The purpose of the present study was to investigate the causal relationship between meta-cognitive beliefs about thought suppression and intrusive thoughts. We conducted structural equation modeling using a cross-lagged effect model and a synchronous effect model. Results revealed that the Paradoxical Effect subscale score synchronously increased the frequency of intrusive thoughts. On the other hand, the frequency of intrusive thoughts did not affect the degree of confidence in meta-cognitive beliefs. These results demonstrate a causal relationship between meta-cognitive beliefs about thought suppression and intrusive thoughts. The cognitive processes underlying this causal relationship and future directions of research about thought suppression are discussed.

**Keywords:** thought suppression, meta-cognitive beliefs, intrusive thoughts.

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