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MEETING ABSTRACT   Open Access

Psychometric properties of the Metacognitions Questionnaire-30 (MCQ-30) in a Greek sample

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Background

The term Metacognition refers to the psychological processes that are involved in the way a person controls, modifies, and appraises his own thoughts [1]. Maladaptive metacognitions have been related to the development and maintenance of psychological disorder [2,3]. The Metacognitions Questionnaire-30 (MCQ-30) is a multidimensional instrument for assessing metacognitions, composed of five factors: cognitive confidence, positive beliefs about worry, cognitive self consciousness, negative beliefs about worry and need to control thoughts [4]. Psychometric properties of the MCQ-30 have been well documented [4] suggesting that it is a valid instrument that has already been used in clinical research with several psychiatric disorders.

Materials and methods

223 undergraduate medical students from the Athens University Medical School (57.4 % females), aged 18-33, and 30 resident psychiatrists were administered the Greek versions of the following self-report instruments:

The MCQ-30, a 30-item questionnaire that measures a person's metacognitive processes.

The Trait Anxiety Inventory (STAI-T), a 20-item measure used to assess anxiety proneness.

The Meta-worry Subscale of the "Anxious Thoughts Inventory", a 7-item scale that assesses a person's process worry dimension.

Results

Factor structure of the MCQ-30 5 factors were extracted using principal component analysis with equamax rotation, leading to a factor solution similar to the original non-clinical sample.

Reliability

The greek version of the MCQ-30 had good internal consistency, split-half reliability and test-retest reliability (as measured on a sample of 30 resident psychiatrists).

Convergent validity

The MCQ-30 presented good convergent validity with adequate correlation coefficients with both the STAI-T and the Meta-worry subscale.

Conclusions

The Greek version of the MCQ-30 is a valid self-report instrument with good psychometric properties. Factor analysis of the MCQ-30 indicates an acceptable construct validity of the questionnaire in a Greek sample.

References
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