

TABLE 3.4  
METACOGNITIONS QUESTIONNAIRE 30

This questionnaire is concerned with beliefs people have about their thinking. Listed below are a number of beliefs that people have expressed. Please read each item and say how much you *generally* agree with it by circling the appropriate number. Please respond to all the items; there are no right or wrong answers.

	<i>Do not agree</i>	<i>Agree slightly</i>	<i>Agree moderately</i>	<i>Agree very much</i>
1. Worrying helps me to avoid problems in the future	1	2	3	4
2. My worrying is dangerous for me	1	2	3	4
3. I think a lot about my thoughts	1	2	3	4
4. I could make myself sick with worrying	1	2	3	4
5. I am aware of the way my mind works when I am thinking through a problem	1	2	3	4
6. If I did not control a worrying thought, and then it happened, it would be my fault	1	2	3	4
7. I need to worry in order to remain organized	1	2	3	4
8. I have little confidence in my memory for words and names	1	2	3	4
9. My worrying thoughts persist, no matter how I try to stop them	1	2	3	4
10. Worrying helps me to get things sorted out in my mind	1	2	3	4
11. I cannot ignore my worrying thoughts	1	2	3	4
12. I monitor my thoughts	1	2	3	4
13. I should be in control of my thoughts all of the time	1	2	3	4
14. My memory can mislead me at times	1	2	3	4
15. My worrying could make me go mad	1	2	3	4
16. I am constantly aware of my thinking	1	2	3	4
17. I have a poor memory	1	2	3	4
18. I pay close attention to the way my mind works	1	2	3	4
19. Worrying helps me cope	1	2	3	4
20. Not being able to control my thoughts is a sign of weakness	1	2	3	4

	<i>Do not agree</i>	<i>Agree slightly</i>	<i>Agree moderately</i>	<i>Agree very much</i>
21. When I start worrying, I cannot stop	1	2	3	4
22. I will be punished for not controlling certain thoughts	1	2	3	4
23. Worrying helps me to solve problems	1	2	3	4
24. I have little confidence in my memory for places	1	2	3	4
25. It is bad to think certain thoughts	1	2	3	4
26. I do not trust my memory	1	2	3	4
27. If I could not control my thoughts, I would not be able to function	1	2	3	4
28. I need to worry, in order to work well	1	2	3	4
29. I have little confidence in my memory for actions	1	2	3	4
30. I constantly examine my thoughts	1	2	3	4

This questionnaire pinpoints the five most common ideas about worry. These include *positive worry beliefs* (“Worrying helps me to avoid problems in the future”), *beliefs about the uncontrollability and danger of worry* (“My worrying is dangerous for me”), *beliefs about your cognitive confidence or competence* (“I have difficulty knowing if I have actually done something, or just imagined it”), *the need to control your worry* (“If I did not control a worrying thought, and then it happened, it would be my fault”), and *cognitive self-consciousness* (“I think a lot about my thoughts”).

These factors reflect conflicting functions that you believe worry serves. For example, you may have positive views of worry and at the same time believe that worry is uncontrollable and dangerous. You may also distrust your own memory, believing that there is something that you may overlook. This distrust in your memory may make you worry that you will neglect something. You may be scanning your mind to monitor your own thoughts, continually focusing on what you are thinking, perhaps because you believe your worry thoughts may signal impending danger. Go through the Metacognitions Questionnaire, score it using the scoring key that I have provided below, and then examine the degree to which your worries fall along these five dimensions.

In order to determine your score for each of these five factors, use the table below. Thus, to find your score for positive worry beliefs, add up your scores for each of the six questions listed (1, 7, 10, 19, 23, 28). Go through each of the factors this way. Then, at the end, add up your scores for all of the factors. Although there are no established norms yet for this scale, you will be able to see if you are relatively more elevated on certain factors than others.

TABLE 3.5

*Factor—Your Theory About Your Worry**Your Score*

Positive worry beliefs

1, 7, 10, 19, 23, 28

Uncontrollability and danger

2, 4, 9, 11, 15, 21

Cognitive confidence

8, 14, 17, 24, 26, 29

Need for control

6, 13, 20, 22, 25, 27

Cognitive self-consciousness

3, 5, 12, 16, 18, 30