

Introduction

Generalized Anxiety Disorder (GAD)

Chronic and distressing worry across multiple areas of life

Anxiety Sensitivity (AS)

The fear of experiencing anxiety and its consequences

Negative Beliefs About Worry (NBW)

Beliefs that worry is dangerous and uncontrollable

Positive Beliefs About Worry (PBW)

Beliefs that worry is a beneficial trait and useful for problem solving

Hypothesis

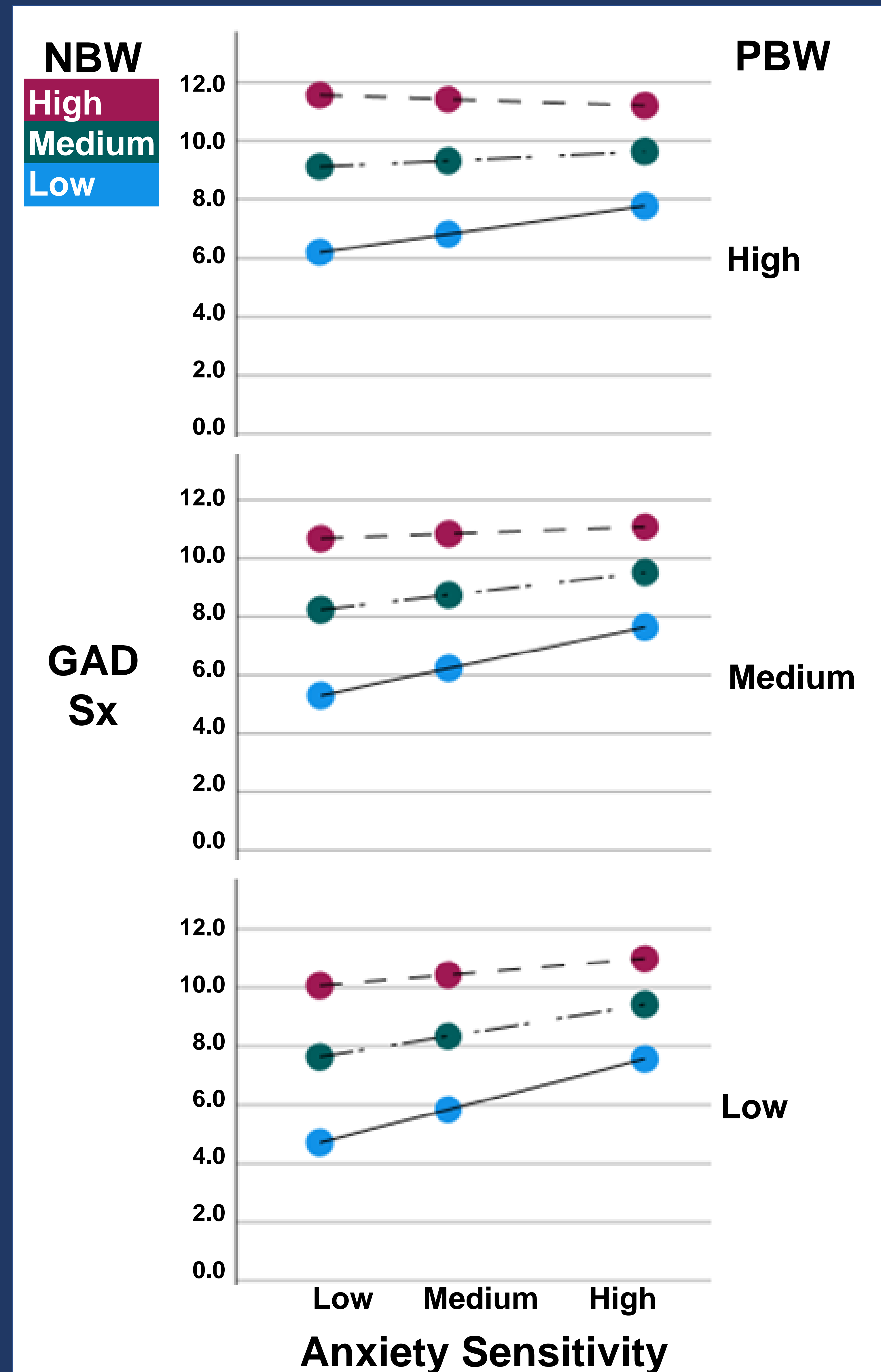
- NBW will moderate the relationship between AS and GAD
 - Meaning that, as NBW increases, the relationship between AS and GAD will become stronger

Method

573 MacEwan students surveyed on:

- Generalized anxiety disorder symptoms
- Anxiety sensitivity
- Negative beliefs about worry
- Positive beliefs about worry
- Worry severity

Beliefs about worry may interact with fears of anxiety to create chronic worry



Results

- Contrary to predictions, both NBW and PBW negatively moderated the relationship between anxiety sensitivity and GAD
- When NBW or PBW scores were high, AS scores had a weaker association with GAD
- When NBW or PBW scores were low, AS scores had a stronger association with GAD
- Same results found for both GAD symptoms and worry severity

Limitations

- 60%-80% of participants were above GAD cut-off scores
- It is possible that NBW and PBW could still positively moderate AS, but the highly anxious nature of the sample did not allow that pattern to be found in the data

Future Direction

- Planned follow up study with non-student sample to help alleviate data restrictions of the GAD measures
- Will also investigate role of intolerance of uncertainty and neuroticism