

Comparison of Cognitive Behavior Therapy and Islamic Based Spiritual Religion Psychotherapy on the Intensity of the Symptoms of Obsessive-Compulsive of Women with Washing Compulsive

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Abstract

The present study aimed to investigate the comparison of cognitive behavior therapy (CBT) and Islamic based spiritual religion psychotherapy (SCBT) on the intensity of symptoms of women having washing obsessive-compulsive disorder (WOCD). The research was a semi-experimental with pretest-posttest design and control group. The research population included all women with WOCD who referred to Tehran city's psychiatry and psychotherapy centers in 2018. Among them, 39 people were selected purposively, then randomly assigned to three groups of 13 each. Eight 120-min sessions of CBT on the first experimental group and SCBT on the second experimental group, were performed, once a week. The control group was put in the waiting list. Yale-Brown Obsessive-Compulsive Scale were used. Univariate analysis of variance and Fisher's post hoc test were used to analyze data. The results showed that both therapies were effective in reducing WOCD, and there was not a significant difference between the efficacy of these two therapies.

Keywords: Cognitive behavior therapy, obsessive-compulsive disorder, spiritual, washing

Introduction

Obsessive compulsive disorder is characterized by obsessive compulsive thought and behavior that is spontaneous, unwanted and annoying (Abolghasemi, et al., 2019). Among obsessive compulsive disorder, compulsive washing is the most common one (Disilova, et al., 2019).

Effective therapy, which is less considered in this disorder, is spiritual therapy. Spiritual therapy approaches express the therapist's respect and value for spiritual matters (Richard, et al., 2017).

The study found that SCBT (Mohammadi, 2013) was effective in reducing obsessive behaviors in women with OCD (Borghei, et al., 2020). The other study examined the effectiveness of CBT on patients with obsessive compulsive disorder of religious type and infection, SCBT (Farhoodi, et al., 2020). The study was conducted on 39 women with obsessive compulsive disorder who collected information from the Yale-Brown Obsessive Compulsive Scale (Goodman, et al., 1989), the patients were divided into three groups, two of which were intervention and one was control. In this study, due to the fact that little research has been done on the superiority of each of these

treatments (SCBT, CBT) over each other, and it is not clear which of the treatments under the same conditions has a more effect on reducing the severity of OCD symptoms. Therefore, in this study, we tried to compare these two treatments in terms of the degree of reduction in the severity of OCD in women with obsessive compulsive disorder. Therefore, the hypothesis was expressed that there is no significant difference between CBT and SCBT effectiveness on treatment of OCD patients with washing disorder.

Method

The method of this research was quasi-experimental with pre-test-post-test design with control group. A sample of 39 women who referred to the medical center were purposively selected and randomly assigned to three groups of 13 people. The research tool was the Yale-Brown Practice Obsessive Scale with 10-items for both thinking and behavioral function. The reliability of this scale with 40 patients was 0.98 and internal consistency coefficient was 0.89. Its validity was proved in a study and its reliability coefficient was reported to be 96% in Iranian samples (Dadfar, et al., 2002). In the present study, Cronbach's alpha coefficient for the total score was 0.82.

After the pretest, CBT was performed on the first experimental group and SCBT on the second experimental group for 8 session of 120 minutes, once a week, during which the control group did not receive any intervention. The data were analyzed by using univariate analysis of variance and Fisher post hoc test. The CBT intervention was used from Steketee, et al., (2019) and the program of SCBT was used from Mohammadi, (2013).

Results

In order to investigate the difference between the mean scores of experimental and control groups, multivariate analysis of covariance was used. According to table 3, the results indicated that Wilkes lambda test with value equal to 0.38 and $F=4.32$ with degree of freedom 33 and a significant level ($P<0.01$) with a statistical power equal to 1, ie there was no possibility of the second type of error.

Table 1. Multivariate analysis of covariance to investigate the effect of group on obsessive-compulsive disorder

Variable	Test	Value	F	Degree of Freedom hypothesis	Degree of Freedom error	Significance level	ETA Squared
Obsessive-compulsive disorder	Pillay effect	0.73	12.38	3	21	0.001	0.78
	Wilks lambda	0.38	2.12	3	21	0.001	0.78
	Hoteling Effect	4.33	2.12	3	21	0.001	0.78
	The biggest Root on	4.33	2.12	3	21	0.001	0.78

According to the results of univariate analysis of covariance in table 4, by controlling the effect of pre- test, there is a significant difference between the mean scores of post-tests of experimental groups and control group in obsessive –compulsive variable ($n_2 = 0.67$, $p < 0.006$, $F = 19.21$). In the other hand, cognitive-behavioral therapy and spiritual-religious psychotherapy with emphasis on Islamic teachings has reduce the obsession-practice of both experimental groups.

Table 2. Univariate analysis of covariance the effect of cognitive-behavioral therapy and spiritual-religious psychotherapy on obsessive-compulsive disorder

Variable	Total squares	Df	Average squares	F	Meaningful	Eta ²	Test power
Obsessive compulsive disorder	496.79	2	496.79	2	0.000	60	0.001

In order to investigate which of the two methods was more effective on obsessive-compulsive disorder and whether the difference between the effects of the two methods was statistically significant? the fisher post hoc test (LSD) was used. The results indicated that there was a significant difference between the experimental and control groups; there is no significant difference between the two methods of cognitive-behavioral therapy and spiritual-religious psychotherapy with emphasis on Islamic teachings ($P > 0.005$).

Discussion and Conclusion

The findings of this study showed that CBT was effective in reducing OCD. This finding is consistent with the result of studies by Zanjani, et al., (2018), Farhoodi, et al., (2020), in the field of the effectiveness of cognitive-behavioral therapy.

SCBT was effective in reducing the severity of OCD washing syndrome. This finding is consistent with the results of the studies of Borghei, et al., (2019), in the field of the effectiveness of spiritual therapy on increasing the psychological well-being of people with obsessive-compulsive disorder.

The limitations of this study include the study of the effectiveness only on women with the disorder, the short course of psychotherapy, the number of patients who have not complete for personal reasons. suggesting that the long - term pursuit of a number of gender and gender groups is required to make more research accurate.

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