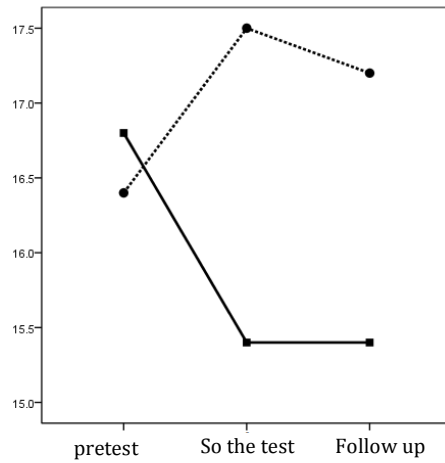
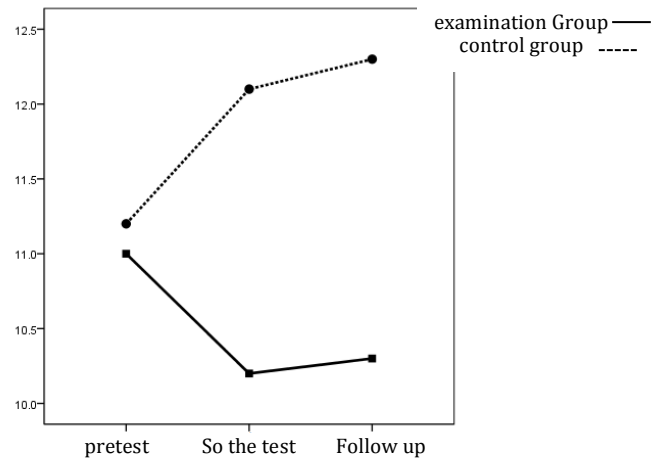


Table 2. The mean score of the components of metacognitive beliefs in the experimental and control groups in the pre-test, post-test, and follow-up stages

Variables	Pre-test	Post-test	Follow-up
Lack of cognitive confidence			
Experimental group	11.60±3.81	12.10±2.56	11.30±2.11
Control group	11.60±1.96	13.10±1.79	13.10±1.10
Positive beliefs			
Experimental group	11.00±2.36	10.20±1.62	10.30±1.25
Control group	11.20±1.23	12.10±1.00	12.30±1.34
Cognitive self-consciousness			
Experimental group	16.80±1.22	15.40±1.35	15.40±0.97
Control group	16.40±1.71	17.50±1.27	17.20±1.67
Uncontrollability and danger of worry			
Experimental group	12.60±2.59	12.40±1.90	12.70±2.58
Control group	12.90±1.79	14.80±1.87	14.60±1.58
Need to control thoughts			
Experimental group	13.60±2.59	12.40±1.43	12.70±2.31
Control group	12.80±2.35	13.00±1.83	12.80±1.87



B) The effect of the dependent variable on cognitive self-consciousness of metacognitive beliefs



A) The effect of the dependent variable on positive beliefs of metacognitive beliefs

Figure 1. The interaction effect of time \times situation in explaining the components of positive beliefs and cognitive self-consciousness. A) The effect of the dependent variable on positive beliefs of metacognitive beliefs; B) The effect of the dependent variable on cognitive self-consciousness of metacognitive beliefs.