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# Psychometric properties of the Italian version of the Short Form of the Metacognitions Questionnaire (MCQ-30)

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• **ABSTRACT.** In questo lavoro vengono presentati i risultati relativi alla validazione e adattamento al contesto italiano del *Metacognitions Questionnaire 30 (MCQ-30)* (Cartwright-Hatton, Wells, 2004), strumento che possiede buone caratteristiche psicometriche, rappresentando una valida e attendibile misura self-report delle dimensioni metacognitive psicopatologiche. I risultati dello studio italiano, condotto su 306 soggetti, hanno dimostrato consistenza interna e validità convergente soddisfacenti, nonché una buona affidabilità test-retest. Le analisi fattoriali esplorativa e confermativa hanno confermato la soluzione a cinque fattori proposta nella versione originale. La versione italiana dell'MCQ-30 rappresenta uno strumento valido e attendibile per la ricerca e la pratica clinica nel campo della metacognizione. *Puoi leggere l'articolo in italiano in versione integrale su [www.giuntios.it/bpa](http://www.giuntios.it/bpa)*

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• **ABSTRACT. Introduction:** The *Metacognitions Questionnaire (MCQ-30)* is a scale which measures a range of metacognitive beliefs and processes relevant to vulnerability and maintenance of emotional disorders. Past studies have shown that the original version of the MCQ-30 has good psychometric characteristics and it is a brief, reliable and valid self-reporting measure of metacognitions. Despite other Italian versions that were proposed, this study presents the validation and adaptation to the Italian context of the MCQ-30 to the Italian context. *Methods.* 306 participants took part in this study and took the Italian version of MCQ-30. Internal consistency was examined using Cronbach's alpha and corrected item-total correlations. Reliability and convergent validity were verified and the stability of the MCQ-30 was tested. An exploratory factor analysis was run and examined using the five-factor solution of the English version. *Results.* The results demonstrated good psychometric properties for the MCQ-30 Italian version. The MCQ-30 showed satisfactory internal consistency and convergent validity, and had a good test-retest reliability. Moreover the confirmatory factor analysis affirmed the five-factor solution. *Conclusions.* The Italian version of MCQ-30 has good psychometric properties and appears to be a valid and reliable tool for clinical research in the area of metacognition.

**Keywords:** *metacognitions; metacognitions questionnaire; confirmatory factor analysis*

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