



Research paper

The Mediating Contribution of Obsessive Beliefs in the Relationship between Sexual Desire and Marital Satisfaction of Women with obsessive-compulsive disorder

Barzegar, Esmail ¹ ; Sadeghi, Parisa ² ; Boostanipoor, Alireza³

1. Corresponding Author, PH.D. Student in Counseling, Department of Counseling, Faculty of Education and Psychology, University of Isfahan, Isfahan, Iran counselor1363@yahoo.com
2. M.A. in Family Counseling, Department of Counseling, Faculty of Education and Psychology, University of Isfahan, Isfahan, Iran prs.sadeghi96@gmail.com
3. Assistant Professor of Azad University, Faculty of Psychology and Educational Sciences, Islamic Azad University, science and research Branch, Tehran, Iran arbp99@gmail.com

Abstract

The aim of this study was to investigate the mediating contribution of obsessive beliefs in the relationship between sexual desire and marital satisfaction (MS) of women with obsessive-compulsive disorder (OCD). The research method was descriptive-correlation. The statistical population of this research was all married women suffering from OCD who referred to the outpatient clinic of Hafez hospital and several private clinics in Shiraz. A sample of 200 of them were selected by available sampling, completed the Hurlbert Index of Sexual Desire, MSQ, Obsessive Beliefs Questionnaire, and OCD. The data were analyzed using correlation matrix, multivariate regression analysis and path analysis test. The results showed that sexual desire in addition to the direct effect which has on marital satisfaction can also affect marital satisfaction through obsessive beliefs. This study indicated the necessity of increasing awareness of beliefs, sexual knowledge and facilitating sexual counseling for married women.

Keywords: Marital satisfaction, obsessive beliefs, OCD, sexual desire

Introduction

OCD is the 10th most disabling medical condition worldwide (Liu, et al., 2021). OCD cause distress or impairment in social, occupational, academic, or other areas of functioning, reduces quality of life, disrupts family relationships and marital performance (Skapinakis, et al., 2019). OCD can lead to high levels of family distress and marital dissatisfaction, and is associated with poorer sexual function and decreased sexual desire and arousal (Pozza, et al., 2021). In these patients, obsessive beliefs are associated with poorer sexual performance in this population (Pozza, et al., 2020). Therefore, considering the sexual desire in sexual performance as a significant element of marital satisfaction, it is necessary to identify the effective variables in their explanation. So that this can help to innovate in the design of future psychological interventions to treat sexual disorders and improve marital satisfaction. Therefore, the research hypothesis was that obsessive beliefs play a mediating contribution in relationship between sexual desire and marital satisfaction.

Method

The research method was descriptive-correlation. The statistical population of this research was all married women suffering from OCD who referred to the outpatient clinic of Hafez hospital and several private clinics in Shiraz, and 200 of them were selected by available sample (20-55 years old; mean age 35.68 years and standard deviation 4.26). They were interviewed and diagnosed, and conducted the relevant scale (Revised Foa Obsessive-Compulsive Questionnaire), by a psychiatrist as having obsessive-compulsive disorder. The sample was selected from women who had turned to medical treatment for the first time on an outpatient basis or were in the early stages of treatment. All of whom completed the Hurlbert Index of Sexual Desir, Marital Satisfaction Scale, Obsessive Beliefs Questionnaire and Obsessive-Compulsive Inventory- Revised. In addition, statistical analysis of data was performed by SPSS statistical software using correlation matrix, multivariate regression analysis and path analysis tests using.

Tools

Enrich Marital Satisfaction Scale (EMSS): This 47-item in a seven-point Likert scale was developed by Olson, et al (1998) reported its construct validity through confirmatory factor analysis and its internal consistency of 0.95 by Cronbach's alpha coefficient method. In this research, the reliability of this questionnaire was 0.82.

Hurlbert index of Sexual Desire (HISA): This 25 items index was created by Hurlbert in 1991 that based on a 5-point Likert scale, with test-retest reliability method of 0.86 and its internal consistency coefficients as 0.89 using two (index producer and psychology expert professors) Cronbach's alpha methods. In this research, the Cronbach's alpha coefficient was 0.90.

Obsessive Beliefs Questionnaire (OBQ-44): The 44 items questionnaire, scored on a 7-option Likert scale, was created by the working group of obsessive-compulsive cognitions in 2005. Its Cronbach's alpha coefficient reported between 0.92 and 0.93. In this research, the Cronbach's alpha coefficient was 0.89.

Obsessive-Compulsive Inventory-Revised (OCI-R): This questionnaire was created by Foa, et al (2002). Each question was graded from zero to four based on the level of belief. This test has internal consistency ranging 0.77-0.88 and test-retest reliability 0.62-0.76. Cronbach's alpha was reported as 0.91 for total score. In this research, the internal consistency was 0.85.

Results

The assumptions of normality of scores by the Kolmogorov-Smirnov test, independence of errors by Durbin-Watson, linear multiplicity by tolerance and variance inflation factors (VIF) were checked and maintained.

Table 1. Results of path analysis using a hierarchical method for mediating contribution

Order	Imported variables	beta	T	P	R	R ²	F	p
First order (marital satisfaction)	Sexual desire	0.38	5.88	0.001	0.38	0.14	34.61	0.001
Second order (marital satisfaction)	Sexual desire	0.23	3.76	0.001	0.55	0.30	43.16	0.001
	Obsessive beliefs	-0.42	-6.64	0.001				

The results of Table 1 show that, in the first order, sexual desire style was entered into the equation to predict marital satisfaction, and this time, sexual desire was able to predict marital satisfaction ($P < 0.001$, $F = 34.61$). In the second step, the mediating variable of obsessive beliefs was entered into the equation. The results of this analysis indicated that in the second order, the amount of explanatory variance of the marital satisfaction variable showed a significant increase with the inclusion of the mediator of obsessive beliefs, and obsessive beliefs were also able to predict marital satisfaction ($P < 0.001$, $F = 43.16$). The coefficient of determination increases from 14% in the first stage to 30% in the second stage. In other words, with the inclusion of the obsessive belief variable, 16% has been added to the predictability of predictor variables, and this indicates the mediating contribution of obsessive beliefs in the relationship between sexual desire and marital satisfaction of obsessive-compulsive women.

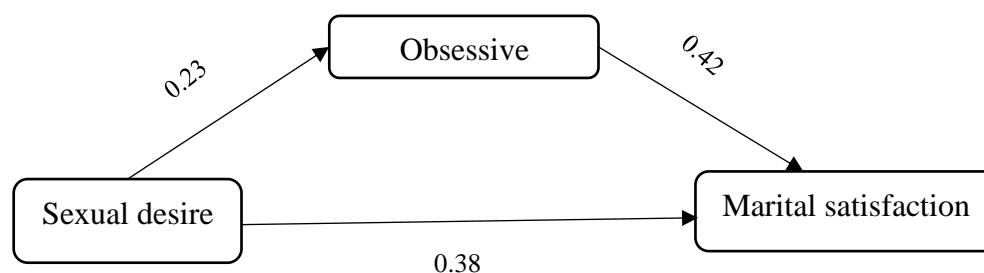


Figure 1. The validated model of the mediating contribution of obsessive beliefs

Discussion and Conclusion

According to the research findings, obsessive beliefs is one of the factors affecting sexual desire and marital satisfaction in women with OCD. Obsessive beliefs are considered as cognitive factor that affects a wide range of sexual functioning, relationships, and marital satisfaction. The low sexual satisfaction of patients with obsessive-compulsive disorder may cause doubts and fears in the relationship and maintain a cycle of doubt and low marital satisfaction. Therefore, people who have obsessive beliefs in the field of sexual desire and having a relationship with their spouse are not very interested and they are not even requesting to have sex, and in addition, even if their spouse requests sex, they are not very receptive to this relationship. That reason for this can be the person's obsessive thoughts and concern about sexually disturbing thoughts and if the sexual relationship between couples decreases, it can have a significant impact on the satisfaction of couples and cause a decrease in the marital

satisfaction of couples. In general, sexual desire is directly and indirectly related to marital satisfaction through obsessive belief. The available sampling method and one gender are the limitations of the research. These results may lead to more tailored psychosexual counseling and therapy.

References

- Foa, E. B., Huppert, J. D., Leiberg, S., Langner, R., Kichic, R., Hajcak, G., & Salkovskis, P. M. (2002). The Obsessive-Compulsive Inventory: development and validation of a short version. *Psychological assessment*, 14(4), 485-496. <https://doi.org/10.1037/1040-3590.14.4.485>
- Hurlbert, D. F. (1992). Motherhood and female sexuality beyond one year postpartum: A study of military wives. *Journal of Sex Education and Therapy*, 18(2), 104-114. <https://doi.org/10.1080/01614576.1992.11074044>
- Liu, J., Li, X., Xue, K., Chen, Y., Wang, K., Niu, Q., Li, Y., Zhang, Y., & Cheng, J. (2021). Abnormal dynamics of functional connectivity in first-episode and treatment-naïve patients with obsessive-compulsive disorder. *Psychiatry and Clinical Neurosciences*, 75, 14–22. <https://doi.org/10.1111/pcn.13162>
- Obsessive Compulsive Cognitions Working Group. (2005). Psychometric validation of the obsessive belief questionnaire and interpretation of intrusions inventory—Part 2: Factor analyses and testing of a brief version. *Behaviour Research and Therapy*, 43(11), 1527-1542. <https://doi.org/10.1016/j.brat.2004.07.010>
- Pozza, A., Marazziti, D., Mucci, F., Angelo, D., Prestia, D., & Dèttore, D. (2021). Sexual response in obsessive-compulsive disorder: the role of obsessive beliefs. *CNS Spectrums*, 26(5), 528 – 537. <https://doi.org/10.1017/S1092852920001649>
- Pozza, A., Veale, D., Marazziti, D., Delgadillo, J., Albert, U., Grassi, G., Prestia, D., & Dèttore, D. (2020). Sexual dysfunction and satisfaction in obsessive compulsive disorder: protocol for a systematic review and meta-analysis. *Systematic Reviews*, 9(8). <https://doi.org/10.1186/s13643-019-1262-7>
- Skapinakis, P., Politis, S., Karampas, A., Petrikis, P., & Mavreas, V. (2019). Prevalence, comorbidity, quality of life and use of services of obsessive-compulsive disorder and subthreshold obsessive-compulsive symptoms in the general adult population of Greece. *International journal of psychiatry in Clinical Practice*, 23(3), 215–224. <https://doi.org/10.1080/13651501.2019.1588327>

Acknowledgments

We thank all the people who participated in this study.

Funding

All financial resources and the cost of research and publication of the article are entirely the responsibility of the authors and no financial support has been received.

Conflicts of interest

The authors declared no conflict of interest.



This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution-Noncommercial 4.0 International (CC BYNC 4.0 license) (<https://creativecommons.org/licenses/by-nc-nd/4.0/>).
