

Unraveling the Role of Metacognitive Processes in Generalized

Anxiety Disorder: A Moderated Mediation Model

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Introduction

- Recent research has suggested that worry-related metacognitions may play a moderating role in the relationships that anxiety-related dysfunctional beliefs have with chronic worry and generalized anxiety disorder (GAD; Gorday & Bardeen, 2022).
- Neuroticism contributes to difficulties tolerating uncertainty and sensitivity to anxiety, which both then contribute to GAD/chronic worry (Norton & Mehta, 2007).
- We examined if metacognitions moderate the direct and indirect pathways from neuroticism to GAD/chronic worry through intolerance of uncertainty (IU) and anxiety sensitivity (AS).

Metacognitions Do Not Moderate The Pathways From Neuroticism, AS, and IU to GAD & Worry

Addendum

Scan below to see the abstract, a copy of the poster, and full reference list



OFFICE OF RESEARCH SERVICES

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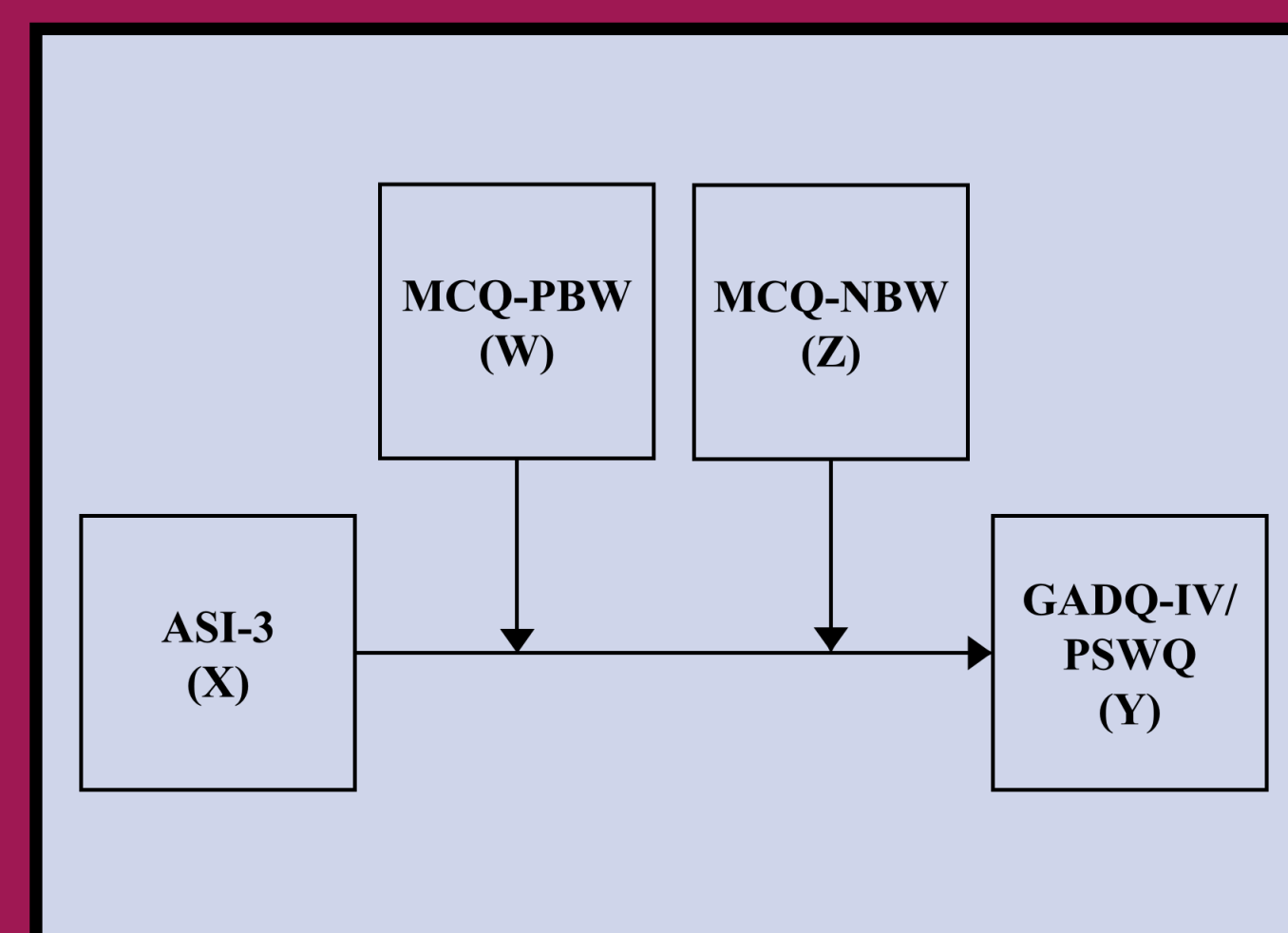
Methods

- Undergrad Sample: $N = 573$; $M_{age} = 20.84$ (17-46yr)
 - 72.3% Female, 22.5% Male, 2.6% Non-Binary
- Generalized Anxiety Disorder Questionnaire-IV (GADQ-IV)
- Penn State Worry Questionnaire (PSWQ)
- Anxiety Sensitivity Index-3 (ASI-3)
- Metacognitions Questionnaire-30
 - Positive Beliefs about Worry (MCQ-PBW)
 - Negative Beliefs about Worry (MCQ-NBW)

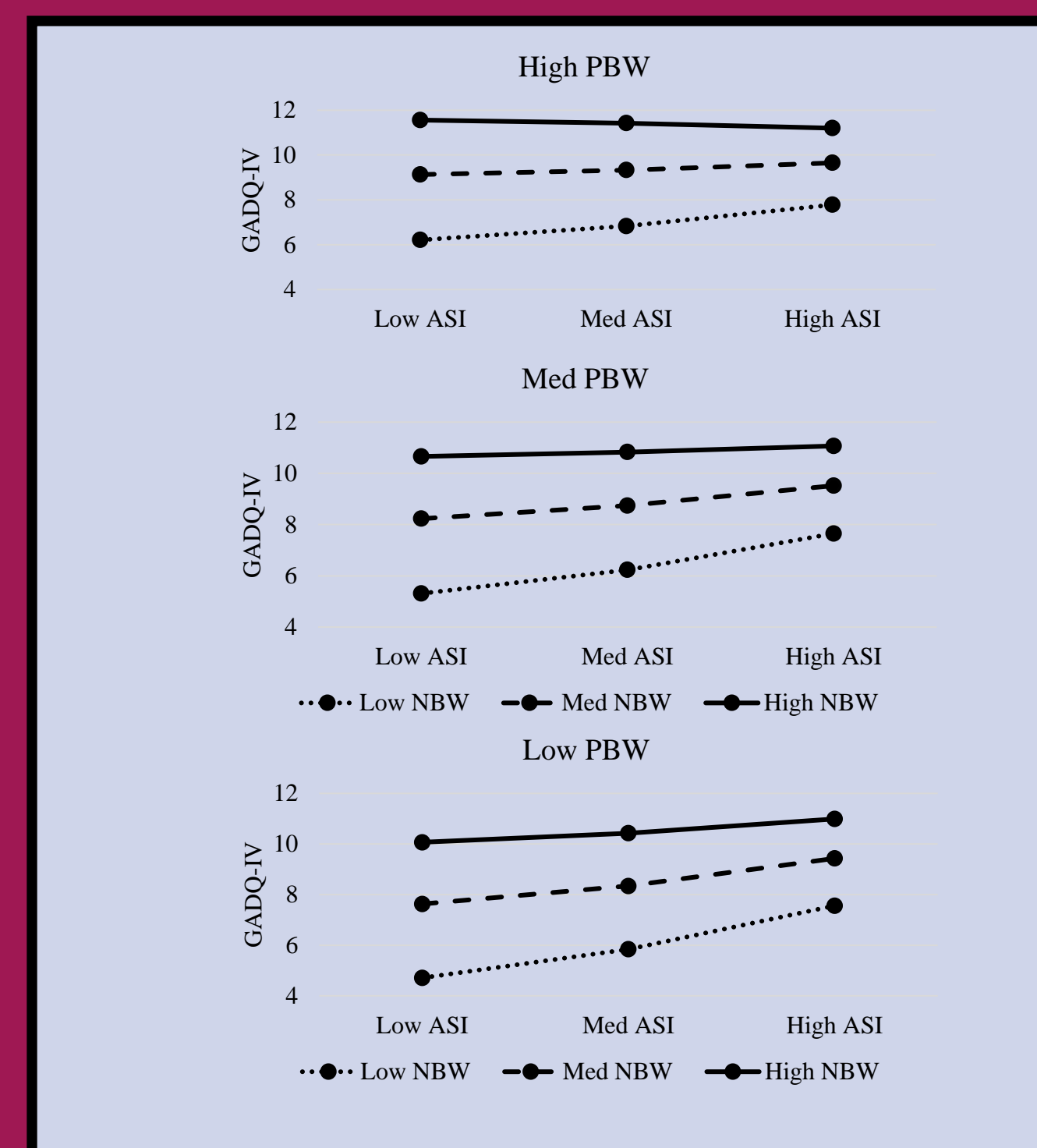
- Community Sample: $N = 624$; $M_{age} = 43.20$ (18-65yr)
 - 50.3% Female, 48.6% Male, 0.8% Non-Binary
- Intolerance of Uncertainty Scale-18 (IUS-18)
- Big Five Inventory-2
 - Neuroticism Subscale (BFI-N)
- GADQ-IV; PSWQ; ASI-3; MCQ-PBW; MCQ-NBW

- Community Sample: $N = 624$; $M_{age} = 43.20$ (18-65yr)
 - 50.3% Female, 48.6% Male, 0.8% Non-Binary
- IUS-18
 - Prospective Intolerance of Uncertainty (IUS-P)
 - Inhibitory Intolerance of Uncertainty (IUS-I)
- ASI-3
 - Physical Concerns (ASI-P)
 - Social Concerns (ASI-S)
 - Cognitive Concerns (ASI-C)
- GADQ-IV; PSWQ; MCQ-PBW; MCQ-NBW; BFI-N

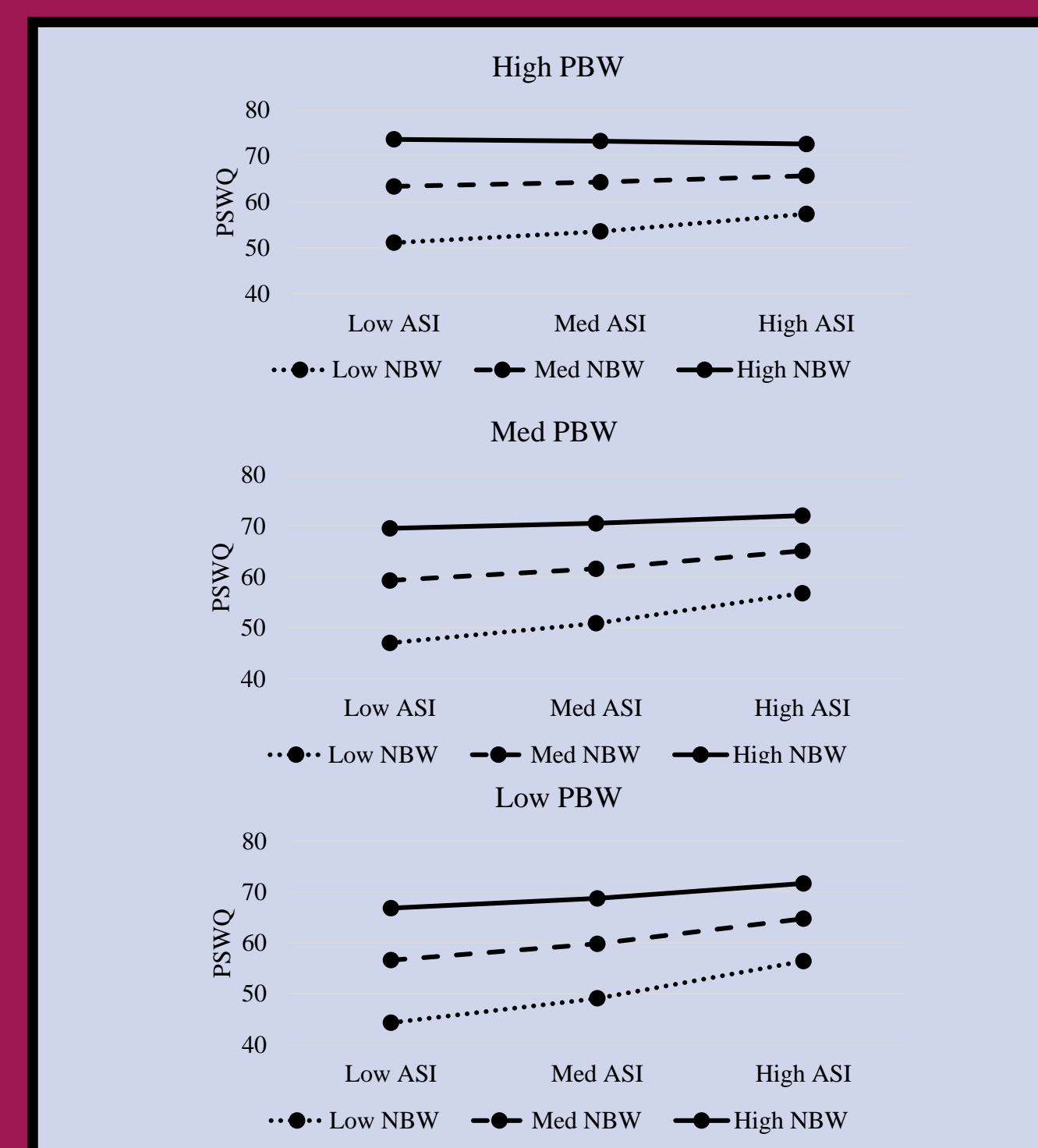
Initial Model



GADQ Results



PSWQ Results

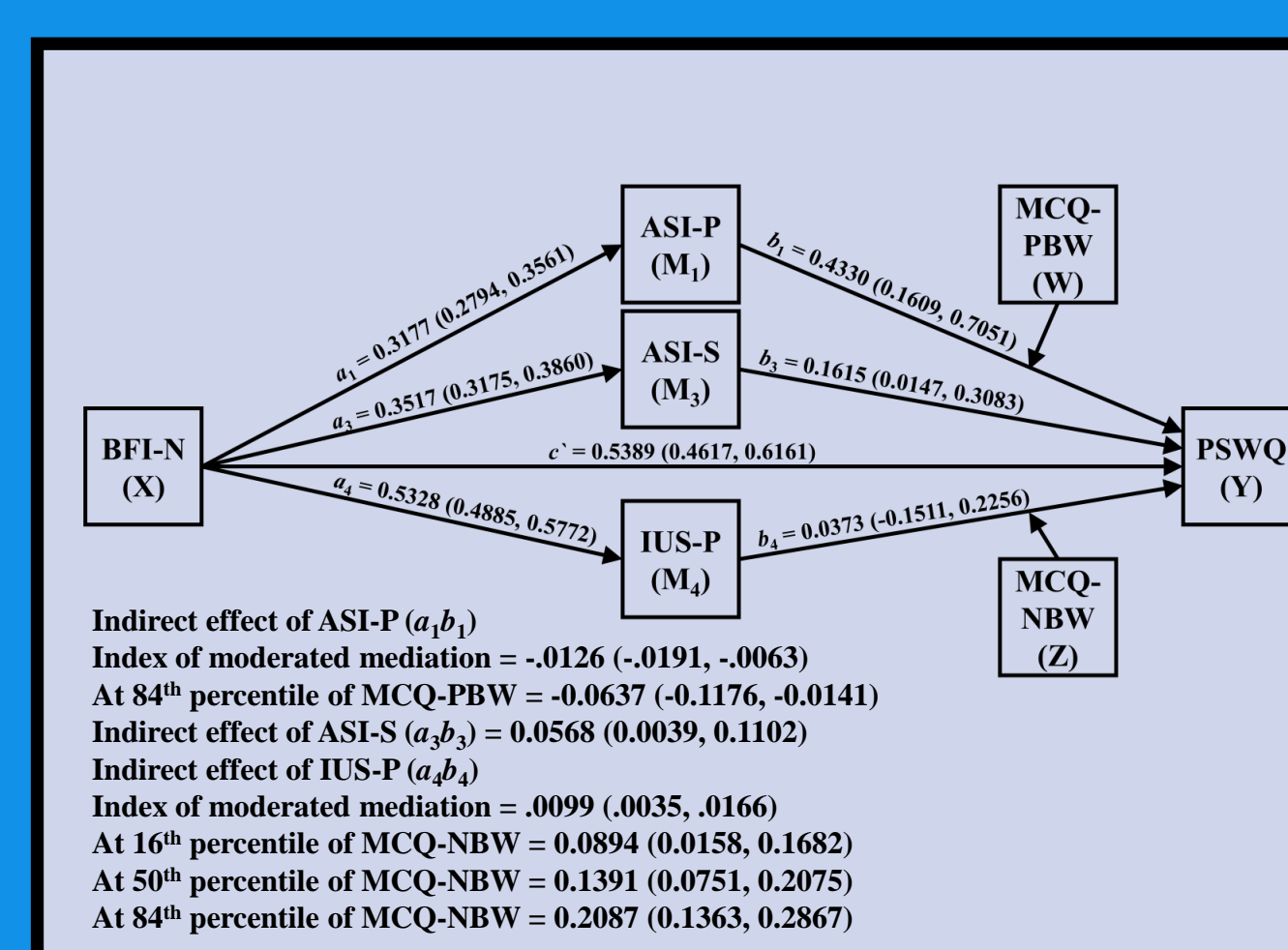
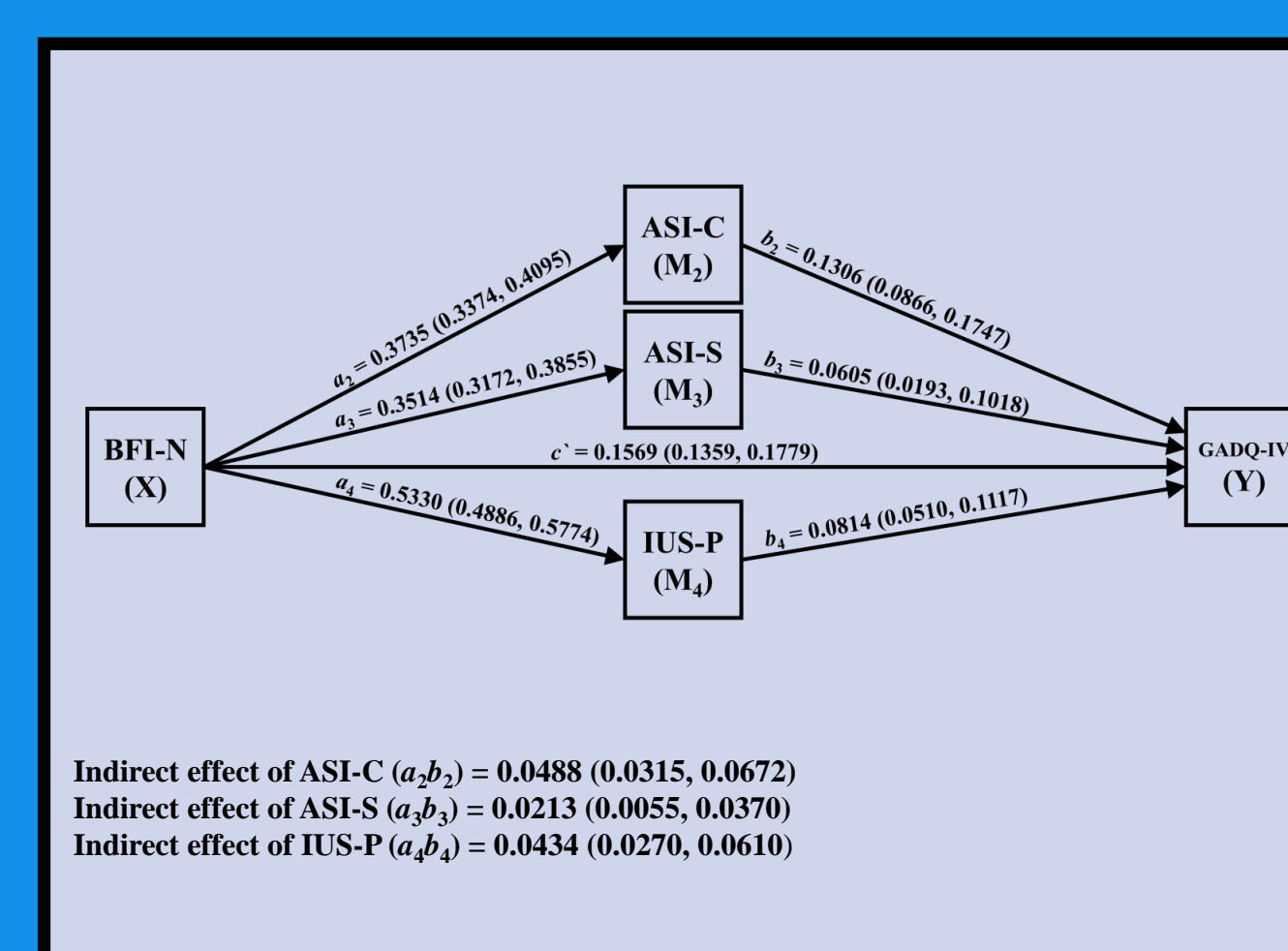
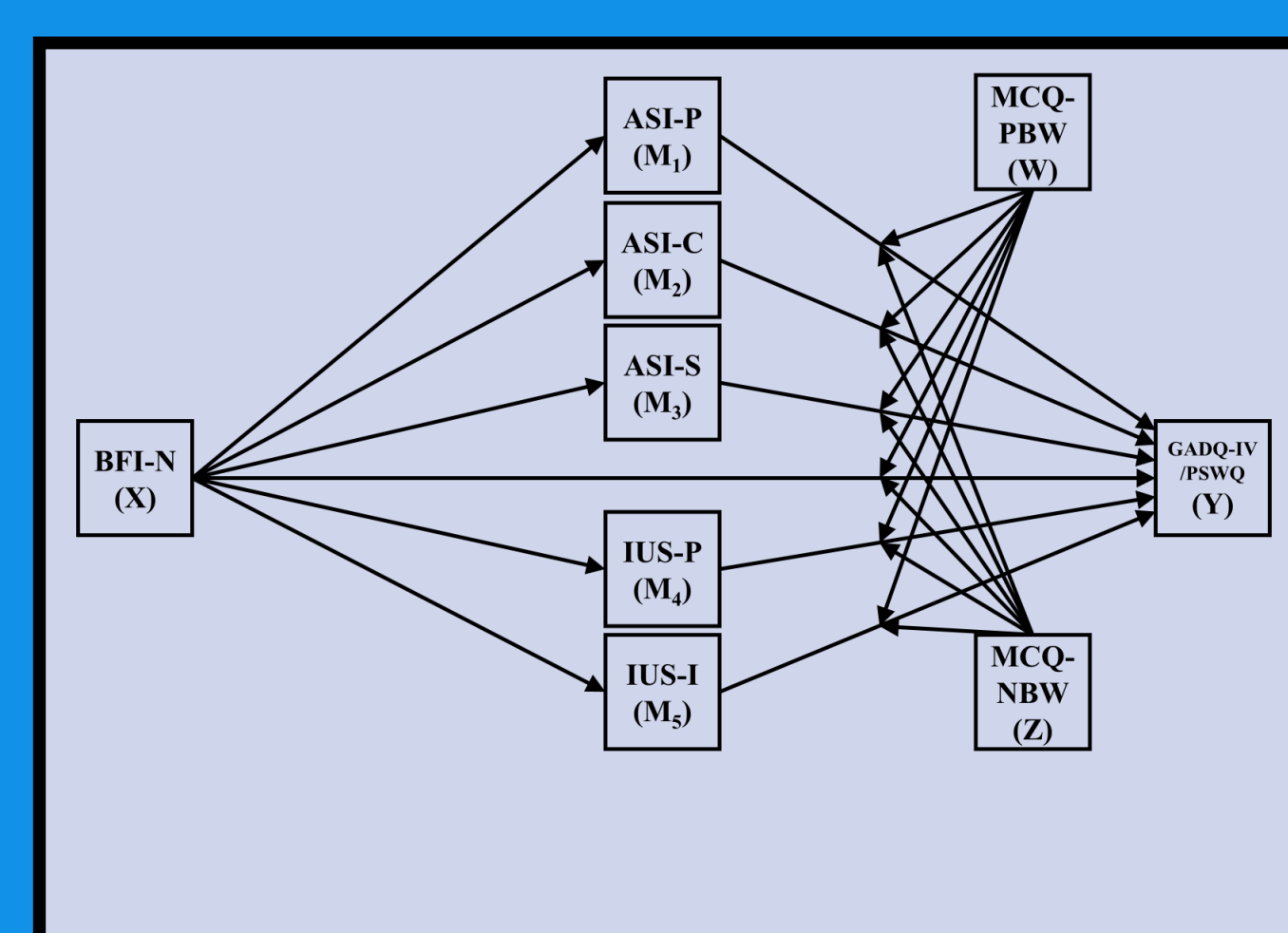
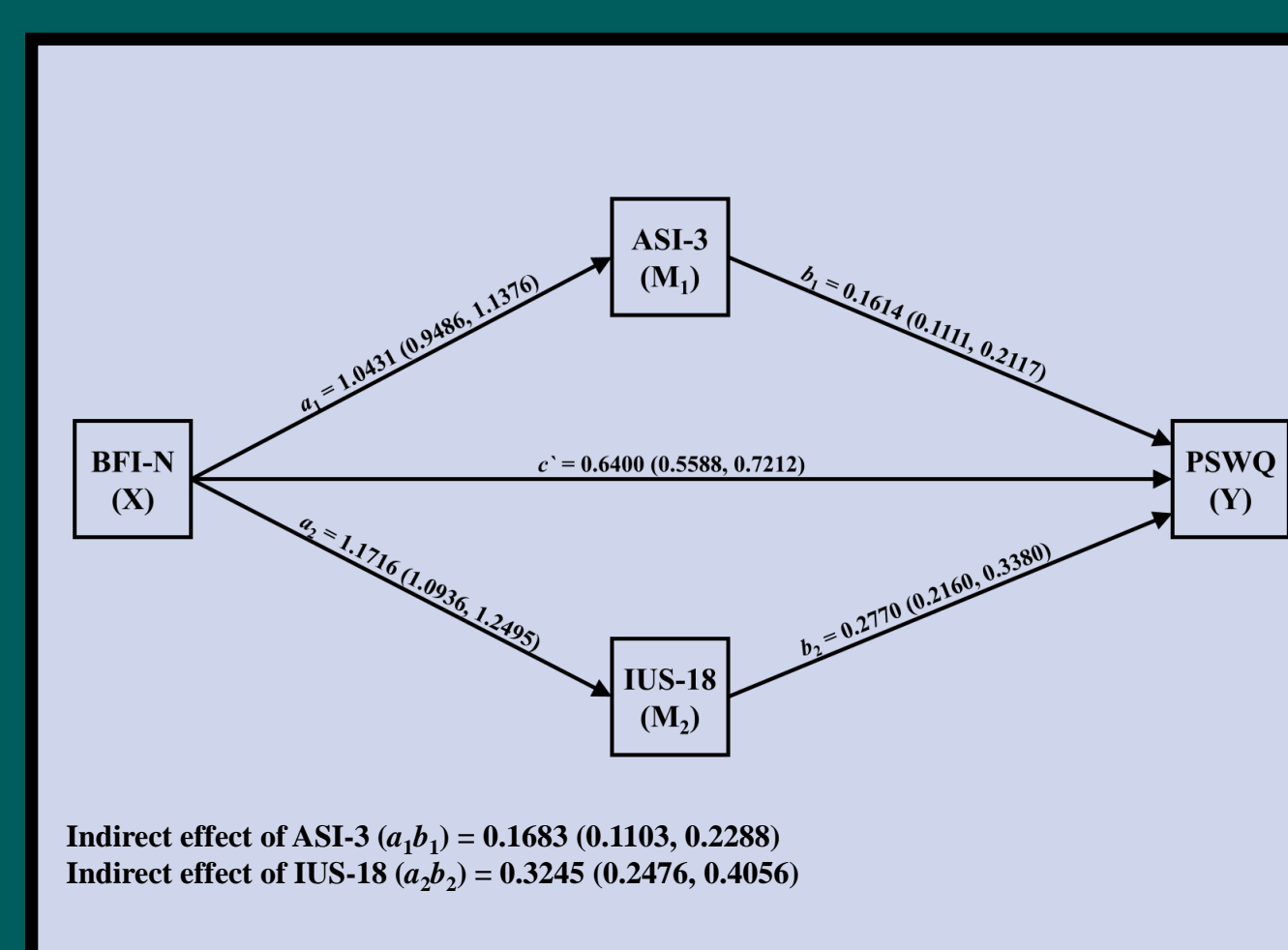
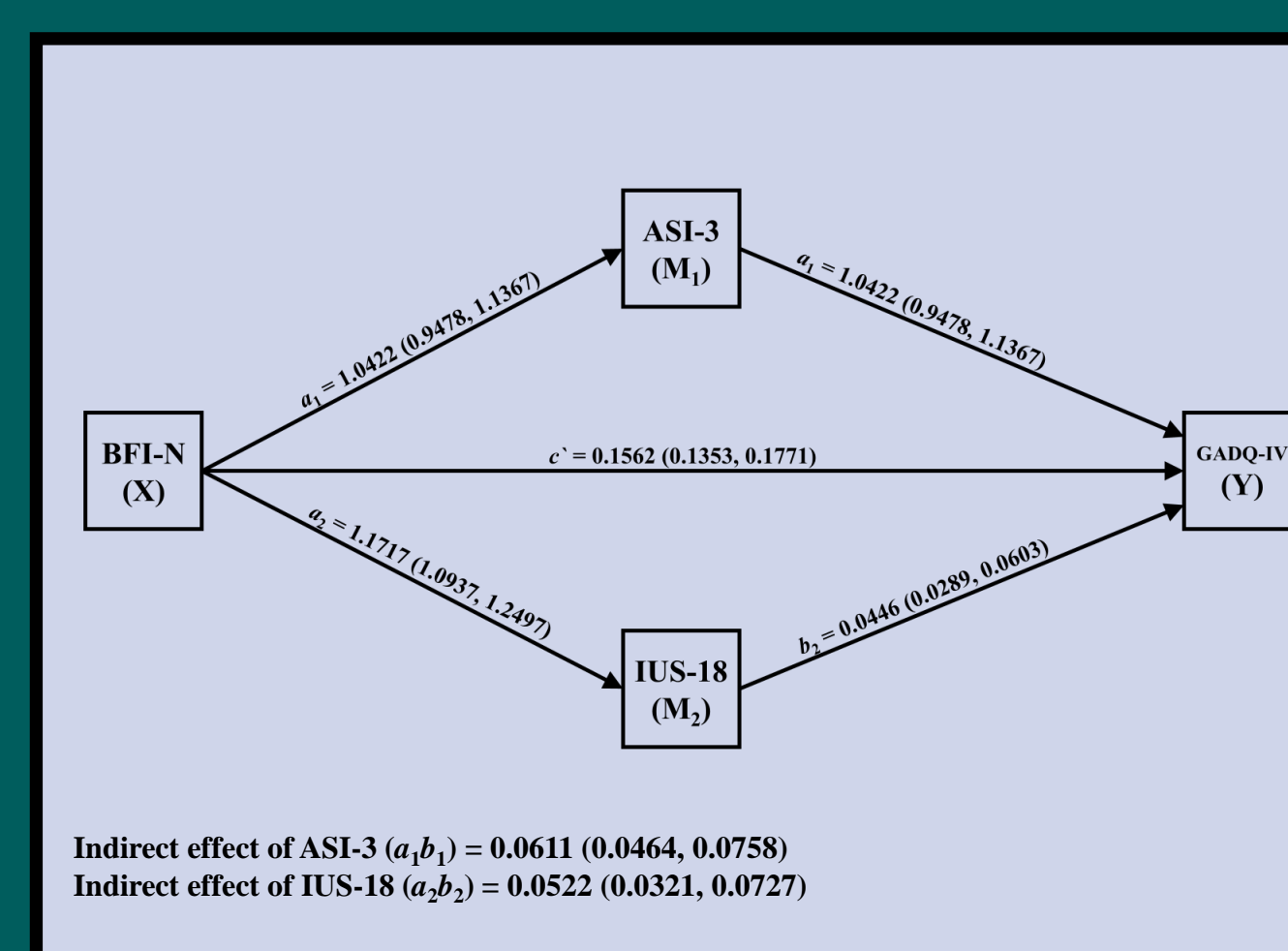
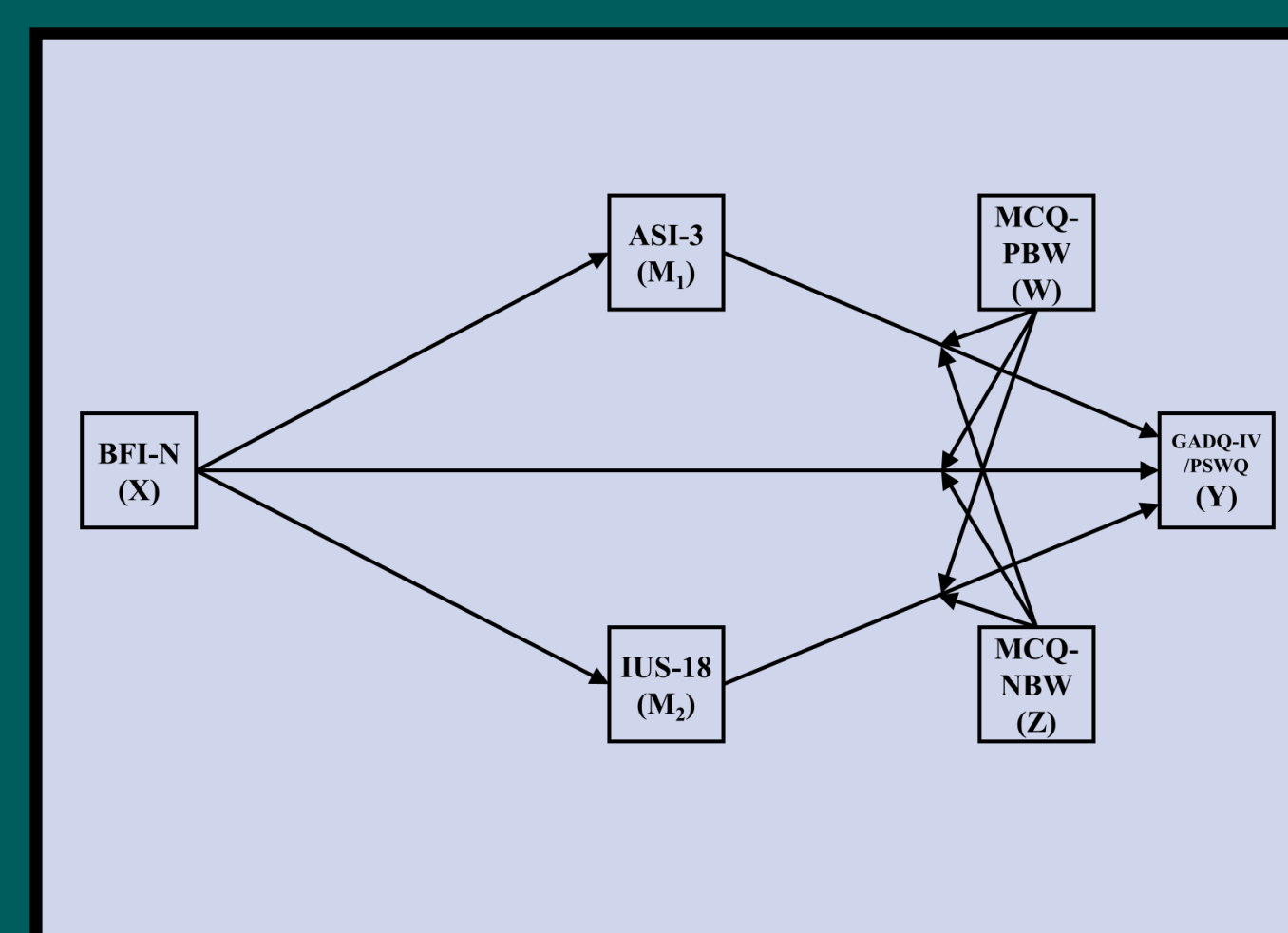


Discussion

- Negative beliefs about worry (NBW) moderated the relationship between AS and GAD/Worry, but only at low levels of NBW and anxiety sensitivity.
- If participants were medium or high in either NBW or AS, the moderation effect went away.
- If someone was high in either NBW or AS, it was roughly the same as being high in both.

- Metacognitions did not moderate the direct or indirect pathways from neuroticism to GAD/Worry.
- The pathways from neuroticism to GAD/Worry through AS and IU were all found to be significant.
- AS and IU may play a mediating role in the relationships from neuroticism to GAD/Worry.
- NBW was highly related to GAD/Worry, and may play a mediating role, rather than a moderating role.

- The pathways from neuroticism to GAD/Worry through ASI-S and IUS-P were consistently significant.
- Positive beliefs about worry (PBW) may negatively moderate the pathway from neuroticism to Worry through ASI-P.
- NBW may positively moderate the pathway from neuroticism to Worry through IUS-P.
- However, these moderating effects were weak, not seen in any other model, and may not represent a true effect.



Note: Numbers inside brackets indicate the 95% confidence interval.