The relationship between knowledge and metacognition with generalized anxiety disorder

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Abstract The present research had been done with the aim of study of the relationship between mindfulness and metacognition to generalized anxiety disorder. The statistical population was the students of Islamic azad university Rasht branch during the academic year of 1395-1396. Students evaluated using the 7-item generalized anxiety disorder scale, metacognition questionnaire-30 (MCQ-30) and five facet mindfulness questionnaire (FFMQ). Sampling method was cluster random sampling and the sample size in this study was 375 members. The results of the questionnaires were analyzed by using SPSS22 software. The results obtained using; multiple regression analysis and Pearson correlation coefficient showed that mindfulness and metacognition, predict the (R2=35/7) percent of variance of the generalized anxiety disorder. The correlation coefficient of mindfulness and metacognition with generalized anxiety disorder is (0/598) and significant (p

Keywords : Key words: metacognition, mindfulness, generalized anxiety disorder.