

# METACOGNITIONS ABOUT SYMPTOM CONTROL SCALE - REVISED

MaSCS-R in English, German, and Arabic.

	ENGLISH	GERMAN	ARABIC	FACTOR
1	When I experience symptoms, it's impossible to focus on anything else	Wenn sich die Symptome bemerkbar machen, kann ich mich unmöglich auf irgendetwas anderes konzentrieren.	عندما اواجه أعراض، يستحيل أن أركز على أي شيء آخر	N-MUR
2	Monitoring my symptoms helps me to predict how they will develop	Meine Symptome zu beobachten hilft mir dabei, ihre Entwicklung vorherzusehen.	مراقبة أعراضي تساعدني على توقع كيف ستطور	P-MASH
3	I monitor my symptoms, so I can figure out my physical limitations	Ich beobachte meine Symptome genau, damit ich meine körperlichen Grenzen erkenne.	أراقب أعراضي حدودي لاكتشف الجسدية	P-MASH
4	Thinking about my symptoms makes me feel exhausted	Über meine Symptome nachzudenken erschöpft mich.	التفكير في أعراضي يشعرني بالإرهاق	N-MUR
5	Monitoring my symptoms enables me to better control them	Auf meine Symptome zu achten hilft mir, sie besser in den Griff zu bekommen.	مراقبة أعراضي تسمح لي بالسيطرة عليها بشكل أفضل	P-MASH
6	Monitoring my symptoms helps to keep me safe	Auf meine Symptome zu achten gibt mir Sicherheit.	مراقبة أعراضي تساعدني على البقاء سليمًا	P-MASH
7	I am not able to stop thinking about my symptoms once I start	Wenn ich einmal damit anfangе, über meine Symptome nachzudenken, kann ich nicht mehr aufhören.	عندما أبدأ في التفكير بأعراضي، لا أستطيع التوقف.	N-MUR
8	Thinking about my symptoms could make them worse	Über meine Symptome nachzudenken könnte sie verschlimmern.	التفكير في أعراضي قد يجعلها أسوأ	N-MUR

*Note. P-MASH = positive metacognitions about somatic hypervigilance; N-MUR = negative metacognitions about the uncontrollability and physical repercussions of cognitive and attentional processes.*

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## MASCS-R (ENGLISH)

Please read each statement and select a number 1, 2, 3 or 4 which indicates how much you agree or disagree with the statement. There are no right or wrong answers. Do not spend too much time on any statement.

	<i>Do not agree</i>	<i>Agree slightly</i>	<i>Agree moderately</i>	<i>Agree very much</i>
1. When I experience symptoms, it's impossible to focus on anything else	1	2	3	4
2. Monitoring my symptoms helps me to predict how they will develop	1	2	3	4
3. I monitor my symptoms, so I can figure out my physical limitations	1	2	3	4
4. Thinking about my symptoms makes me feel exhausted	1	2	3	4
5. Monitoring my symptoms enables me to better control them	1	2	3	4
6. Monitoring my symptoms helps to keep me safe	1	2	3	4
7. I am not able to stop thinking about my symptoms once I start	1	2	3	4
8. Thinking about my symptoms could make them worse	1	2	3	4

## SCORING AND PERMISSION

The MaSCS-R consists of two factors, measuring positive and negative metacognitions in chronic health conditions. To calculate a total score for the P-MASH factor add-up all the circled responses for items 2, 3, 5, and 6; and for the N-MUR factor sum the responses to items 1, 4, 7, and 8. Higher scores indicate higher levels of metacognitive beliefs. Clinical cut-offs have yet to have been established (as of 17/02/2021). I, Bruce Alexis Fernie, give permission to use the scale for non-commercial use.

## INDEX ARTICLE

Fernie, B. A., Aoun, A., Kollmann, J., Spada, M. M., & Nikcevic, A. V. (2019, Jul). Transcultural, transdiagnostic, and concurrent validity of a revised metacognitions about symptoms control scale. *Clin Psychol Psychother*, 26(4), 471-482. <https://doi.org/10.1002/cpp.2367>

## RELEVANT READING

Fernie, B. A., Maher-Edwards, L., Murphy, G., Nikcevic, A. V., & Spada, M. M. (2015, Sep-Oct). The Metacognitions about Symptoms Control Scale: Development and Concurrent Validity. *Clin Psychol Psychother*, 22(5), 443-449. <https://doi.org/10.1002/cpp.1906>