



### Relationship between Scrupulosity, Obsessive-Compulsive Disorder (OCD) and OCD-Related Cognitive Styles in a Clinical Sample

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#### Abstract

Scrupulosity (also known as religious obsessive-compulsive disorder) is a sub-group of obsessive-compulsive disorder (OCD) that has not been well investigated internationally and in Iran. In recent decades, scrupulosity has been the researchers' subject of interest and relevant literature, mostly with a cognitive approach, has attracted attention. In this regard, investigators have tried to shed a light on different aspects of this concept by identifying constructs that are mutually related to both obsessive-compulsive disorder and scrupulosity. OCD-related symptoms and cognitive styles are among these constructs. The objective of this research was to study the relationship between scrupulosity, obsessive-compulsive symptoms and OCD-related cognitive styles (obsessive beliefs and thought-action fusion). For sampling, 30 individuals with obsessive-compulsive disorder were recruited from Shafa counseling center, Aramesh counseling center, and the Child and Family Clinic of Shahid Beheshti University. In addition, 50 individuals with OCD were recruited via internet social networks. Obsessive-compulsive inventory-revised (OCI-R) was used for screening. Convenience technique was used as the sampling design. In order to collect data, Penn inventory of scrupulosity (PIOS), thought-action fusion scale (TAF), depression anxiety stress scale (DASS-21), obsessive-compulsive inventory-revised (OCI-R) and obsessive beliefs questionnaire (OBQ) were administered. Pearson's correlation coefficient and regression analysis were used to analyze the data. Results showed that there were significant relationships between scrupulosity and OCD symptoms total score, scrupulosity and obsessive beliefs and scrupulosity and thought-action fusion. Results also showed that the variations in scrupulosity scores could be best predicted by anxiety and importance/control of Thoughts. The results showed a significant relationship between scrupulosity and OCD symptoms, which underlines pathology of scrupulosity. The results showed a significant relationship between scrupulosity and obsessing subscale of OCI-R, which means that scrupulosity is obsessive-based and is not associated with compulsive act. The results also showed a significant relationship between scrupulosity and obsession. Regression analysis demonstrated that the importance of thoughts/controlling thoughts subtype could significantly predict the variability of scrupulosity. As scrupulosity is strongly related to mental obsession, so it would inevitably show a strong association with importance of thoughts/controlling thoughts. According to results, there was a significant relationship between scrupulosity and thought-action fusion and a stronger relationship between scrupulosity and moral thought-action fusion. As mentioned above, Sakovskis (1985) and Rachman (1997, 1998, 2003) have discussed the role of thought-action fusion in etiology and maintenance of OCD.

**Keywords:** Scrupulosity, Obsessive-Compulsive Symptoms, OCD-Cognitive Styles, Obsessive Beliefs, Thought-Action Fusion.

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