

Metacognition Questionnaire-30 (MCQ-30)

	Items	Do not agree 1	Agree slightly 2	Agree moderately 3	Agree very much 4
1	Worrying helps me to avoid problems in the future				
2	My worrying is dangerous for me				
3	think a lot about my thoughts				
4	I could make myself sick with worrying				
5	I am aware of the way my mind works when I am thinking through a problem				
6	If I did not control a worrying thought, and then it happened, it would be my fault				
7	need to worry in order to remain organized				
8	I have little confidence in my memory for words and names				
9	My worrying thoughts persist, no matter how I try to stop them				
10	Worrying helps me to get things sorted out in my mind				
11	I cannot ignore my worrying thoughts				
12	I monitor my thoughts				
13	I should be in control of my thoughts all of the time				
14	My memory can mislead me at times				
15	My worrying could make me go mad				
16	I am constantly aware of my thinking				
17	I have a poor memory				
18	pay close attention to the way my mind works				
19	Worrying helps me cope				
20	Not being able to control my thoughts is a sign of weakness				
21	When I start worrying, I cannot stop				
22	I will be punished for not controlling certain thoughts				
23	Worrying help me to solve problems				
24	I have little confidence in my memory for places				
25	It is bad to think certain thoughts				
26	I do not trust my memory				
27	If I could not control my thoughts, I would not be able to function				
28	I need to worry, in order to work well				
29	I have little confidence in my memory for actions				
30	I constantly examine my thoughts				

Scoring and Interpretation Information

Subscale scores range from 6 to 24, and total scores range from 30 to 120, with higher scores indicating higher levels of unhelpful metacognitions (for example, high scores on "cognitive confidence" indicate distrust of memory and other unhelpful beliefs about their cognition). Results are also presented as percentiles based on a normative community sample.

Subscales are calculated by summing the following items:

- (Lack of) Cognitive Confidence: 8, 14, 17, 24, 26 and 29

- Positive Beliefs about Worry: 1, 7, 10, 19, 23 and 28

- Cognitive Self-Consciousness: 3, 5, 12, 16, 18 and 30

- Negative Beliefs about Uncontrollability and Danger: 2, 4, 9, 11, 15 and 21

- Need to Control Thoughts: 6, 13, 20, 22, 25 and 27