

Article: 1627

Topic: EPV29 - e-Poster 29: Psychotherapy

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## Compare Met Cognition Beliefs and Controlling Thought in Obsessive Compulsive Disorder and Depression Disorders to Normal Groups

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### Introduction

Meta is a multi-faceted concept. This concept includes knowledge, beliefs, processes and strategies that, knowledge evaluation, supervision or control of the

### Object

The object of this research is to compare met cognition beliefs and controlling thought in Obsessive Compulsive Disorder and depression disorders to normal groups.

### Methods

The statistical society of this research includes 50 persons afflicted by thought-action obsession, 50 persons afflicted to obsession disorder, 50 persons in normal groups in any group (25men, 25women).Also; normal person has been selected randomly through peering to disease groups in variables like gender, age, economical status and education level among Zare hospital employee.

### Results

The findings show the dimension of obsession thought in depressed persons and normal persons is different. Also, there is positive meaningful relation among the score of thought control approaches and obsession signs. Among sub scales of thought control, angry approaches forecast obsession signs.

### Conclusions

Therefore, research findings are follower of obsessive compulsive Disorder met cognition pattern and shows thought blending beliefs and thought control approaches could be influential on the beginning and continuing obsessive compulsive disorder and depression.

**Key words:** supra recognition beliefs, thought control, action thought obsession, depression