

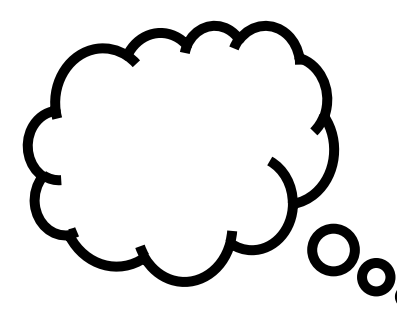
## Introduction

### Generalized Anxiety Disorder (GAD)

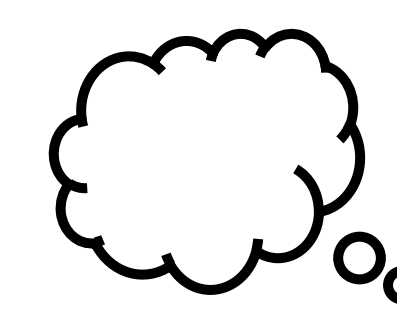


GAD is characterized by excessive and uncontrollable worry

### Implicit Theories (Dweck, 1998; Dweck & Legget, 1988)



**Growth mindset:** When a person believes a personal attribute is changeable



**Fixed mindset:** When a person believes a personal attribute is unchangeable

### Prior Research



Studies show that individuals with anxiety and other mental health disorders are likely to hold a fixed mindset (Berking & Wupperman, 2012; Schroder et al., 2015)

## Hypotheses

- Individuals with more severe worry are more likely to hold a fixed mindset
- Individuals with a fixed mindset are more likely to have lower expectations for treatment effectiveness
- Reading the CPA GAD Fact Sheet will increase growth mindset and interest in treatment

## Participants

**Sample:** 300 MacEwan Psychology undergraduate students

**Data collection:** Self-report surveys completed online via Qualtrics

# HOW YOU THINK ABOUT YOUR WORRY MATTERS

Having a growth mindset compared to a fixed mindset may influence individuals' interest in seeking treatment for worry

Can treatment decrease my worry?

Can my level of worry change?



## Methods

### Primary Self-Report Measures

Generalized Anxiety Disorder Questionnaire  
Penn State Worry Questionnaire  
Theories of Worry Scale  
Worry Questions of Interest

### Experimental Procedure

Participants will be randomly assigned to read either the Canadian Psychology Association "Psychology Works" GAD Fact Sheet or Insomnia Fact Sheet

## Implications

- First study to examine the relationship between implicit theories and GAD/worry
- First study on the Canadian Psychology Association (CPA) "Psychology Works" Fact Sheets
- Findings may suggest that informing individuals about the treatability of GAD could foster a growth mindset and enhance interest in therapy

Contact Syhdnae Jans via email at [Janss3@mymacewan.ca](mailto:Janss3@mymacewan.ca) for more information

Presented at MacEwan University Student Research Day, April 17<sup>th</sup>, 2025

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

