The Effectiveness of Cognitive, Meta-cognitive, and Behavioral Model on Reducing Anxious Thoughts in Patients with Social Anxiety Disorder

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Abstract

Introduction: This study was conducted in order to examine the effectiveness of cognitive, meta-cognitive, and behavioral model on the reduction of anxious thoughts in patients with social anxiety disorder.

Methods: The study method was semi-experimental with a pre-posttest design and a control group. The statistical population contained all the patients with social anxiety disorder referring to public and private centers in Kermanshah in 2016 which were selected using available sampling method. A total of 30 patients who were chosen through structured interviews (SCID-I), and Well’s Questionnaire of Anxious Thoughts (1994), were randomly divided into two experimental and control groups. Twelve cognitive, meta-cognitive, and behavioral therapy sessions due to the developed model and on the basis of relevant theoretical insights was done twice a week for the experimental group while the control group received no interventions. After the treatment, both groups were evaluated with the test. For data analysis, one-way covariance (ANCOVA) was used.

Results: The findings showed that cognitive, meta-cognitive, and behavioral developed model has been effective on the reduction of anxious thoughts among patients with social anxiety disorder in the experimental group (P<0.001).

Conclusion: Considering the effectiveness of the model, it seems that therapists and counselors can use this developed model to reduce anxious thoughts among patients with social anxiety disorder.

Keywords: Social Anxiety Disorder, Cognitive, Meta-cognitive, Behavior, Anxious Thoughts

Introduction

Social anxiety disorder is a lingeringly anxiety disorder which is described by a powerful fear of functional and social situations, and in which people feel that they are assessed their actions and behaviors, and as a result, the avoidance of these situations will happen [1]. Anxiety disorders are the most common mental disorders both in initial care and in clinical medicine. Studies have firmly shown that anxiety disorders have caused many problems and complications. They actually assign high levels of health care on themselves and eventually lead to a decrease in the quality of life and activity in the person [2]. Social anxiety is the third psychiatric disorder that has a prevalence of 13% [3]. It is clear that if social anxiety is left without treatment, it can significantly interrupt the professional, educational, and social capacity of people in their life [4].

One of the mental factors, that is affected in social anxiety, and has attracted most attention in current studies, is worry (anxious thoughts) [5]. Mellings and Alden (2000), in examining the cognitive elements which percept social anxiety, concluded that concentrating on oneself and anxious thoughts is the most important predictors of social anxiety’s disorder [6]. This research showed that correlation exists between some of the