

Metacognitive Deficits in Dissociative Experiences:
A Scoping Review Protocol

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ADMINISTRATIVE INFORMATION**Support** - No support.**Review Stage at time of this submission** - Preliminary searches.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202680043**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 10 August 2026 and was last updated on 10 August 2026.**INTRODUCTION**

Review question / Objective To (1) identify the available literature on metacognition and dissociation, (2) categorize the deficits or strengths seen, and (3) operationalize the available findings into treatment implications.

Background This scoping review will present the state of present knowledge on metacognition as experienced by those with dissociative experiences. Given that dissociative disorders are one of the conditions noted to have a distortion in basic sense of self, there are possibilities that metacognition could look differently for these individuals. Perhaps also, there could be specific features identified by virtue of the interplay between dissociation as a function and its overlap with metacognition.

Rationale The finding of this scoping review can help delineate dissociation treatment from other treatment approaches, build a knowledge-base for lived experience, and contribute meaningfully to

discussions about theory of mind and anomalous self experiences.

METHODS

Strategy of data synthesis The keywords will be searched as Boolean phrases in the following databases: PsycINFO, PubMed, CINAHL, ProQuest (dissertations), and PsyArXiv (preprints). The first step will involve gathering all available studies that meet eligibility criteria and uploading them to RefWorks. The findings will then be deduplicated. The next analysis step involves screening studies for inclusion based on titles, then based on abstracts, and finally on full-text. Any studies that lack a full text version will be sought after by contacting the publisher or the author. Studies that make it to this last stage will then be summarized into tables for comparison and themes will be written that pertain to the above research questions.

Eligibility criteria Eligible studies will be those that empirically (quantitative or qualitative) present

findings related to various facets of metacognition in those that experience dissociation. The findings will not be limited to dissociative disorders, but any significant themes amongst those with a diagnosed threshold of symptoms will be presented. There is no preset date range and any language will be included. As is seen in the selected databases, this review will also cover grey literature.

Source of evidence screening and selection

Any concerns will be relayed to a selection of peers with expertise in clinical mental health to clarify pertinent next steps.

Data management All records will be stored and analyzed in RefWorks.

Language restriction No.

Country(ies) involved United States.

Keywords dissociation, dissociative, dissociative experience(s), dissociative disorder(s), metacognition, metacognitive tasks, metacognitive goals, metacognitive strategies.

Contributions of each author

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