MCQ-30

Meta-Cognitions Questionnaire (MCQ-30)

The MCQ-30 is a self-report questionnaire that assesses metacognitive beliefs, which are important in understanding and treating psychological disorders such as anxiety and depressive disorders. It consists of five subdimensions that make it possible to analyze different facets of thoughts about thinking itself.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Meta-Cognitions Questionnaire
Target audience	Adults
Authors	Adrian Wells, Peter Cartwright (2004)
Category	Depression, Anxiety

Preview of the 30 questions

Worrying helps me to avoid problems in the future

Do not agree | Agree slightly | Agree moderately | Agree very much

My worrying is dangerous for me

Do not agree | Agree slightly | Agree moderately | Agree very much

I think a lot about my thoughts

Do not agree | Agree slightly | Agree moderately | Agree very much

I could make myself sick with worrying

Do not agree | Agree slightly | Agree moderately | Agree very much

I am aware of the way my mind works when I am thinking through a problem

Do not agree | Agree slightly | Agree moderately | Agree very much

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated from 1 (do not agree) to 4 (agree very much). The item scores for each subscale are added up to obtain five subscale scores. A global total score can be calculated by adding up all the items, reflecting the overall amount of dysfunctional metacognitive beliefs.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”


Laura V. - Online Psychologist