The relationship of meta-cognition and mindfulness components with obsessive beliefs in students

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Abstract

The purpose of this research was to study the relationship of meta-cognition and mindfulness components with obsessive beliefs. The statistical population of this research included high school students in Tabriz, from among whom 389 students were selected through multiphase cluster sampling method. They were assessed by Obsessive Beliefs Questionnaire (OBQ), Five Facet Mindfulness Questionnaire (FFMQ) and the short-form of the Meta-Cognition Questionnaire. Correlation analyses showed that all meta-cognition dimensions have positive and significant correlations with obsessive beliefs. But of the components of mindfulness, description of inner experience, no reaction and non judgment of inner experience have negative and significant correlation with obsessive beliefs. Results of step by step multiple regression analysis showed that variables of uncontrollability of thought, cognitive self-awareness and description of inner experience significantly predicted the changes observed in obsessive beliefs.

Keywords: meta-cognition, mindfulness, obsession beliefs

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