

Relationship Between Ethical Sensitivity with Obsessive-Compulsive Symptoms and Sleep Problems: The Mediating Role of Fear of Self

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Abstract

The purpose of this study was to evaluate the mediating role of fear of self in the relationship between ethical sensitivity with obsessive-compulsive symptoms and sleep problems in students. The research method was descriptive-correlational (structural equations) and the statistical population of the study was all students of Semnan University in the academic year 2019-2020. Using the available sampling method, 400 students participated in the research. The instruments were the Obsessive-Compulsive Disorder- Revision, Pittsburgh Sleep Quality Index, Ethical Sensitivity Scale and Fear of Self Questionnaire. The results showed that fear of self has mediating role in the relationship between ethical sensitivity with obsessive-compulsive symptoms and sleep problems. According to the research results, it is suggested to pay attention to the role of fear of self and ethical sensitivity in treating sleep problems and reducing the symptoms of obsessive-compulsive disorder.

Keywords: Ethical sensitivity, fear of self, obsessive-compulsive, sleep problems

Introduction

Obsessive-compulsive disorder (OCD) is a psychiatric condition characterized by recurrent obsessions or compulsions that cause significant impairment or distress (Aguilar, et al., 2019). Many people with obsessive-compulsive disorder suffer from sleep problems (Segalàs, et al., 2021). It is important to pay attention to the role of sleep problems because they cause impairments in daily functioning. According to previous research, ethical sensitivity is one of the structures associated with obsessive-compulsive disorder (Hosseinzadeh, et al., 2020). In addition, ethical sensitivity is associated with sleep problems (Xo, et al., 2020). Another variable affecting the onset and persistence of obsessive-compulsive symptoms is fear of self (Aguilar, et al., 2019). Also, self-related structures play a decisive role in sleep problems (Przepiórka, et al., 2019). Considering the role of ethical sensitivity and fear of self in the obsessive-compulsive disorder and sleep problems in students, the goal The main study of the present study was to determine the mediating role of fear of self in the relationship between ethical sensitivity with symptoms of obsessive-compulsive disorder and sleep problems. Accordingly, the research hypotheses are: Ethical sensitivity has a direct effect on Fear of Self, obsessive-compulsive symptoms and sleep problems. Fear of self has a direct effect on the symptoms of obsessive-compulsive disorder and sleep problems. Ethical sensitivity also has an indirect effect on the symptoms of obsessive-compulsive disorder and sleep problems due to fear of self.

Method

The present study was descriptive-correlation of structural equation modeling type. The statistical population was the students of Semnan University in the academic year of 2019-2020. According to Morgan and Krejcie table, 400 students were selected by the convenience sampling method. In order to collect data, the link of the questionnaires was provided to the students. Finally, 376 questionnaires were analyzed by removing the distorted questionnaires.

Tools

Obsessive-compulsive Disorder-revision (OCD-R): The OCD-R has 18 items and a higher score indicates the presence of obsessive-compulsive disorder. This questionnaire has been standardized by Mohammadi, et al. (2015) that Cronbach's alpha is 0.85 for the general scale. In this study, Cronbach's alpha 0.87 was obtained.

Pittsburgh Sleep Quality Index (PSQI): This questionnaire has 18 items with 7 subscales. The score ranges from 0-21 and high scores indicate poor sleep quality. The reliability of the questionnaire was reported to be 0.83 using Cronbach's alpha (Buysse, et al., 1989). In this study, Cronbach's alpha was 0.81.

Ethical Sensitivity Scale Questionnaire (ESSQ): This questionnaire has 16 items with 4 subscales. Gholami, K., & Tirri (2012) obtained Cronbach's alpha of 0.90. In this study, Cronbach's alpha was 0.95.

Fear of Self-Questionnaire (FSQ): The questionnaire has 8 items and the score ranges from 8-48 and a higher score indicate greater fear of self. Aguilar, et al. (2019) obtained Cronbach's alpha of 0.94. In this study, Cronbach's alpha 0.81 was obtained.

Results

In order to investigate the mediating role of fear of self in the relationship between ethical sensitivity with obsessive-compulsive symptoms and sleep problems, the path analysis method was used using AMOS22 software. Before performing the path analysis, first the Kolmogorov-Smirnov test had used for normality and the results indicate that this assumption is observed. Since the analysis of structural equations based on the sample correlation matrix had based on Pearson correlation coefficients between Research variables, it was a significant action at the level ($P < 0.01$). It should be noted that in a favorable structural model, the ratio of chi-square to degree of freedom (X^2/df) is equal to or less than 3, root mean squares of residual less than 0.05, good fit index (GFI) greater than 0.90, comparative fit index (CFI) greater than 0.90, incremental fit index (IFI) greater than 0.90 and root mean square error approximation (RMSEA) equal to or less than 0.08. In the present model, RMSEA in this model 0.07, respectively, and X^2/df is 2.99. Also, the other indicators were close to one, which indicated a good fit of the pattern. Accordingly, the results related to the fit indices indicated the acceptable fit of the model with the data of the present study.

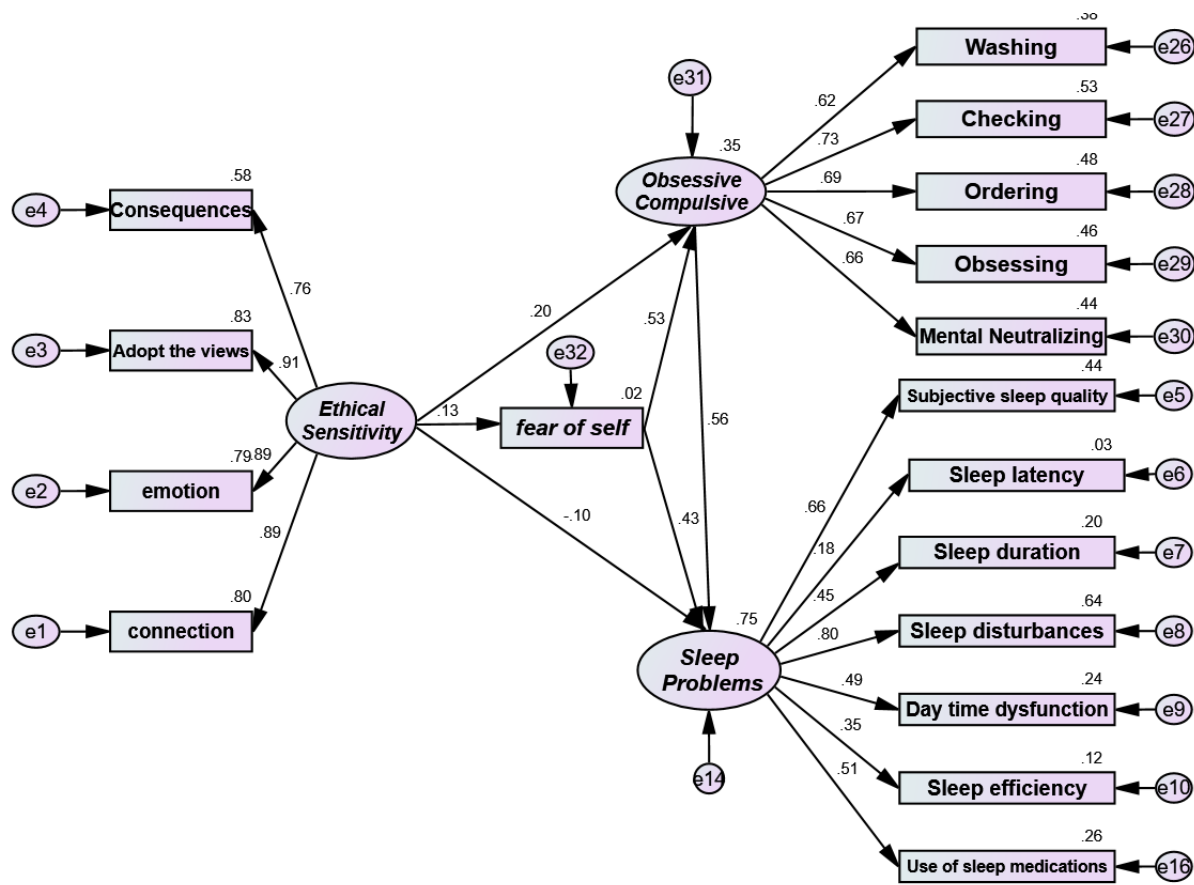


Figure 1. Final research model

According to Table 1, The results of Bootstrap test showed that fear of self plays a significant mediating role in the relationship between ethical sensitivity with obsessive-compulsive symptoms and sleep problems ($p < 0.05$).

Table 1. The results of Bootstrap test

Routes	Straight Effect	Standard Error	Up-level	Lower-level	Sig
Ethical sensitivity → Fear of Self → Obsessive- Compulsive	0.06	0.05	0.32	0.12	0.001
Ethical sensitivity → Fear of Self → Sleep Problems	-0.05	0.33	0.41	0.08	0.002

Discussion and Conclusion

The results showed that the prop osed model has an acceptable fit. Accordingly, fear of self is one of the factors affecting obsessive-compulsive disorder and sleep problems. fear of self is considered as a latent factor that affects a wide range of obsessive behaviors and sleep problems. In general, ethical sensitivity is directly and indirectly related to the symptoms of obsessive-compulsive disorder and sleep problems through its effect on fear of self. The statistical population and the use of self-report tools for data collection are among the limitations of the research. Also, one of the limitations of the present study was that the fear of self-questionnaire (version-8 questions) was not standardized in Iran and it is suggested that it be

standardized in different groups in Iran. Focusing on ethical sensitivity and fear of self in the treatment process, as well as teaching how to deal with it, it seems necessary.

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Conflicts of interest

Authors found no conflict of interests.



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