

## Levels of Obsessive-compulsive Disorder (OCD) among Faculty Members of the University of Baghdad / Iraq

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### Abstract

**Objective:** The main aim of the study is to assess levels of Obsessive-compulsive Disorder (OCD) among the Faculty Members of University of Baghdad Colleges and to find out the relationship between Levels of Obsessive-compulsive Disorder and demographic Characteristics of the Faculty Members.

**Methodology:** an analytic study design was carried out to identify the prevalence and level of obsessive-compulsive disorder of faculty in university of Baghdad and to find out any relationship between these levels and some demographic characteristics of the faculty members. The instrument was composed of two parts. The first part was socio-demographic characteristic consisting of six items, which include age, gender, marital status, scientific degree, the college and degree of preoccupation; the second part consists of 16 items represents the scale which supposes to measure the levels of obsessive-compulsive disorder.

**Results:** The study revealed that more than half of the faculty members are male; three quarters are married; about half of them are forties years old; about half of them are instructors; and approximately half of faculty members participated in the present study who are from college of engineering and nursing.

Finally, the study concludes that the levels of OCD 35.0% of the faculty members have severe level distributed as following 19.0% of female; 16.0% among age group (40-49); 20.0% among instructors; 28.0% among married and 13.0% among college of nursing members.

The study recommends that the referral for those faculty members with high levels of OCD to see psychiatrists of psychiatric hospital to assess their conditions and to be prescribed what they need to help reduce their symptoms. The faculty members under high stressful conditions due to higher levels of OCD need to encourage them for joining special sessions of stress management.

**Keywords:** obsessive, compulsive, instructors, university, Baghdad

مستويات اضطراب الوسواس القسري بين تدريسي وتدرسيات كليات جامعة بغداد/ العراق

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### الخلاصة

**الاهداف:** هدف الدراسة الرئيسي هو تقييم مستويات اضطراب الوسواس القهري بين أعضاء هيئة التدريس في كليات جامعة بغداد. وللتعرف على العلاقة بين مستويات الوسواس القهري والخصائص الديموغرافية لأعضاء هيئة التدريس.

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المنهجية: أجريت دراسة تحليلية لتحديد انتشار ومستوى اضطراب الوسواس القهري لدى أعضاء هيئة التدريس في جامعة بغداد. تألفت استبانة البحث من جزأين. الجزء الأول يتكون من ستة مواصفات ديموغرافية وتشمل العمر، الجنس، الحالة الاجتماعية، الدرجة العلمية، درجة الانشغال وسبعة كليات من جامعة بغداد تم اختيارها عشوائياً، والجزء الثاني يشمل 16 فقرة يمثل مقياس الوسواس القهري النتائج: كشفت الدراسة أنه وفقاً لنتائج الخصائص الديموغرافية أكثر من نصف أعضاء هيئة التدريس هم من الذكور. ثلاثة أرباع متزوجون حوالي نصفهم من الأربعة سنين؛ حوالي نصفهم مدرسين. وحوالي نصف أعضاء هيئة التدريس المشاركين في الدراسة الحالية هم من كلية الهندسة والتمريض. وأخيراً، خلصت الدراسة إلى أن مستويات الوسواس القهري بنسبة 35.0٪ من أعضاء هيئة التدريس لديها مستوى حادة موزعة على النحو التالي 19.0٪ من الإناث؛ 16.0٪ بين الفئة العمرية (40-49)؛ 20.0٪ بين المدرسين. 28.0٪ بين المتزوجين و 13.0٪ بين أعضاء كلية التمريض. التوصيات: توصي الدراسة بأن يتم إحالة أعضاء هيئة التدريس الذين لديهم مستويات عالية من الوسواس القهري إلى الأطباء النفسيين في مستشفيات الأمراض النفسية لتقييم ظروفهم وتحديد ما يحتاجونه للمساعدة في الحد من أعراضهم. وأعضاء هيئة التدريس تحت ظروف عالية التوتر بسبب ارتفاع مستويات الوسواس القهري لذلك فمن المستحسن تشجيعهم على الانضمام إلى الدورات الاستثنائية لإدارة الإجهاد.

الكلمات المفتاحية: الوسواس، القهري، تدريسي، جامعة، بغداد،

1 المؤلف المراسل

معلومات البحث

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## Introduction

Obsessive-compulsive disorder (OCD) is a sort of psychological illness that triggers recurrent annoying thoughts. To dispose of the thoughts, an individual with OCD fixes the same tasks repeatedly. For example, a person may fear that everything he/she touches has germs on it. Therefore, to ease that fear, he/she washes his/her hands repeatedly (APA, 2013 & 2007). Obsessive-compulsive disorder is a relatively common psychological complaint. It has a lifespan occurrence of 2.3%, which is alike in both genders; the disorder inclines to follow a chronic growing and weakening course. One-third of patients with OCD develops the disorder before age 15 years, and about 50% report start in juvenile and adolescence. Medical practice proposes that OCD might be destructively related with the person's education, not only in juvenile and adolescence, but also in early adulthood. However, this theme has rarely been empirically examined (Pérez-Vigil et al., 2018).

OCD is a psychological disorder where individuals feel the necessity to check possessions continually, achieve certain practices constantly (called "rituals"), or have certain thoughts repeatedly. Individuals are impotent to control either the thoughts or the activities for more than a short period. Common actions include hand washing, counting of things, and checking to see if a door is sealed. Some may have struggle tossing things out. These actions occur to such a degree that the individual's daily life is negatively exaggerated. They often they take up more than an hour a day. Most adults realize that the behaviours do not make sense. The condition is associated with tics, anxiety disorder, and an increased risk of suicide (Mataix-Cols et al., 2013).

The cause is unidentified. There seems to be some inherited mechanisms with both identical twins more often affected than both non-identical twins. Risk factors comprise the history of child abuse or other stress-inducing event. Some cases have been recognized to occur following infections (Bloch et al., 2008). The diagnosis is based on the

symptoms and needs ruling out other drug related or medical causes. Other disorders with similar symptoms include anxiety disorder, major depressive disorder, eating disorders, tic disorders, and obsessive-compulsive personality disorder (Grisham; Anderson, & Sachdev, 2008).

The 12-month occurrence of OCD in the USA is 1.2%, with a parallel occurrence globally (1.1%-1.8%). Women are affected at a a little higher rate than males in adulthood, although males are more usually affected in childhood (Fullana; Mataix-Cols; Caspi, et al. 2009).

### **Design of the study**

An analytic study was carried out from 12<sup>th</sup> of October 2018 through 25 of May 2019, to identify the prevalence of levels of obsessive-compulsive disorder among the faculty members in the University of Baghdad, by using the analytic design. Permission is obtained from each faculty of university of Baghdad to approve the faculty to seek permission of data collection. Instrument summary of the study uses scientific degree to measure the level OCD in faculty. The final study instrument consisting of two parts as the following. Part I: The first section was socio-demographic characteristic which was consisted of (5) items, which include age, gender, marital status, scientific degree and colleges

Part II: includes the scale to measure the levels of OCD, and degree of preoccupation (Goodman, Price, Rasmussen, et al., Part I. 1989; & Goodman, Price, Rasmussen, et al., Part II)

### **Setting of the study**

The study was conducted at the colleges of the University of Baghdad.

### **Sample of the study**

A purposive sample, of 100 faculty members, was used to recruit the study sample.

### **Method of data collection:**

The data was collected through the utilization of the constructed Arabic scale (Yusuf, 2008) and by the means of self-reported technique with the subjects who were included in the present study before data collection. The investigator met faculty of college /university of Baghdad to clarify the study subject's and get their agreement to participation in the study, then a copy of the questionnaire was distributed for each subject to the full completely before its receiving by the researcher.

**Statistical Analysis:** The researcher used the appropriate statistical methods in the data analysis which include the following:

**Descriptive data analysis:** This approach was performed through the determination of Frequencies (f) and Percentage

### **Inferential Data Analysis:**

These were used to accept or reject the statistical hypothesis, analysis of variation to identify the significant variance in the level OCD in faculty university of Baghdad with regard socio-demographic characteristics of the sample.

**Table 1. Demographic characteristics of the faculty members joined in the study**

Gender			Marital Status		
Gender	f	%	Status	f	%
Male	51	51.0%	Married	73	73.0%
Female	49	49.0%	Unmarried	26	26.0%
<b>Total</b>	<b>100</b>	<b>100.0%</b>	Divorced	1	1.0%
Age			Total	<b>100</b>	100.0%
year	f	%	Scientific Degree		
20-29	7	7.0%	Degree	f	%
30-39	27	27.0%	Assist. instructor	31	31.0%
40-49	47	47.0%	Instructor	46	46.0%
50-59	14	14.0%	Assist. Professor	16	16.0%
60-69	5	5.0%	Professor	7	7.0%
<b>Total</b>	<b>100</b>	<b>100.0%</b>	<b>Total</b>	<b>100</b>	<b>100.0%</b>
Colleges					
College	f		%		
Nursing	23		23.0%		
Pharmacy	8		8.0%		
Administration	11		11.0%		
Science	13		13.0%		
Engineering	25		25.0%		
Mass Media	20		20.0%		
<b>Total</b>	<b>100</b>		<b>100.0%</b>		

Table (1) indicates that 51.0% are male and 49.0% are female; 73.0% are married more than unmarried (26.0%); the ages between 40-49 (47.0%) which is the highest percentage; in level of

education the instructors are the highest number participated in the study (46.0%); the engineering college has the highest number took part in the study (25.0%).

**Table 2: Distribution of the sample according to the levels of OCD with Cut-off points for each level.**

Cut-off Points	Levels of Obsessive-compulsive Disorder	f	%
21-32	Severe	35	35.0%
16-20	Moderate	32	32.0%
≤15	Mild	33	33.0%
<b>Total</b>		<b>100</b>	<b>100.0%</b>

Table (2) shows that (35.0%) have severe level of obsessive-compulsive disorder; (32.0%) have moderate level of obsessive compulsive disorder;

and (33.0%) have mild level of obsessive compulsive disorder.

**Table 3: Distribution of the sample according to the levels of Time consumed in compulsion**

Levels of Time consumed		f	%
High		36	36.0%
Intermediate		58	58.0%
Low		6	6.0%
Total		100	100.0%

Table (3) shows that (6.0%) have low level of time consumed with of obsessive-compulsive disorder; (58.0%) have intermediate level of time consumed

with of obsessive-compulsive disorder; (36.0%) have high level of time consumed with of obsessive-compulsive disorder.

**Table 4: Distribution in the severity of OCD according the age, gender, colleges and marital status of Faculty members**

Demographic Characteristics			Severity of OCD			Total	
			Severe	Moderate	Mild		
Age	20-29	f	3	2	2	7	
		%	3.0%	2.0%	2.0%	7.0%	
	30-39	f	9	11	7	27	
		%	9.0%	11.0%	7.0%	27.0%	
	40-49	f	16	16	15	47	
		%	16.0%	16.0%	15.0%	47.0%	
	50-59	f	6	1	7	14	
		%	6.0%	1.0%	7.0%	14.0%	
	60-69	f	1	2	2	5	
		%	1.0%	2.0%	2.0%	5.0%	
	Total		f	35	32	33	100
			%	35.0%	32.0%	33.0%	100.0%
Gender	Male	f	16	17	18	51	
		%	16.0%	17.0%	18.0%	51.0%	
	Female	f	19	15	15	49	
		%	19.0%	15.0%	15.0%	49.0%	

	<b>Total</b>	<b>f</b>	<b>35</b>	<b>32</b>	<b>33</b>	<b>100</b>
		<b>%</b>	<b>35.0%</b>	<b>32.0%</b>	<b>33.0%</b>	<b>100.0%</b>
<b>Scientific Degree</b>	<b>Assist. instructor</b>	<b>f</b>	8	9	14	<b>31</b>
		<b>%</b>	8.0%	9.0%	14.0%	<b>31.0%</b>
	<b>Instructor</b>	<b>f</b>	20	14	12	<b>46</b>
		<b>%</b>	20.0%	14.0%	12.0%	<b>46.0%</b>
	<b>Assist. Professor</b>	<b>f</b>	7	5	4	<b>16</b>
		<b>%</b>	7.0%	5.0%	4.0%	<b>16.0%</b>
	<b>Professor</b>	<b>f</b>	0	4	3	<b>7</b>
		<b>%</b>	0.0%	4.0%	3.0%	<b>7.0%</b>
<b>Total</b>	<b>f</b>	<b>35</b>	<b>32</b>	<b>33</b>	<b>100</b>	
	<b>%</b>	<b>35.0%</b>	<b>32.0%</b>	<b>33.0%</b>	<b>100.0%</b>	
<b>Colleges</b>	<b>Nursing</b>	<b>f</b>	13	7	3	<b>23</b>
		<b>%</b>	13.0%	7.0%	3.0%	<b>23.0%</b>
	<b>Pharmacy</b>	<b>f</b>	2	2	4	<b>8</b>
		<b>%</b>	2.0%	2.0%	4.0%	<b>8.0%</b>
	<b>Administration</b>	<b>f</b>	2	5	4	<b>11</b>
		<b>%</b>	2.0%	5.0%	4.0%	<b>11.0%</b>
	<b>Science</b>	<b>f</b>	6	2	5	<b>13</b>
		<b>%</b>	6.0%	2.0%	5.0%	<b>13.0%</b>
	<b>Engineering</b>	<b>f</b>	6	10	9	<b>25</b>
		<b>%</b>	6.0%	10.0%	9.0%	<b>25.0%</b>
	<b>Mass Media</b>	<b>f</b>	6	6	8	<b>20</b>
		<b>%</b>	6.0%	6.0%	8.0%	<b>20.0%</b>
	<b>Total</b>	<b>f</b>	<b>35</b>	<b>32</b>	<b>33</b>	<b>100</b>
		<b>%</b>	<b>35.0%</b>	<b>32.0%</b>	<b>33.0%</b>	<b>100.0%</b>
<b>Marital status</b>	<b>Married</b>	<b>f</b>	28	22	23	<b>73</b>
		<b>%</b>	28.0%	22.0%	23.0%	<b>73.0%</b>
	<b>Unmarried</b>	<b>f</b>	7	10	9	<b>26</b>
		<b>%</b>	7.0%	10.0%	9.0%	<b>26.0%</b>
	<b>Divorced</b>	<b>f</b>	0	0	1	<b>1</b>
		<b>%</b>	0.0%	0.0%	1.0%	<b>1.0%</b>
<b>Total</b>	<b>f</b>	<b>35</b>	<b>32</b>	<b>33</b>	<b>100</b>	
	<b>%</b>	<b>35.0%</b>	<b>32.0%</b>	<b>33.0%</b>	<b>100.0%</b>	

Table (4) indicates that (16.0%) of faculty member in the age group (40-49) have severe high level of obsessive compulsive disorder and only (1.0%) have severe level of OCD in age group (60-69).

Which reveals that (19.0%) of female have severe level of obsessive-compulsive disorder and only (16.0%) of male has severe level obsessive-compulsive disorder. Table (4) reveals that (28.0%)

of married faculty members has severe level of OCD but the divorced members have no severe level of OCD. Regarding the prevalence of severe level OCD among the colleges this table indicates that the college of nursing has most severe level of OCD (13.0%) and only members of pharmacy and administration colleges have lowest percentage with severe level of OCD (2.0%).

**Table 5: Association between Demographic characteristics of the faculty members and levels of Obsessive-compulsive Disorder and levels of time consumed.**

Demographic Characteristics	Levels of OCD			levels of time consumed			No.
	$X^2$	df	Sig.	$X^2$	df	Sig.	
Gender	0.615	1	0.735	3.015	1	0.221	100
Age	0.029	4	0.644	6.768	4	0.562	
Scientific degree	8.571	3	0.199	5.936	3	0.430	
Marital status	3.238	2	0.519	8.434	2	0.077	
Colleges	12.036	5	0.283	11.748	5	0.302	

Table (5) reveals that whether the faculty member is male or female (0.735); young or old (0.644); higher or lower scientific degree (0.199); married or unmarried or divorced (0.519); and finally in different colleges (0.283) does not have any significant association with OCD.

Table (5) also reveals that whether the faculty member is male or female (0.221); young or old (0.562); higher or lower scientific degree (0.430); married or unmarried or divorced (0.077); and finally in different colleges (0.302) does not have any significant association with time consumed.

**Table 6: Association between levels of time consumed and levels of Obsessive-compulsive Disorder**

levels of time consumed	levels of Obsessive-compulsive Disorder			
	$X^2$	df	Sig.	No.
	19.011	1	0.021	100

Table (6) reveals that the highest of the severity of Obsessive-compulsive Disorder has the faculty

member of the higher level of time he or she consumes in compulsion.

## Conclusions

The study concludes that the levels of OCD 35.0% of the faculty members have severe level distributed as follows: 19.0% of female; 16.0% among age group (40-49); 20.0% among instructors; 28.0% among married and 13.0% among college of nursing members.

## Recommendations

The study recommends that the referral for those faculty members with high levels of OCD to see psychiatrists of psychiatric hospital to assess their conditions and to be prescribed what they need to help reduce their symptoms. The faculty members under high stressful conditions due to higher levels of OCD need to encourage them joining special sessions of stress management.

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