

Introduction

- Implicit theories refer to the beliefs people hold about personal attributes (Dweck, 1998; Dweck & Legget, 1988)
- Fixed mindsets reflect the belief that personal attributes are stable and unchangeable, while growth mindsets reflect believing a personal attribute is malleable
- Individuals who hold fixed mindsets regarding anxiety experience greater anxiety symptoms (Schroder et al., 2015), but no research has explored fixed mindsets regarding worry
- This study examined the associations fixed mindsets about worry have with worry severity, GAD symptoms, and related dysfunctional beliefs
- We also examined the relationships between fixed mindsets about worry and interest in, and expectations for, different forms of treatment

Methods

Sample: 228 university students
Mage = 20.44, 77.6% Female

Data Collection: Self-report surveys were completed online via Qualtrics

Measures:

- Theories of Worry Scale (TOW)
- Generalized Anxiety Disorder Questionnaire (GADQ-IV)
- Penn State Worry Questionnaire (PSWQ)
- Anxiety Sensitivity Scale-3 (ASI-3)
- Intolerance of Uncertainty-18 (IUS-18)
- Cognitive Avoidance Questionnaire (CAQ)
- Metacognitive Questionnaire-30 (MCQ-30)
 - Positive Beliefs about Worry (PBW)
 - Negative Beliefs about Worry (NBW)
- Worry Change Expectancy Scale (WCES)
- Worry Questions of Interest (WQI)

Fixed Beliefs About Worry Correlate with Worry Severity and Dysfunctional Beliefs

	TOW	GADQ-IV	PSWQ
TOW	$\alpha = .93$	$r = .365^{***}$	$r = .487^{***}$

$^{***}p < .001$

Variable	TOW
ASI-3	$r = .416^{***}$
IUS-18	$r = .436^{***}$
CAQ	$r = .291^{***}$
PBW	$r = .276^{***}$
NBW	$r = .492^{***}$
WCES	$r = -.536^{***}$
Interest in Self-Help	$r = .055$
Expectations for Self-Help	$r = -.211^{***}$
Interest in Medications	$r = .249^{***}$
Expectations for Medications	$r = .119$
Interest in Psychotherapy	$r = .104$
Expectations for Psychotherapy	$r = .029$

$^{***}p < .001$

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Results

- Fixed mindsets about worry moderately correlated with GAD symptoms and strongly correlated with worry severity
- Fixed mindsets about worry weakly-moderately correlated with cognitive avoidance and positive beliefs about worry, while moderately-strongly correlating with anxiety sensitivity, intolerance of uncertainty, and negative beliefs about worry
- Fixed mindsets strongly negatively correlated with overall expectations that worry can change, weakly negatively correlated with expectations for self-help therapies, and weakly positively correlated with interest in medications

Discussion

- Overall, fixed beliefs about worry were linked to greater worry severity, GAD symptoms, and lower expectations for change, as well as broader maladaptive cognitive processes.
- Fixed beliefs were largely unrelated to beliefs about treatment, which indicates that they may not act as a barrier for accessing therapy.

Scan here for a copy of the abstract, this poster, and to view the references:



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