

Religiosity, Guilt, and Self-Esteem in Individuals Having Obsessive Compulsive Disorder

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The present study was conducted to investigate the relationship of religiosity, guilt, and self-esteem in individuals having obsessive-compulsive disorder (OCD). A correlation research design was used. A purposive sample of 200 individuals (men = 100, women = 100) was selected from five different Government hospitals of Lahore. Clark-Beck Obsessive-Compulsive Inventory, Religious Activity Scale, Rosenberg Self-Esteem Scale, and Guilt Assessment Scale for Obsessive-Compulsive Disorder were used for assessment. Data was analyzed using descriptive, correlation, and multiple regression analyses. The results indicated that religiosity and self-esteem were inversely correlated with OCD. The results also showed positive relationship between guilt and OCD. Among the constructs of guilt, guilt due to washing compulsions, checking compulsions, and interpersonal conflicts were identified as the main predictors of OCD. The findings have implication for professional clinical psychologists.

Keywords: Obsessive compulsive disorder, religiosity, self-esteem, guilt