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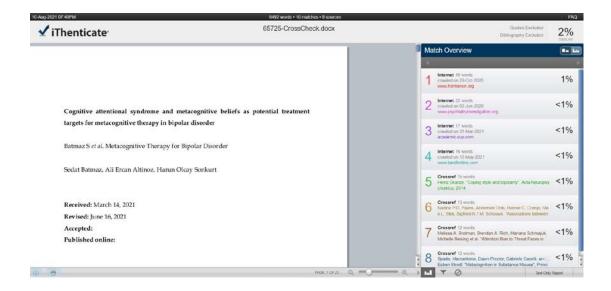
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Jun 08, 2016 · These maladaptive patterns make up a cognitive attentional syndrome (CAS; Wells, 2000) that is underpinned by specific metacognitive beliefs and plans controlling the use of thought and attention. Metacognitive beliefs may be defined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

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