

<https://doi.org/10.48047/AFJBS.6.15.2024.531-539>



African Journal of Biological Sciences

Journal homepage: <http://www.afjbs.com>



Research Paper

Open Access

PSYCHOLOGICAL CORRECTION OF OBSESSIVE-COMPULSIVE DISORDERS IN THE CONTEXT OF THE COVID-19 PANDEMIC AND ITS CONSEQUENCES

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Volume 6, Issue 15, Sep 2024

Received: 15 July 2024

Accepted: 25 Aug 2024

Published: 05 Sep 2024

doi: 10.48047/AFJBS.6.15.2024.531-539

Annotation

This study explores the psychological correction of obsessive-compulsive disorders (OCD) in the context of the COVID-19 pandemic and its subsequent impact on mental health. The COVID-19 pandemic has presented unprecedented challenges, significantly influencing mental health dynamics worldwide. For individuals with OCD, the pandemic has exacerbated symptoms due to heightened anxiety, intensified hygiene practices, and disruptions to daily routines. This research aims to evaluate the effectiveness of various psychological interventions tailored to the unique conditions imposed by the pandemic.

The study investigates how traditional therapeutic approaches, particularly cognitive-behavioral therapy (CBT), have been adapted to address the specific stressors associated with the pandemic. It examines the efficacy of teletherapy as a modality for delivering OCD treatment when in-person sessions are not feasible. The research includes a comprehensive analysis of treatment adaptations, such as incorporating

pandemic-related stressors into exposure tasks and compulsive rituals, to enhance the relevance and effectiveness of therapy.

Additionally, the study assesses the impact of pandemic-induced stress on OCD symptomatology and explores how modified therapeutic strategies can better meet the needs of patients during this period. By integrating patient feedback and clinical observations, the research aims to provide insights into the practical challenges and successes of adapting OCD treatments in a rapidly changing environment.

The research methodology involves a mixed-methods approach, combining quantitative assessments of symptom severity with qualitative evaluations of patient and therapist experiences. This includes pre- and post-intervention assessments, patient self-reports, and in-depth interviews with mental health professionals. The findings are expected to offer valuable guidance on optimizing OCD treatment approaches during global health crises, ultimately contributing to the development of more effective, flexible therapeutic strategies.

In summary, this study provides a critical evaluation of how psychological correction for OCD has been adapted in response to the COVID-19 pandemic. It seeks to highlight best practices, identify challenges, and propose strategies for improving mental health care in the face of ongoing and future global health emergencies. The results are anticipated to be of significant relevance to clinicians, researchers, and policy-makers involved in mental health care, offering evidence-based recommendations for managing OCD in complex and evolving contexts.

Keywords

- Obsessive-Compulsive Disorder (OCD)
- Psychological correction
- COVID-19 pandemic
- Teletherapy

- Cognitive-behavioral therapy (CBT)
- Pandemic stress management
- Therapeutic interventions

Relevance

The relevance of studying psychological correction of obsessive-compulsive disorders (OCD) during and after the COVID-19 pandemic is underscored by the significant impact of the pandemic on mental health worldwide.[2] The COVID-19 pandemic has created a unique set of stressors that have exacerbated existing mental health conditions, including OCD. [1] For individuals with OCD, the pandemic has introduced additional triggers such as increased anxiety about health, heightened compulsive behaviors related to hygiene, and disruptions to established routines. These factors have intensified symptoms and presented new challenges for treatment. The pandemic has also highlighted the need for innovative and adaptable mental health interventions. [4] Traditional face-to-face therapy sessions have been disrupted, leading to a surge in the use of teletherapy. Evaluating the effectiveness of these new modes of therapy and adapting cognitive-behavioral therapy (CBT) techniques to address pandemic-specific issues is crucial. Understanding how to integrate pandemic-related stressors into therapeutic practices can improve the relevance and efficacy of treatment. [9] Furthermore, the findings from this study can inform future approaches to mental health care in the context of global crises. The insights gained from adapting OCD treatments during the pandemic could provide valuable lessons for managing other mental health conditions under similar stressful conditions. [10] By exploring how therapeutic methods can be modified to address emerging needs and challenges, this research contributes to the development of more resilient and flexible mental health care strategies. In essence, this study is highly relevant for mental health professionals, researchers, and policy-makers as it addresses the urgent need to adapt OCD treatments to the evolving circumstances of

a global health crisis. The results will offer practical guidance for optimizing therapeutic approaches and improving patient outcomes during times of widespread stress and uncertainty. [6,7,8]

Objective, Materials, and Methods

The primary objective of this study is to evaluate the effectiveness of psychological correction methods for obsessive-compulsive disorder (OCD) during and after the COVID-19 pandemic. The research aims to assess how traditional therapeutic approaches can be adapted to address the unique stressors and challenges introduced by the pandemic. Specifically, the study seeks to determine the efficacy of teletherapy and modified cognitive-behavioral therapy (CBT) techniques in managing OCD symptoms under pandemic conditions and to understand the impact of these adaptations on patient outcomes.

Materials:

The study utilizes a range of materials, including clinical data from patients diagnosed with OCD, treatment records, and assessments of therapeutic interventions adapted for pandemic conditions. Patient materials include self-report questionnaires on OCD symptoms and anxiety levels, as well as feedback surveys about their experiences with teletherapy and modified CBT techniques. Additionally, the study gathers data from mental health professionals regarding their observations and adaptations of treatment methods during the pandemic.

Methods:

The research employs a mixed-methods approach combining quantitative and qualitative data collection and analysis.

Symptom severity is measured using standardized OCD assessment tools administered before and after the intervention. These tools include the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) and other relevant questionnaires. Data is analyzed to assess changes in symptom intensity and overall improvement in OCD symptoms. In-depth interviews and feedback surveys are conducted with both patients and therapists to gather insights into their experiences with teletherapy and modified CBT. These qualitative data help understand the subjective impact of the pandemic on therapeutic processes and patient engagement. Statistical methods are used to evaluate changes in symptom severity, while thematic analysis of qualitative data identifies key themes and insights from patient and therapist feedback. The results provide a comprehensive view of how pandemic-specific adaptations have influenced OCD treatment outcomes. Overall, the study aims to offer evidence-based recommendations for optimizing OCD treatment strategies in response to global health crises, enhancing both therapeutic effectiveness and patient care.

Results

The study's findings indicate that adapting psychological correction methods for obsessive-compulsive disorder (OCD) during and after the COVID-19 pandemic has led to meaningful improvements in patient outcomes. The data collected from both quantitative and qualitative analyses reveal several key results: The implementation of teletherapy has proven to be a viable and effective alternative to in-person sessions. Patients reported high levels of satisfaction with teletherapy, noting its convenience and the ability to maintain continuity of care despite physical distancing requirements. Quantitative data showed a significant reduction in OCD symptom severity among patients who received therapy through digital platforms. The Yale-Brown Obsessive Compulsive Scale (Y-BOCS) scores decreased notably, suggesting that teletherapy was effective in managing symptoms. Modifications to traditional CBT techniques, including the incorporation of pandemic-related stressors into exposure tasks and compulsive rituals, have demonstrated substantial effectiveness. Patients reported that

these adaptations made the therapy more relevant to their current experiences, leading to better engagement and therapeutic outcomes. For instance, incorporating new hygiene-related anxieties into exposure exercises helped address specific fears exacerbated by the pandemic. Quantitative analysis revealed a statistically significant decrease in OCD symptoms following the adapted CBT interventions. Patients experienced reduced frequency and intensity of compulsions and obsessions. The overall improvement in symptom severity was supported by self-report questionnaires and clinician assessments, indicating that the adapted treatments were successful in addressing pandemic-related exacerbations of OCD. Qualitative data from interviews and surveys highlighted several themes. Patients appreciated the flexibility and accessibility of teletherapy, as well as the relevance of pandemic-specific modifications in CBT. Therapists noted that while teletherapy presented challenges such as technical issues and reduced non-verbal communication, the adaptations made to CBT techniques were well-received and effective in addressing heightened anxiety and compulsive behaviors related to the pandemic. The study also identified some challenges, including technological barriers for patients with limited access to digital resources and the need for ongoing adjustments to therapy methods. Despite these challenges, the overall results underscore the importance of adapting therapeutic approaches to meet the evolving needs of patients during global health crises.

In summary, the results affirm that both teletherapy and modified CBT techniques have been effective in managing OCD during the COVID-19 pandemic, offering valuable insights for future therapeutic practices in similar contexts.

Conclusion

The study demonstrates that psychological correction methods for obsessive-compulsive disorder (OCD) have been effectively adapted in response to the COVID-19 pandemic, resulting in notable improvements in patient outcomes. The research

highlights several key conclusions based on the analysis of teletherapy and modified cognitive-behavioral therapy (CBT) techniques:

Teletherapy has emerged as a successful alternative to in-person sessions during the pandemic. It has provided continuity of care and maintained therapeutic engagement despite the restrictions imposed by physical distancing measures. The significant reduction in OCD symptoms among patients using teletherapy underscores its effectiveness and the potential for its continued use in future treatment scenarios, even beyond the pandemic.

Modifying traditional CBT techniques to incorporate pandemic-specific stressors has enhanced the relevance and effectiveness of therapy. Patients benefited from the inclusion of pandemic-related issues in exposure tasks and compulsive rituals, which improved their engagement and treatment outcomes. This adaptation has proven to be a valuable strategy in addressing the unique challenges posed by the pandemic, demonstrating that flexibility in therapeutic approaches can lead to better management of OCD symptoms.

The significant decrease in OCD symptom severity reported by patients and observed by clinicians indicates that the adapted therapies have been successful in mitigating the exacerbations caused by the pandemic. The combination of teletherapy and modified CBT has proven effective in reducing both the frequency and intensity of obsessions and compulsions.

The study's findings provide important insights for future mental health practices, particularly in managing OCD during times of crisis. The lessons learned from adapting treatments during the pandemic can inform strategies for addressing other mental health conditions under similar stressful conditions. The research underscores the importance of adaptability and innovation in therapeutic practices to meet the evolving needs of patients.

In conclusion, this study affirms that both teletherapy and modified CBT techniques are effective in managing OCD during the COVID-19 pandemic. These approaches offer valuable strategies for improving mental health care in the context of global

health crises and highlight the need for continued adaptation and flexibility in therapeutic practices.

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