

Table 1. Statistical mean of positive and negative metacognitive beliefs of experimental and control groups in pre-test and post-test

Variables	Control group		Experimental group	
	Pre-test	Post-test	Pre-test	Post-test
Positive metacognitive beliefs				
Positive beliefs	22.32±5.52	23.69±4.63	21.41±5.95	30.62±3.31
Cognitive self-awareness	20.46±6.52	19.31±5.43	19.57±5.69	31.53±3.95
Negative metacognitive beliefs				
Cognitive dissonance	17.34±4.25	16.21±4.15	17.72±5.63	11.97±3.96
Uncontrollability and risk of thoughts	14.13±3.54	15.91±4.65	15.74±4.52	11.59±2.54
Need for thought control	19.56±5.32	21.84±4.48	18.15±5.96	13.26±3.36