

**Subscales of the MCQ-30**  
**Wells and Cartwright-Hatton, 2003**

Wells, A. & Cartwright-Hatton, S. (2003). A short form of the metacognitions questionnaire: properties of the MCQ-30. *Behaviour Research and Therapy* (in press).

**Scoring Instructions:**      *To generate individual subscale scores summate responses on each set of items listed above belonging to each subscale. To obtain a Total MCQ score summate all items across all subscales.*

**Positive beliefs (PB)** : Positive beliefs concerning worries.

1, 7, 10, 19, 23, 28

**Negative beliefs : uncontrollability and danger(UD)**: Negative beliefs about uncontrollability of thoughts and corresponding danger.

2, 4, 9, 11, 15, 21

**Cognitive Confidence(CC)**.

8, 14, 17, 24, 26, 29

**Need for control (formerly SPR)**: Negative beliefs about thoughts in general – in particular relating to superstition, punishment, and responsibility.

6, 13, 20, 22, 25, 27

**Cognitive Self-consciousness(CSC)**.

3, 5, 12, 16, 18, 30

Total

Table 1: Expected Standards for an English community sample of healthy students and employees ( $n = 182$ ; *mean* Age = 33.5 years, *sd* = 11.5 years; Gender: 119 female: 60 males)

<b><i>MCQ-30</i></b>	30-120	48.41 (13.31)
-PB	6-24	9.60 (3.46)
-UD	6-24	9.30 (4.00)
-CC	6-24	9.51 (4.06)
-SPR	6-24	8.34 (2.62)
-CSC	6-24	11.65 (4.68)