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A Study to Assess the Knowledge Regarding Obsessive Compulsive Disorder Among Students of Selected Nursing Colleges in Udupi District, Karnataka

Ms. Shilpa Shilpa¹, Ms. Teena Timple D'souza²

¹Assistant Professor, Nursing, Udupi College Of Nursing, Manipal ²Associate Professor, Nursing, Udupi College Of Nursing, Manipal

Abstract

Obsessive – Compulsive Disorder (OCD) is a common neuropsychiatric disorder that occurs across the whole life span and is classified under anxiety disorder. It is a combination of illogical thoughts and compulsory behaviors caused by anxiety. A survey approach with descriptive design was used to assess the knowledge regarding obsessive compulsive disorder among students of selected nursing colleges. The objectives of the study were to assess the knowledge regarding obsessive compulsive disorder among nursing students and to find the association between knowledge scores regarding obsessive compulsive disorder and selected demographic variable. Total 100 nursing students were selected by convenient sampling technique. The data was collected by using structured knowledge questionnaire on Obsessive – Compulsive Disorder and was analysed by using descriptive and inferential statistics. The findings of present study reveals that 68% of Nursing students has good knowledge, 28% had average knowledge and the 4% had poor knowledge. Area-wise analysis of knowledge score of nursing students on Obsessive – Compulsive Disorder shows that overall knowledge mean was 16.12, and mean percentage was 44% with standard deviation of 3.351 The Chi square value of like variables such as age, gender, religion, marital status, family income, number of children and source of information at 0.05 level of significance does not show any significant association.

INTRODUCTION

Obsessive–compulsive disorder (OCD) is a common clinical mental condition with an estimated lifetime prevalence of 2.3%. People with obsessive compulsive disorder are plagued by unwanted thoughts (obsession) or feel that they must carry out action(compulsion) against their will. According to ICD 9, obsessive compulsive disorder is a state in which "the outstanding symptoms is a feeling of subjective compulsion which must be resisted to carry out some action, to dwell on an idea, to recall an experience or ruminate on an abstract topic.¹

Unwanted thought, which include the insistency of words or ideas are perceived by the patient to be inappropriate or nonsensical. The obsessional urge or idea is recognized or alien to the personality, but as coming from within the self. Obsessional rituals are designed to relieve anxiety, for example washing the hands to deal with contamination. Attempts to dispel the unwelcome thoughts or urges may lead to a severe inner struggle, with intense anxiety."



An obsession is a persistent, unwanted thoughts or idea that keeps recurring. For example, a student might be unable to stop thinking that she has neglected to put her name on a test and might think about it constantly for the two weeks it takes to get the paper back. A man might go on vacation and wonder the whole time whether he locked his house.

In each case, the thought or idea is unwanted and difficult to put out of mind. Of course, many of us suffer from mild obsession from time to time, but usually such thought persists for days or months and can consist of bizares, troubling images.¹

A quantitative study was conducted to increase knowledge about obsessive compulsive disorder and support for parents and schools. The study was carried out in two parts. First, to raise awareness of the signs and symptoms of OCD. 266 schools in London were supplied with information packs. Knowledge of OCD was evaluated using quiz before and after the dissemination of packs. in order to facilitate access to treatment. Second, groups of parents were given the opportunity to log into specially designed webinars that made it possible for them to learn about OCD and interact with other families. Feedback on webinar was collected through a survey. The study results shows that both the information packs and webinars were well received. 127 teachers completed the quiz on OCD; knowledge of OCD increased after reading information packs.²

A cross-sectional study was conducted among 5,784 college students aged 18–25 in Ernakulam, Kerala, revealed that 3.3% met the diagnostic criteria for obsessive-compulsive disorder (OCD), while an additional 8.5% exhibited subthreshold OCD symptoms. The most prevalent symptoms among those diagnosed were taboo thoughts (67.1%) and mental rituals (57.4%). Students with OCD or subthreshold OCD were significantly more likely to report lifetime use of tobacco and alcohol, psychological distress, suicidal ideation, experiences of sexual abuse, and elevated attention-deficit/hyperactivity disorder (ADHD) symptom scores compared to their peers without obsessive-compulsive symptoms. Notably, while individuals with subthreshold OCD shared many clinical features with those diagnosed with OCD, the latter group exhibited higher levels of psychological distress and a greater incidence of academic failures. These findings underscore the substantial prevalence and comorbidity associated with both OCD and subthreshold OCD in the student population, highlighting the critical need for early identification and intervention strategies within educational and community settings.³

A prospective cohort study among medical university students during the early stages of the COVID-19 pandemic revealed a significant association between fear of negative events and obsessive-compulsive symptoms. Utilizing the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), the study found that 11.3% of participants exhibited possible OCD symptoms during the initial quarantine period. This prevalence decreased to 3.6% and 3.5% in subsequent surveys as the pandemic situation improved. The study concluded that heightened fear and anxiety related to COVID-19 were linked to increased OCD symptoms, suggesting that environmental stressors like a pandemic can exacerbate or trigger OCD manifestations. A prospective cohort study conducted among medical university students during the early stages of the COVID-19 pandemic revealed a significant association between fear of negative events and obsessive-compulsive symptoms. Utilizing the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), the study found that 11.3% of participants exhibited possible OCD symptoms during the initial quarantine period. This prevalence decreased to 3.6% and 3.5% in subsequent surveys as the pandemic situation improved. The study found that 11.3% of participants exhibited possible OCD symptoms during the initial quarantine period. This prevalence decreased to 3.6% and 3.5% in subsequent surveys as the pandemic situation improved. The study concluded that heightened fear and anxiety related to COVID-19 were linked to increased OCD symptoms, suggesting that environmental stressors like a pandemic can exacerbate or trigger OCD.⁴ A study was conducted to assess the public's knowledge and beliefs about obsessive-compulsive disorder



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(OCD) through a telephone survey of 577 US adults. Participants were presented with a vignette describing a person with OCD, and their mental health literacy (MHL) was evaluated in three key areas: recognition of OCD, knowledge of available treatments, and concerns about being negatively judged for reporting symptoms. While the majority of participants (90.9%) acknowledged that the symptoms were concerning and that the person should seek professional help (89.5%), only one-third of respondents accurately identified the disorder as OCD. Participants were more optimistic about the success of psychotherapy compared to medication, with primary care physicians being the most commonly reported source of professional help. Factors such as lower education, income, and age were linked to poorer recognition of OCD. The study concluded that while most individuals recognize the value of professional help, there is a need for greater awareness and understanding of OCD and its treatment options.⁵

MATERIALS AND METHODS

Descriptive research design with survey approach was used to assess the knowledge regarding obsessive compulsive disorder among students of selected nursing colleges. In the view of nature of the problem and accomplish the objectives of the study, a structured knowledge questionnaire was prepared to assess the knowledge on OCD among nursing students. 100 nursing students were selected by convenient sampling technique. The tool for data is a structured knowledge questionnaire which consist of two parts. First part (A) consist of consists of 7 questions related to selected demographic variables. And the second part (B) consists of structured knowledge questionnaire which was consisting 25 questions on OCD. The stability of the tool is found to be 0.8 and internal consistency found to be 0.89; which indicate the tool is stable and reliable, and feasible. The total possible score of the structured practice checklist was 25. The data was collected and tabulated in MS Excel and analysed with descriptive and inferential statistics using IBM SPSS Version 22

III) RESULT AND DISCUSSION

The demographic variables of the samples are described in terms of age, gender, religion, marital status, type of family, family income per month, number of children in family.



Figure 1 shows that majority of nursing students 66% were within the age group of 21-23 years and 34% were within the age group of 17-20 years

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Figure 2 shows that majority 64% of nursing students are Hindus and 30% were Christians and 6% were Muslims.



Figure 3 shows that shows that majority 100% of nursing student are unmarried and 0% is married or divorced.





Figure 4 shows that majority 94% of nursing students belong to nuclear family and 6% belongs to joint family.



Figure 5 shows that majority 42% family income is between 20000-40000, 32% is less than 20000, 14% is between 40000-60000 and 12% is more than 60000.



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Figure 6 figure shows that majority 54% number of children is 0-2, 28% number of children is 3, 14% number of children is 01 and 4% is greater than 4.

Table 1, shows that majority of 68 (68%) nursing students had good knowledge about Obsessive -Compulsive disorder and 28 (28%) clients had average knowledge and only 4% of students had poor knowledge.

Knowledge Score	Frequency	Percentage
Poor (0-8)	2	4%
Average (9(-16)	14	28%
Good (17-25)	84	68%

Table 2 shows that there is no significant association of knowledge score with selected demographic variable such as age, gender, religion, marital status, type of family, family income and no of children in family of nursing students

Ν	Variables	Knowledge	>Median	X ² Value
		score <median< th=""><th></th><th></th></median<>		
1	Age in years 16-20 years			
	21-23 years	5	10	2.381
	23-25 years	20	15	
	Above 25 years	0	0	
		0	0	
			P value 0.122823	P<0.05
2	Gender Male Female	2	6	2.38
		29	19	



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		P value () 122823		
			1 Value 0.122023	P<0.05
3	Religion Hindu Christian			1 (0.05
5	Muslim	18	12	2 9286
		6	11	2.9200
		2	1	P<0.05
		-	P value 0.231239	1 (0.05
4	Marital status Unmarried	0	0	
	Married Divorced	25	25	12.5
		0	0	
			P value 5.991	P<0.05
5	Type of family Nuclear Joint	24	23	0.3546
		1	2	
	Family IncomeBelow 20000		P value 0.551515	P<0.05
	20000-40000			
	40000-60000		10	
	Above 60000		12	5.6667
		6	1	
6	No of children 1	9	2	
	2	6		
	3	4		P<0.05
	More than 3		4	
			13	
		3	8	0.3862
7		14	0	
		6		
		2		P<0.05

The data gathered were summarized in the master sheet and both descriptive and inferential statistics were used for analysis and interpretation of the findings. The analysis and interpretation of the data focuses on the results of the study. The findings revealed that there was no significant association between existing practices and demographic variables

LIMITATIONS OF THE STUDY

- 1. Sample size was restricted to 100 as it was time bound study.
- 2. The study findings were limited to nursing students
- 3. The tool used in this study was limited as per prepared questionnaire
- 4. Study didn't use any intervention or control group



RECOMMENDATIONS

- 1. The same study could be undertaken in large samples where findings can be generalized.
- 2. The similar study can be tried on different settings and sample.
- 3. Orientation programs could be planned and implemented and evaluated to find out the effectiveness on increasing knowledge.

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