

Introduction

- A common core cognitive vulnerability has been proposed which subsumes many anxiety and depression related constructs (Hong & Cheung, 2015; Hong et al., 2017; Poh et al., 2021)
- These include constructs like anxiety sensitivity, intolerance of uncertainty, and ruminative style
- No research has investigated if dysfunctional metacognitions may also be included in this common core vulnerability

Method

- A principal component analysis was conducted on self report survey data from undergraduates ($N = 350$) (70.0% Women, 24.5% Men, 3.4% Non-Binary)
- Metacognition Questionnaire-30 (MCQ-30) (Wells & Cartwright-Hatton, 2004)
 - Positive Beliefs About Worry
 - Cognitive Confidence
 - Cognitive Self-Consciousness
 - Need to Control Thoughts
 - Negative Beliefs About Worry
- Anxiety Sensitivity Index-3 (ASI-3) (Taylor et al., 2007)
 - Physical Concerns
 - Cognitive Concerns
 - Social Concerns

Negative metacognitions overlap with anxiety sensitivity, and could be part of the common core

Principal Component Analysis	Extraction
Anxiety Sensitivity Cognitive Concerns	0.73
Negative Beliefs About Worry	0.64
Anxiety Sensitivity Physical Concerns	0.60
Anxiety Sensitivity Social Concerns	0.52
Need to Control Thoughts	0.51
Cognitive Confidence	0.40
Cognitive Self-Consciousness	0.29
Positive Beliefs About Worry	0.23

Results

- A one factor solution, with all 8 subfactors loading onto a single factor, was the model of best fit, and accounted for 48.8% of total variance
- ASI-Cognitive had the strongest loading, followed by Negative Beliefs About Worry, and ASI-Physical
- ASI-Social, and the negative metacognitions Need to Control Thoughts, and Cognitive Confidence also moderately loaded onto the factor

Implications & Directions

- Marked similarities appear to exist between the constructs of the ASI-3 and MCQ-30
- Metacognitions, particularly negative beliefs about one's own thoughts and memory, may also be part of the common core cognitive vulnerability
- This supports the transdiagnostic application of metacognitive therapies. Further, current transdiagnostic therapies may also benefit from targeting negative metacognitions.
- A follow up study investigating a wider array of proposed common core constructs would be valuable to further examine whether negative metacognitions are part of the common core cognitive vulnerability



Poster and references list

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