

### Client Information

<i>Client Name</i>	Test Client
<i>Date of birth (age)</i>	23 March 1980 (37)

### Assessment Information

<i>Assessment</i>	Metacognition Questionnaire-30 (MCQ-30)
<i>Date administered</i>	18 April 2017
<i>Assessor</i>	Mr. Demo Assessor
<i>Time taken</i>	0 minutes 25 seconds

### Results

	Raw Score	Percentile
Total Score	99	100
(Lack of) Cognitive Confidence	18	98.2
Positive Beliefs About Worry	22	100
Cognitive Self-Consciousness	22	98.7
Negative Beliefs About Uncontrollability and Danger	18	98.5
Need To Control Thoughts	19	100

### 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" indicates distrust of memory and other unhelpful beliefs about their cognition). Results are also presented as percentiles based on a normative community sample (Wells & Cartwright-Hatton, 2004).

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

### Client Responses

		Do not agree	Agree slightly	Agree moderately	Agree very much
1	Worrying helps me to avoid problems in the future	1	2	3	4
2	My worrying is dangerous for me	1	2	3	4

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<b>Client Responses (cont.)</b>		Do not agree	Agree slightly	Agree moderately	Agree very much
3	I think a lot about my thoughts	1	2	3	4
4	I could make myself sick with worrying	1	2	3	4
5	I am aware of the way my mind works when I am thinking through a problem	1	2	3	4
6	If I did not control a worrying thought, and then it happened, it would be my fault	1	2	3	4
7	I need to worry in order to remain organised	1	2	3	4
8	I have little confidence in my memory for words and names	1	2	3	4
9	My worrying thoughts persist, no matter how I try to stop them	1	2	3	4
10	Worrying helps me to get things sorted out in my mind	1	2	3	4
11	I cannot ignore my worrying thoughts	1	2	3	4
12	I monitor my thoughts	1	2	3	4
13	I should be in control of my thoughts all of the time	1	2	3	4
14	My memory can mislead me at times	1	2	3	4
15	My worrying could make me go mad	1	2	3	4
16	I am constantly aware of my thinking	1	2	3	4
17	I have a poor memory	1	2	3	4
18	I pay close attention to the way my mind works	1	2	3	4
19	Worrying helps me cope	1	2	3	4
20	Not being able to control my thoughts is a sign of weakness	1	2	3	4
21	When I start worrying, I cannot stop	1	2	3	4

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<b>Client Responses (cont.)</b>		Do not agree	Agree slightly	Agree moderately	Agree very much
22	I will be punished for not controlling certain thoughts	1	2	3	4
23	Worrying help me to solve problems	1	2	3	4
24	I have little confidence in my memory for places	1	2	3	4
25	It is bad to think certain thoughts	1	2	3	4
26	I do not trust my memory	1	2	3	4
27	If I could not control my thoughts, I would not be able to function	1	2	3	4
28	I need to worry, in order to work well	1	2	3	4
29	I have little confidence in my memory for actions	1	2	3	4
30	I constantly examine my thoughts	1	2	3	4