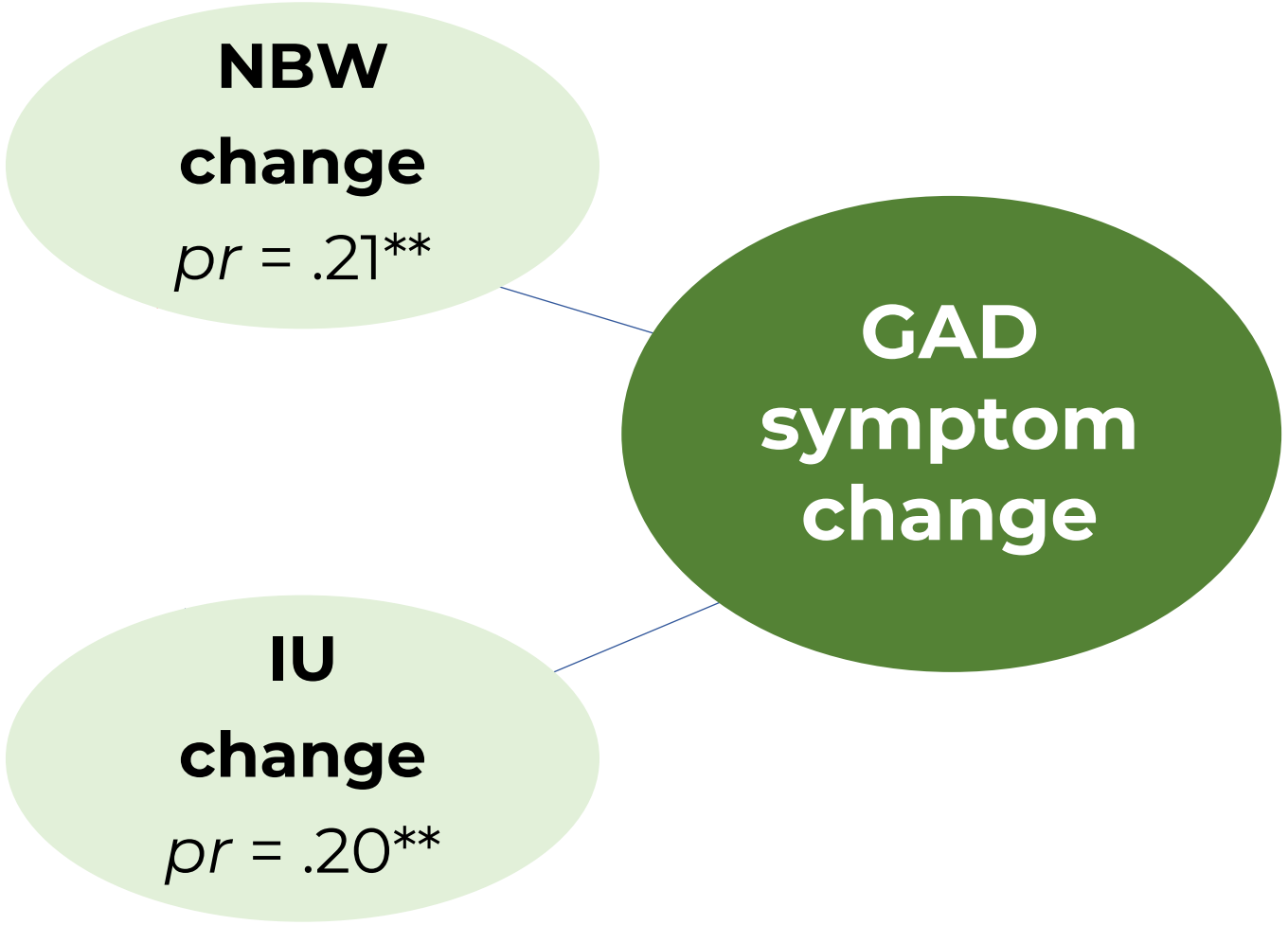

CHANGE
loading...

Changes in beliefs predicting changes in worry

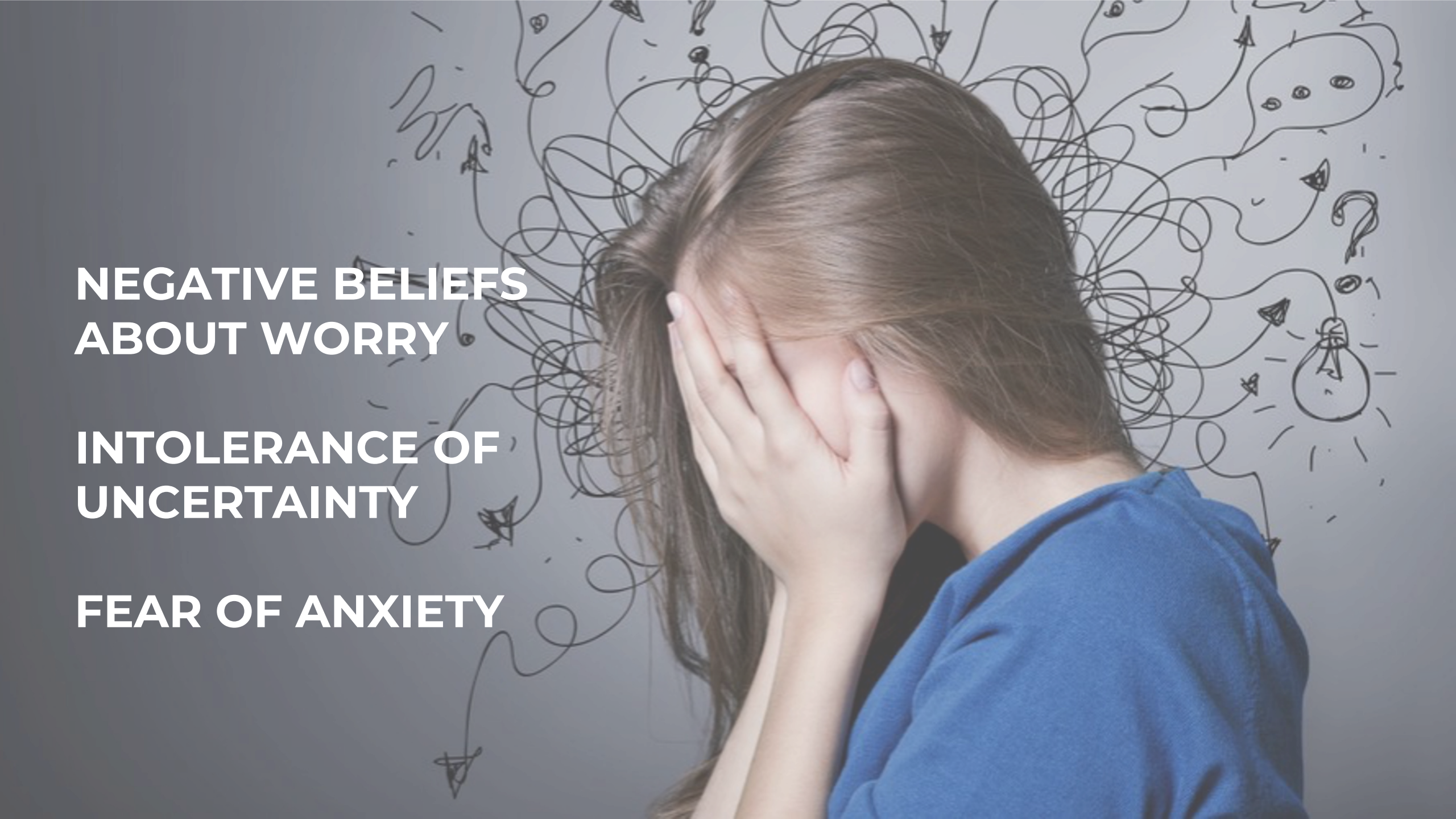


* = $p < .05$
** = $p < .01$

Changes in beliefs predicting changes in GAD



* = $p < .05$
** = $p < .01$



NEGATIVE BELIEFS ABOUT WORRY

INTOLERANCE OF UNCERTAINTY

FEAR OF ANXIETY


THERAPY


Thank
you!

