

Models Of Generalized Anxiety Disorder: Does The Emotion Dysregulation Model Aid Our Understanding?

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Introduction

- Generalized anxiety disorder (GAD) consists of excessive anxiety and uncontrollable worry lasting at least 6 months (American Psychiatric Association, 2013)
- The Emotion Dysregulation Model (EDM) proposes that individuals with GAD have issues understanding, expressing, and managing emotions (Mennin, Heimberg, Turk, & Fresco, 2002)
- There is a lack of research providing support for the utility of the EDM. Research has yet to examine this model in comparison to more established models
- The proposed study examines if the EDM helps explain GAD symptoms when compared to a well established model, the Metacognitive Model of Worry (MCM)
- The MCM emphasizes that those with GAD have negative beliefs about the dangerousness and uncontrollability of worry (Wells, 1995)



Hypotheses

- GAD symptoms will positively correlate with emotion dysregulation
- GAD symptoms will positively correlate with negative beliefs about worry
- Emotion dysregulation will predict GAD symptoms independent of negative beliefs about worry

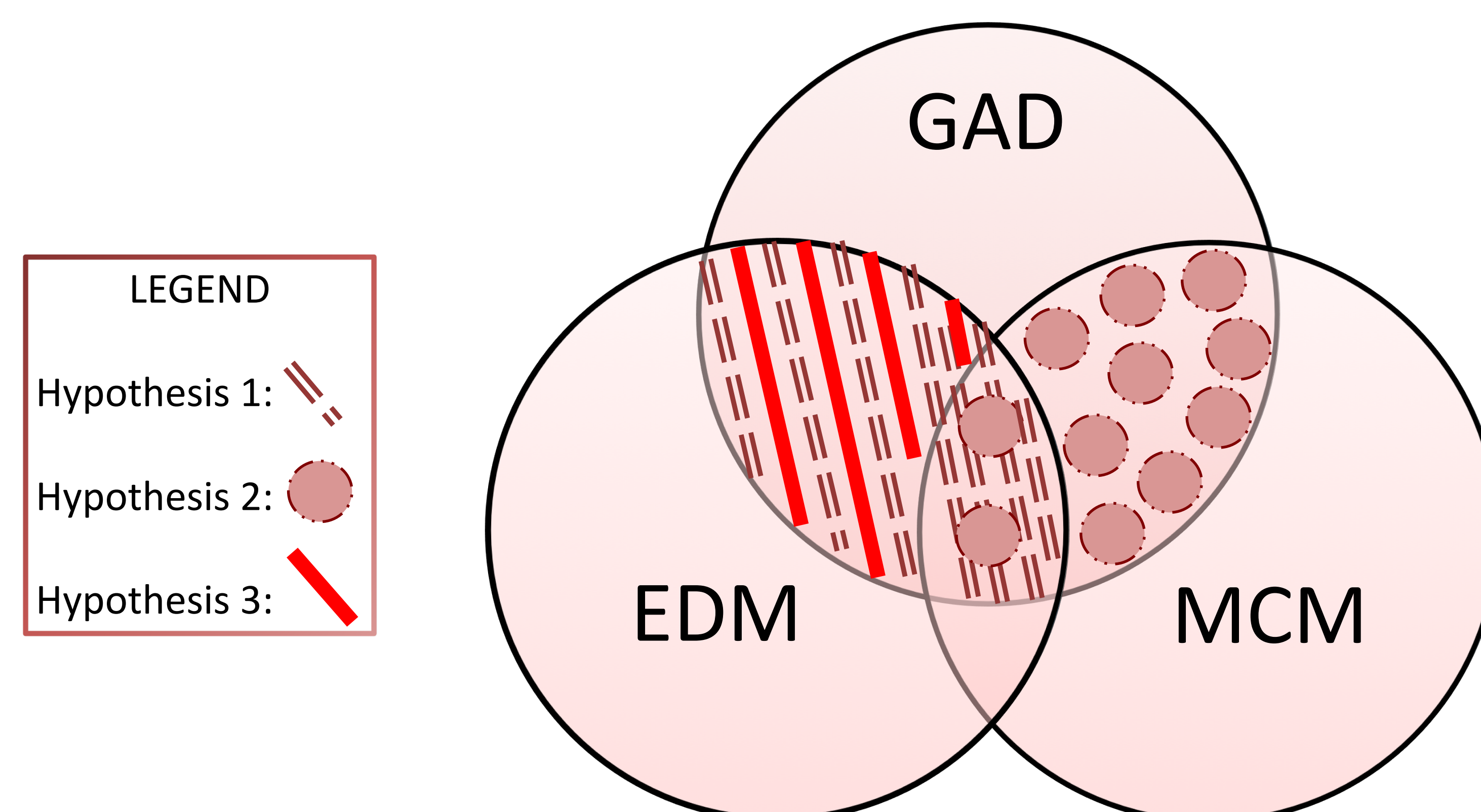
Methods

- Non-clinical undergraduate students ($N = 400$) will be included in this study
- Participants will complete a demographic measure followed by several self-report measures previously used in research of the EDM and the MCM to investigate which measures uniquely predict GAD symptoms

GAD Measures	EDM Measures	MCM Measures
- Generalized Anxiety Disorder 7-Item Scale (Spitzer, Kroenke, Williams, & Lowe, 2006) - Worry and Anxiety Questionnaire (Dugas, Freeston, Provencher, Lachance, Ladouceur, & Gosselin, 2001) - Penn State Worry Questionnaire (Meyer, Miller, Metzger, & Borkovec, 1990)	- Trait-Meta Mood Scale (Salovey, Mayer, Goldman, Turvey, & Palfai, 1995) - Berkeley Expressivity Questionnaire (Gross & John, 1997) - Affective Control Scale (Williams, Chambless, & Ahrens, 1997) - Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004)	- Metacognitions Questionnaire-30 (Wells & Cartwright-Hatton, 2004) - Meta-Worry Questionnaire (Wells, 2005)

Expected Results

Expected Relationship Between Symptoms of GAD, EDM Measures, and MCM Measures



Implications

- Improving the theoretical understanding of GAD
 - The role of emotion dysregulation in the maintenance and development of GAD
- Implications for treatment of GAD
 - Encouraging an approach focusing on emotion psychoeducation
 - Developing effective emotional regulation strategies



Key References

- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* (5th edition). Arlington, VA: American Psychiatric Association.
- Mennin, D. S., Heimberg, R. G., Turk, C. L., & Fresco, D. M. (2002). Applying an emotion regulation framework to integrative approaches to generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 9, 85–90. doi:10.1093/clipsy.9.1.85
- Wells, A. (1995). Metacognition and worry: A cognitive model of generalized anxiety disorder. *Behavioral and Cognitive Psychotherapy*, 23, 301-320. doi:10.1017/S1352465800015897