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Cognitive Attentional Syndrome and Metacognitive Beliefs ...

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Jun 08, 2016 · Metacognitive beliefs may be defined as the information individuals hold about their own cognition and the coping strategies that affect it. Particular metacognitive beliefs lead to the activation of CAS and interfere with emotion down-regulation (Wells, 2000). Examples of metacognitive beliefs may include "worrying will help me to cope" or "my thoughts are out of control."

Cited by: 3

Publish Year: 2017

Author: Simona Giuri, Gabriele Caselli, Chiara Manf...

Estimated Reading Time: 7 mins

The cognitive attentional syndrome: Examining relations ...

<https://www.sciencedirect.com/science/article/pii/S0165178113002308>

Nov 30, 2013 · Rumination and worry are fundamental metacognitive strategies within Wells's theory. As is described in more detail below, metacognitive beliefs and metacognitive strategies are especially important facets of metacognition associated with the CAS. Wells (2009) developed metacognitive therapy as a way to mitigate negative effects of the CAS. Prominent intervention strategies within Wells's therapy ...

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Publish Year: 2013

Author: Thomas A. Fergus, David P. Valentiner, Patr...

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Metacognitive therapy

Metacognitive therapy is a psychotherapy focused on modifying metacognitive beliefs that perpetuate states of worry, rumination and attention fixation. It was created by Adrian Wells based on an information processing model by Wells and Gerald Matthews. It is supported by scientific evidence from a large number of studies.

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Jun 08, 2016 · These maladaptive patterns make up a **cognitive attentional syndrome** (CAS; Wells, 2000) that is underpinned by specific **metacognitive beliefs** and plans controlling the use of thought and attention. **Metacognitive beliefs** ...

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Author: Simona Giuri, Gabriele Caselli, Chia...

Publish Year: 2017

Estimated Reading Time: 8 mins

[Cognitive-attentional syndrome – The psychometric ...](#)

<https://www.sciencedirect.com/science/article/pii/S0010440X1930015X>

May 01, 2019 · 1. Introduction. **Cognitive-attentional syndrome** (CAS) is a core aspect of Wells' **metacognitive** approach to psychopathology and the **metacognitive therapy** (MCT) of emotional disorders [,]. It consists of three aspects: 1) repetitive negative thinking, i.e. rumination and worry; 2) focusing attention on threats (external – e.g. a person with social anxiety **disorder** paying attention to ...

Cited by: 5

Author: Joachim Kowalski, Małgorzata Dragan

Publish Year: 2019

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Received: March 14, 2021

Revised: June 16, 2021

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May 17, 2021 · **Cognitive Attentional Syndrome and Metacognitive Beliefs in Male Sexual Dysfunction: An Exploratory Study** Simona Giuri , MS, 1 Gabriele Caselli , PhD, 1 Chiara Manfredi , PhD, 1, 2 Daniela Rebecchi , MS, 1, 3 Antonio Granata , PhD, 3 Giovanni Maria Ruggiero , MD, 4 and Guido Veronese , PhD 5

Cognitive Attentional Syndrome and Metacognitive Beliefs ...

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Jun 08, 2016 · These maladaptive patterns make up a **cognitive attentional syndrome** (CAS; Wells, 2000) that is underpinned by specific **metacognitive beliefs** and plans controlling the use of thought and attention. **Metacognitive beliefs** may be defined as the information individuals hold about their own cognition and the coping strategies that affect it.

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Author: Simona Giuri, Gabriele Caselli, Chiara Ma...

Publish Year: 2017

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How is metacognitive therapy used to treat CAS?



Are there any clinical trials of metacognitive therapy?



What's the difference between positive and negative metacognitions?



Which is better for depression, CBT or metacognitive therapy?



Feedback

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