

# **Comparison of metacognitive beliefs, early maladaptive schemas and mindfulness in obsessive, anxious and normal individuals.**

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**Abstract** The purpose of this study was to compare metacognitive beliefs, mindfulness and maladaptive schemas in anxious, obsessive, and normal individuals. This is a causal and comparative study of post-event type. The statistical population of the study consisted of three groups of people with anxiety, obsessive-compulsive disorder and normal in Rasht city. The sample consisted of 90 patients (30 anxiety patients, 30 obsessive patients and 30 normal individuals) who were selected by available sampling method and meta-cognitive beliefs, mindfulness and maladaptive schemas were compared and compared. To analyze the results, multivariate analysis of variance analysis and Tukey post hoc test were used. All data analysis was performed using SPSS-ver20. Data analysis showed that there was a significant difference between metacognitive beliefs between anxious and normal people and obsessive and normal people. There was a significant difference between two dimensions of thought control and cognitive self-awareness among anxious and obsessive individuals. Comparison in the mind of knowledge also showed that there was a significant difference between the mindfulness of anxiety, normal, obsessive and normal people, but the difference between obsessive and normal people was not significant. Also, comparison of maladaptive schemas showed that there was a significant difference between the anxiety and normal and obsessive and normal people in all the maladaptive schemas, but between anxious and obsessive individuals only differed the maladaptive maladaptive schema and in other schemas between There were no significant differences between the two groups. As a result, it can be stated that deficiencies in meta-cognitive beliefs, low mindfulness and maladaptive schemas can be important factors in the development of anxiety and obsessive-compulsive disorder in individuals. People with anxiety and obsessive-

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**compulsive disorder have more problems than normal people. Have dimensions. Key words: Metacognitive beliefs, Mindfulness, Inconsistent Schemas, Anxiety, Obsession**

**Keywords : Key words: Metacognitive beliefs, Mindfulness, Inconsistent Schemas, Anxiety, Obsession**

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