

RELATIONSHIP BETWEEN CHILDHOOD TRAUMA AND OBSESSIVE-COMPULSIVE DISORDER

ALI BURHAN MUSTAFA, IRUM SHEHZADI, FASIHA NARGIS, UROOJ BURHAN MUSTAFA, BISMA JAMIL MAKHDOOM, SADIA BATOOL, RAFIA GHAFAR

Sheikh Zayed Hospital Rahim Yar Khan, Pakistan

CORRESPONDENCE: DR. ALI BURHAN MUSTAFA E-mail: aliburhanmustafa@gmail.com,

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ABSTRACT

OBJECTIVE

To investigate the relationship between child sexual, emotional and physical abuse and the onset and course of OCD.

STUDY DESIGN

Cross-sectional research design.

PLACE AND DURATION OF THE STUDY

This study was conducted in Department of Psychiatry and Behavioral Sciences Sheikh Zayed Medical College/Hospital, Rahim Yar Khan, from July 2019 to January 2020.

SUBJECTS AND METHODS

Data was retrieved from 100 patients diagnosed with obsessive compulsive disorder through purposive sampling technique. Childhood trauma were assessed by Childhood trauma questionnaire (CTQ) developed by David.P,Brenstine.

RESULTS

Results showed that obsessive compulsive disorder was partly significantly correlated with Childhood Trauma and its subscales. There was no significant difference between gender and childhood trauma or its subscales. Analysis suggested a significant relationship between child sexual, emotional and physical abuse in OCD.

CONCLUSION

The study has established an association between CSA with Obsessive Compulsive Disorder. Furthermore, there was no significant difference among gender in Emotional Abuse, Physical Abuse, Sexual Abuse, and Physical Neglect in patients with OCD.

KEY WORDS

Obsessions, Compulsion, Child abuse, Validation.

INTRODUCTION

Obsessive compulsive disorder is a mental disorder where people feel to need check things repeatedly, perform certain routine repeatedly (rituals) and have certain thoughts repeatedly. People are unable to control either the thoughts or the activities for a short period of time.¹ Common activities may include hand washing, counting of things and checking. Most adults realize that the behavior do not make sense. The condition is associated with tics and increase risk of suicide.² According to the World Health Organization, OCD is the sixth most disabling psychiatric disorder.³ The presence of obsessive compulsive disorder reflects other psychopathological characteristic (e.g. neuropsychological impairment, elevated risk for depression, reduce daily life functioning) and childhood traumas e.g. childhood sexual abuse and physical abuse.⁴

Different theorists e.g. Beck and Bowlby described a strong vulnerability to develop psychopathologies throughout the life due to the negative childhood experiences.⁵ There have presumed that certain forms of childhood abuse may contribute specific vulnerability to developed various types of psychopathology.⁶ South Africa has a high prevalence of physical, emotional and sexual child abuse⁷ and this abuse is associated with negative long-term and short-term health outcomes.⁸

Childhood trauma has been described as a risk factor for psychosis and psychotic-like experiences⁹; childhood trauma has also been associated with OCD.¹⁰ A recent meta-analysis including 24 studies found an association between four types of trauma (e.g. emotional and sexual abuse) and OCD severity.¹¹

The rationale of this study is to evaluate the "Relationship of Childhood Sexual and Emotional Abuse in Obsessive Compulsive Disorder". Since last 10 to 15 years the interest has increased in seeing the contributions of the childhood sexual and emotional abuse in adults along with psychiatric pathology. Further since last few years many researchers conducted researches on the consequences of sexual, physical and emotional abuse and results showed a number of patients presented in psychiatric outdoors with multiple psychopathologies especially post-traumatic stress disorder, obsessive compulsive disorder, major depressive disorder and anxiety disorders. Objective of the study is to evaluate the relationship between childhood sexual & emotional abuse with obsessive compulsive disorder and to investigate the gender difference in OCD and sexual, physical & emotional abuse.

SUBJECTS AND METHODS

Participants

The sample size was 100 participants (50 male and 50 female). The

participants were diagnosed cases of obsessive compulsive disorder. Participants belong to low, middle, and high socio economic status. No age limit was decided; children who had age less than 10 were excluded.

Instruments

Child sexual abuse was measured through Child trauma questionnaire (CTQ). It is developed by David, P Bernstein. The childhood trauma questionnaire is a 28 item self-report retrospective inventory to measure childhood and adolescent's abuses and neglect. The CTQ can be administered individually or to a group. Reliability of this scale is generally favorable patterns.

Procedure

Institutional approval was taken, formal permission of the head of department was taken. Informed consent was obtained from participants after assurance of privacy and confidentiality. Only diagnosed patients of OCD were included. Participants were selected through purposive sampling technique. The questionnaire was given to the clinical population and they were instructed to fill the demographic sheet first and childhood trauma questionnaire administered on the patients of OCD. Every respondent was rated on the basis of instruction provided. SPSS was used to analyze the results, t test and regression analysis was used.

RESULTS

The demographic details of the sample are provided in table 1. The sample consisted of equal number of males and female having different age groups. 39% of the sample was 23 -30 years old, mostly were educated and only 11% were illiterate. About 58% were married while 61 % were living in joint family system.

The above table shows that there was positive correlation between childhood Truma (emotional abuse, Physical abuse, Sexual abuse, emotional neglect and Physical Neglect). Obsessive Compulsive Disorder was partly significantly correlated with Childhood Trauma and well as subscales within range of .21** to .44** (see table 2 for details).

Table 2 showed that there were significant difference among gender in Emotional neglect. Females (M= 12.42, SD= 6.02) showed higher mean scores as compared with males (M= 10.97, SD= 6.19). Furthermore, there was no significant difference among gender in Emotional Abuse, Physical Abuse, Sexual Abuse, and Physical Neglect.

Table 1
Frequencies and percentages of demographic variables of the sample (N=100).

Descriptive Variable	F%
Age	
15-22	35%
23-30	39%
31-40	26%
Gender	
Male	50%
Female	50%
Education	
Illiterate	11%
Primary	14%
Middle	21%
Matric	31%
Graduation	14%
Master	9%
Marital Status	
Unmarried	42%
Married	58%
Family Type	
Nuclear Family	39
Joint Family	61%

Table 2
Correlation among OCD Childhood Trauma.

Variables	1	2	3	4	5	6	7
1.OCD	-	.34**	.33**	.23**	.31**	.38**	.28**
2.Child Trauma		-	.35**	.23**	.21*	.40**	.43**
3.Emotioanl Abuse			-	.42**	.43**	.51**	.52**
4.Physical Abuse				-	.44**	.42**	.37**
5.Sexual Abuse					-	.39**	.38**
6.Emotional Neglect						-	.42**
7.Physical Neglect							-

**p < .01; *p < .05



Table 3
Gender wise differences in subscales of CTQ.

Variable	Male (n = 50)		Female (n = 50)		t	p	Cohen's d
	M	SD	M	SD			
1.OCD	-	-	-	-	-	-	-
2.Child Trauma	24.23	9.71	24.11	9.82	3.25	.21	.28
3.Emotional Abuse	13.42	5.74	13.06	2.38	2.87	.15	.24
4.Physical Abuse	13.18	4.56	12.62	2.23	-2.90	.20	.25
5.Sexual Abuse	13.10	6.38	13.56	6.77	-2.05	.32	.33
6.Emotional Neglect	10.97	6.19	12.42	6.02	2.55	.01	.35
7.Physical Neglect	13.98	4.50	13.85	4.55	3.22	.22	.35

DISCUSSION

This study investigated the relationship of childhood sexual and emotional abuse in obsessive compulsive disorder. The study also focused on the gender differences in obsessive compulsive disorder that had the history of childhood traumas. Effects of childhood traumas in OCD are also investigated in this study. This study found a positive relationship of childhood sexual and emotional abuse in obsessive compulsive disorder. Data analysis of this study showed that subjects with OCD and sub threshold OCD had higher rates of exposure to contact and non contact sexual abuse. The higher rates of sexual abuse have been reported in adults with OCD in a clinical sample finding a positive correlation between childhood sexual and emotional abuse in OCD¹²

Positive relationship was found between child sexual abuse and emotional abuse in OCD by the items of emotional and sexual abuse. As supported by previous literature, the association between childhood trauma, neuroticism and comorbid obsessive compulsive symptoms in patient with psychotic disorder showed "mediating effects of neuroticism as well as moderating effects of positive symptoms on the course of obsessive compulsive symptoms over the time"¹³ Childhood traumas were found to be associated with obsessive symptoms. In the group with childhood trauma, increased suicide probability was detected independently from depression and anxiety.¹⁴ In a case control study, a significantly higher frequency of contact child sexual abuse was found among OCD patients (52.3%). This finding suggested a positive association between contact child sexual abuse and OCD.¹⁵ Our results found that gender doesn't have any significant differences in emotional and sexual abuse, previous studies also found out that emotional and sexual abuse in OCD don't differ in terms of gender in developing psychiatric disorders.¹⁷⁻¹⁸

These previous findings justify the current results of the research.

Suggestions:

- It is suggested for the future study that sample size must be enhanced.
- It is also suggested for the future study that the victims of child sexual abuse having contact with mental health services earlier in life be compared with those without child sexual abuse, it's better for the generalization and validation for future study.

CONCLUSION

The study has established an association between CSA with Obsessive Compulsive Disorder. Furthermore, there was no significant difference among gender in Emotional Abuse, Physical Abuse, Sexual Abuse, and Physical Neglect in patients with OCD.







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Sr.	Author Name	Affiliation of Author	Contribution	Signature
1	Dr. Ali Burhan Mustafa	Assistant Professor & HOD Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital Rahim Yar Khan	Plan, making of Performa, Writing up of article	
1	Dr. Urooj Zafar	Assistant Professor & HOD Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital Rahim Yar Khan	Proof reading, review article	
1	Miss Bisma Jamil	Assistant Professor & HOD Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital Rahim Yar Khan	Write up make it final, data analysis	
1	Mrs. Rafia Ghaffar	Assistant Professor & HOD Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital Rahim Yar Khan	Data Collection write up	
1	Mrs. Iram Shehzadi	Assistant Professor & HOD Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital Rahim Yar Khan	Resources & Feasibility, Intervention to the participants	
1	Mrs. Fasiha Nargis	Clinical Psychologist PhD Scholar University of (Malaysia)	Data Analysis write up	
1	Mrs. Sadia Batool	Clinical Psychologist, Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital Rahim Yar Khan	Literature review	