

Metacognitive beliefs, autonomy and their relation to resilience in girl students suffering social anxiety

BitahajiShafieiha*,

The purpose of this study is to investigate the relationship between metacognitive beliefs and autonomy with resilience among university student who suffer social anxiety in Islamic Azad university of Rasht. The statistical population consisted of 275 girl university students which were sampled by random stratified sampling. The Connor social phobia inventory (SPIN) was used to screening university students who suffer social anxiety. In order to collecting other data, Wells & Hathon metacognitive beliefs inventory (MCQ), Iowa developing autonomy and connor & Davidson resilience inventory were used. Data were analyzed using Pearson correlation coefficient and multiple regression. Results show that some subscales of metacognitive beliefs and autonomy can predict resilience. In addition, there is a significant relationship between metacognitive beliefs and resilience and also some subsclaes of autonomy is significantly in relation with resilience and metacognitive beliefs.

Keywords : -metacognitive beliefs, autonomy, resilience, social anxiety

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