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Poster Presentation Research

Predicting Obsessive-Compulsive Disorder Symptoms on the Basis of Difficulties in Emotion Regulation, Impulsivity and Anger

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Abstract

Obsessive-compulsive disorder is characterized by the presence of recurrent and persistent thoughts, urges or images as well as repetitive behaviors or mental acts. According to the existing evidence, it can be predicted that difficulties in emotion regulation, impulsivity and anger are related to obsessive-compulsive disorder in one way or another. The aim of the present study was to predict obsessive-compulsive symptoms on the basis of difficulties in emotion regulation, impulsivity and anger. A total of 171 individuals from Tehran general population (71 men, 100 women) participated in this study as volunteers. Participants completed the difficulties in emotion regulation scale (DERS), Barratt impulsiveness scale (BIS), multi-dimensional anger inventory (MAI) and the obsessive-compulsive inventory-revised (OCI-R). The results indicated that obsessive-compulsive symptoms could be predicted by non-acceptance of negative emotions, limited access to effective emotion regulation strategies, cognitive impulsivity, motor impulsivity and anger-in. According to the results of the present study, it can be concluded that psychopathology, prevention and treatment of obsessive-compulsive disorder recall precise attention to risk factors of difficulties in emotion regulation, impulsivity and anger.

Keywords: Emotion, Impulsivity, Anger, Obsession.

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