

Background

Anxiety Sensitivity

- Predictive of generalized anxiety disorder (GAD; Knapp et al., 2016; Naragon-Gainey, 2010)

Metacognitions

- Positive beliefs about worry, and especially negative beliefs about worry, linked to GAD and worry severity (Pretorius et al., 2015; Wells, 2010)

Current Study

- Investigated if both anxiety sensitivity and metacognitions would independently predict GAD symptoms and worry severity
- Analysed positive and negative beliefs about worry, and physical, cognitive, and social facets of anxiety sensitivity

Method

150 University Students Completed:

- Generalized Anxiety Disorder Questionnaire-IV (GADQ-IV; Newman et al., 2002)
- Penn State Worry Questionnaire (PSWQ; Meyer et al., 1990)
- Metacognitions Questionnaire-30 (MCQ-30; Wells & Cartwright-Hatton, 2004)
 - Positive beliefs about worry subscale (MCQ-PBW)
 - Negative beliefs about worry subscale (MCQ-NBW)
- Anxiety Sensitivity Index-3 (ASI-3; Taylor et al., 2007)
 - Physical concerns subscale (ASI-P)
 - Cognitive concerns subscale (ASI-C)
 - Social concerns subscale (ASI-S)

Negative Beliefs About Worry Surpass Anxiety Sensitivity In Predicting GAD



Results

Correlations	2.	3.	4.	5.	6.	7.
1. GADQ-IV	.85**	.32**	.82**	.53**	.57**	.56**
2. PSWQ	-	.33**	.81**	.52**	.54**	.56**
3. MCQ-PBW		-	.26**	.23**	.24**	.19**
4. MCQ-NBW			-	.58**	.64**	.56**
5. ASI-P				-	.72**	.49**
6. ASI-C					-	.57**
7. ASI-S						-

DV: GADQ-IV	R	R ² Change	t	pr
	.834**	.696		
MCQ-PBW			2.12*	.17
MCQ-NBW			10.84**	.67
ASI-P			0.50	.04
ASI-C			-0.02	.00
ASI-S			2.32*	.19

DV: PSWQ	R	R ² Change	t	pr
	.828**	.685		
MCQ-PBW			2.62**	.21
MCQ-NBW			10.62**	.66
ASI-P			1.02	.09
ASI-C			-0.96	-.08
ASI-S			2.52*	.21

DV: GADQ-IV	R	R ² Change	t	pr
Step 1.	.849**	.721		
PSWQ			19.56**	.85
Step 2.	.882**	.056		
PSWQ			7.23**	.52
MCQ-PBW			0.88	.07
MCQ-NBW			4.66**	.36
ASI-P			-0.04	.00
ASI-C			0.56	.05
ASI-S			1.16	.10

* = p < .05 ** = p < .01

Discussion

Key Points

- Negative beliefs about worry, positive beliefs about worry, and anxiety sensitivity social concerns all uniquely predicted GAD symptoms and worry severity
- Negative beliefs about worry was consistently the strongest dysfunctional belief when predicting worry severity or GAD symptoms
- Negative beliefs about worry remained the only predictor of GAD symptoms when worry severity was accounted for

Implications & Limitations

- This supports negative beliefs about worry's role in the etiology of GAD, and its value in therapy for GAD
- These findings could suggest that therapies targeting anxiety sensitivity to treat GAD may benefit from also targeting negative beliefs about worry
- The possible generalizability of these data may be limited by its relatively small sample size and non-clinical demographic

Acknowledgments



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