



Comparison of the effectiveness of mindfulness-based cognitive therapy and metacognitive therapy on reducing obsessive thoughts in anxious patients in the direction of family therapy

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Abstract

Aim: This study aims to compare the effectiveness of cognitive therapy based on mindfulness and metacognition on reducing obsessive thoughts in anxiety patients. **Methods:** The research method is quasi-experimental with a pretest-posttest design with a control group. The statistical population consisted of all patients referred to Motamedi Hospital and Roshna Semnan Counseling Center in 2019, from which a sample of 36 persons was selected and randomly assigned to three groups of 12 persons, including two experimental and a control group. At first, the OBQ questionnaire of the study group on obsessive-compulsive disorder (2003) was distributed in all three groups and the answers were recorded as pre-test scores. The members of the first experimental group were treated with "mindfulness-based cognitive therapy" based on the protocol of Seagal, Williams and Tizdell (2002). Members of the second experimental group underwent "metacognitive therapy" based on the method of metacognitive therapy of Wales (2008). No intervention was performed for control group. Finally, the obtained data were analyzed using multivariate analysis of covariance (MANCOVA) with SPSS-22 statistical software. **Results:** The results show the effectiveness of both mindfulness-based cognitive therapy and metacognitive therapy approaches in reducing obsessive-compulsive disorder in anxious patients ($P < 0.01$). In addition, the results show that there was no statistical significant difference ($P > 0.05$) between the effectiveness of mindfulness-based cognitive therapy intervention and metacognitive therapy on reducing obsessive thoughts in anxiety patients. **Conclusion:** According to this study, it can be concluded that both cognitive therapy-based approaches to mindfulness and metacognitive therapy on reducing obsessive thoughts in anxiety patients are not different from each other and can be effective. **Keywords:** *mindfulness, meditation, mindfulness-based cognitive therapy, metacognitive therapy, obsessive thoughts, anxiety.*

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