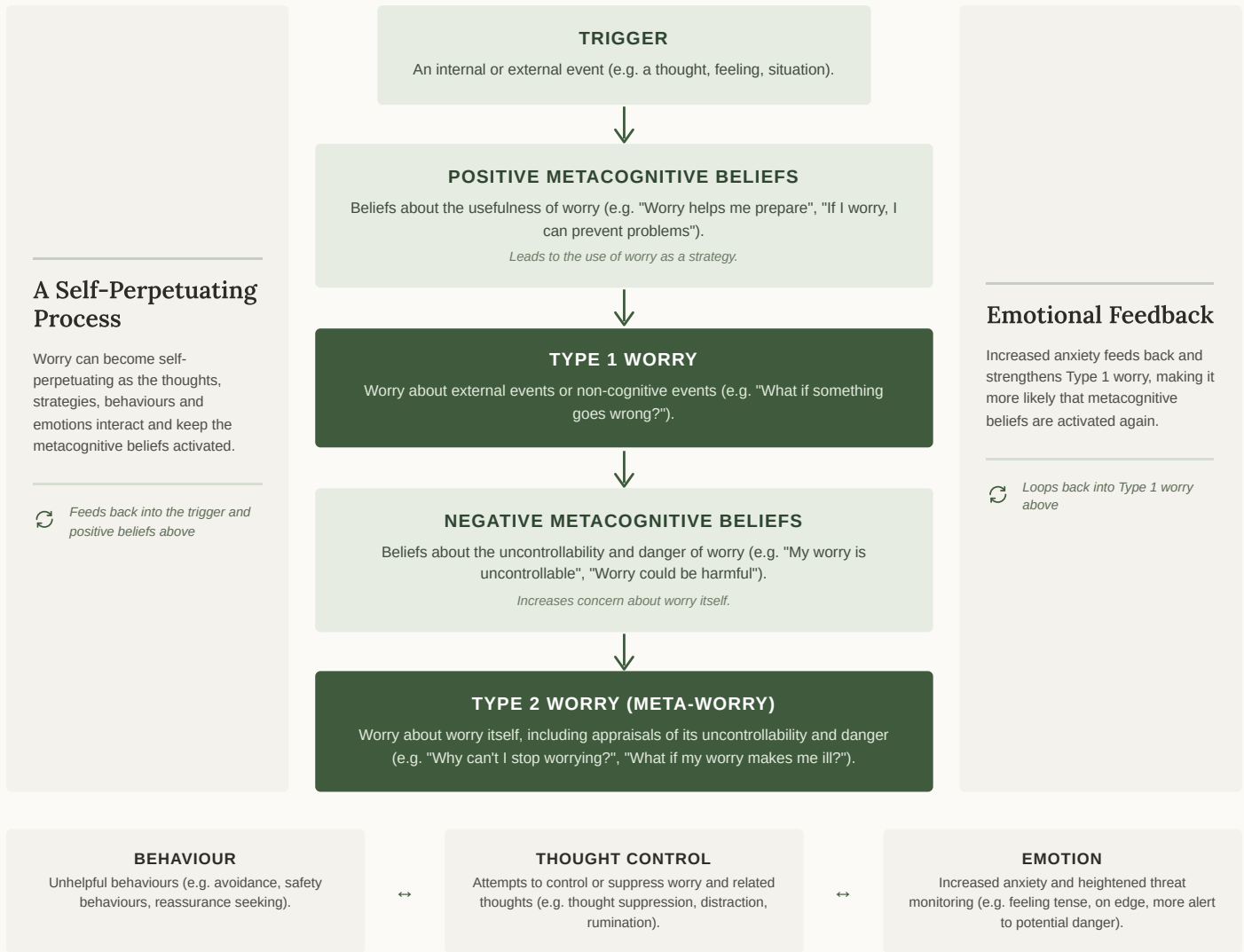


The Metacognitive Model of GAD

A formulation of how worry is maintained in Generalised Anxiety Disorder (GAD)



Understanding the Model

What Makes This Metacognitive?

The focus is not only on the content of worry, but on beliefs about worry and how a person responds to it. It is these metacognitive beliefs and responses that are thought to maintain GAD.

Positive Metacognitive Beliefs (Examples)

- "Worry helps me prepare."
- "If I worry, I can prevent problems."
- "Worry helps me cope."
- "Thinking about it repeatedly will help me find a solution."

Negative Metacognitive Beliefs (Examples)

- "My worry is uncontrollable."
- "Worry could be harmful."
- "If I can't stop worrying, something bad will happen."
- "My worrying means there must be a real danger."

SOURCES

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NOTE

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