

[Comparison of metacognitive therapy efficacy with cognitive behavior therapy in generalized anxiety disorder](#)

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Article abstract:

**Introduction:** Generalized Anxiety Disorder leads to high level of disability in patients. The present study Compared efficacy of metacognitive therapy with cognitive behavior therapy in treatment of gene-ralized anxiety disorder. **Method:** This research is based on Multiple-base-line experimental single case studies. Six subjects were selected by sampling based on target and divided randomly in two three-member experiment (MCT) and control (CBT) groups. Subjects were analyzed for two months. The data were collected using Trait An-xiety Inventory(STAI) and anxious touts inventory(AnTI) and subjective unit distress( SUD) ,in pre-treatment (base line), during treatment (four), post treatment (eight) and follow up (two mounts after the treatment). They were analyzed by descriptive statistics (such as mean,median,...) and demonstrated in some charts. **Result:** in MCT group there were healings for STAI scale up to ۵۴%, AnTI up to ۵۵% and SUD up to ۸۹%. While in control group, they were ۳۳% for STAI , ۳۷% for AnTI and ۵۶% r SUD, respectively. **Conclusion:** Metacognitive therapy and cognitive behavior therapy were both effective in decreasing generalized anxiety disorder symptoms. However, findings showed the superiority of metacognitive ther-apy over cognitive behavior therapy in treatment of generalized anxiety disorder symptoms.

**Keywords:** [Metacognitive Therapy](#), [Cognitive Behavior Therapy](#), [Generalized Anxiety Disorder](#).