

The Association between Obsessive-Compulsive Disorder and Factors of Impulsivity

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Introduction

- Obsessive-compulsive disorder (OCD) is characterized by recurring and/or unwanted thoughts or sensations that may lead to compulsive behavior (APA, 2013).
- Literature has suggested a relationship shown between response inhibition (RI) and impulsivity with OCD.
- Compulsive behaviors are premeditated (Gorrindo et al., 2017) while impulsive behaviors are not, literature has shown that impulsivity may predict OCD symptoms (Potenzia et al., 2009)

Objective

- The purpose of this study was to evaluate which features of impulsivity (i.e., attention, motor, and non-planning) were associated with OCD, after controlling for comorbid symptoms related to OCD (i.e., emotional symptoms like depression, anxiety, and stress).

Hypothesis

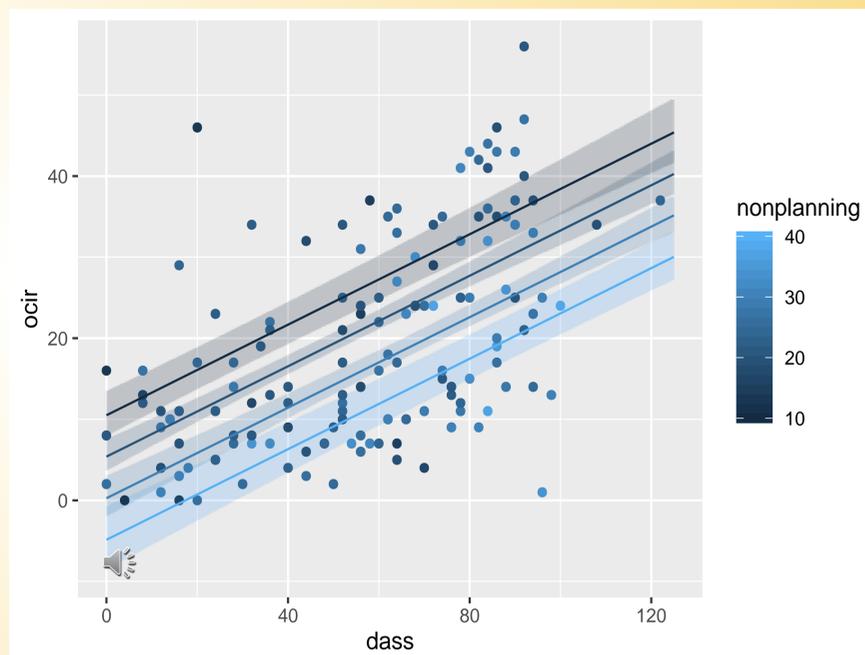
- Individuals with elevated symptoms of OCD would have significantly elevated impulsivity symptoms across all three domains after controlling for emotional symptoms.

Methodology

- Sample included 149 individuals in an analogue population, from around the U.S. using Amazon Mechanical Turk.
- To evaluate emotional and impulsivity symptoms, participants completed the Depression, Anxiety, and Stress Scale-21 (DASS-21) and the Barratt Impulsiveness Scale -11 (BIS-11).
- To determine the influence of impulsivity on OC symptom severity the Obsessive-Compulsive Inventory-Revised (OCI-R) was used at the dependent variable.
- A two-step hierarchical linear regression was run, where Step 1 included DASS-21, and Step 2 included BIS-11 factors.

Analysis

- Figure 1. The relationship between OCIR and Non-planning Impulsivity Symptoms



Measures

- Barratt Impulsiveness Scale-11 (BIS-11) is a 11- item self-report questionnaire to assess the behavioral construct of impulsiveness.
- Depression, Anxiety, and Stress Scale (DASS-21) 21- item self-report questionnaire that measures depression, anxiety and stress.
- Obsessive Compulsive Inventory-Revised (OCI-R) is an 18-item self-report questionnaire designed to measure the type and severity of OCD symptoms.

Results

- Findings revealed that non-planning factor impulsivity was a significant predictor of OCI-R symptoms over emotional symptoms ($R^2 \Delta = 34.1$) ($p = .004$).
- Neither the attention nor motor factor significantly predicted influence emotional symptoms ($R^2 \Delta = 0.000$) ($p = 0.974$) ($p = 0.981$).

Discussion

- These findings suggest that the individuals who are lower in symptoms of non-planning impulsivity demonstrate higher OC-symptoms.
- Non-planning impulsivity (e.g., lack of organization) may be a more useful indicator of OC-symptoms than attention or motor impulsivity.
- Future research should investigate why lower non-planning impulsivity reflect higher OC-symptoms

References

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