Obsessive Compulsive Disorder as Dilemma of New Generation: Its Prevalence and Underlying Problems

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A B S T R A C T

Background: Obsessive compulsive disorder (OCD) is marked by exaggerated or recurrent thoughts; it is a continuing, take care of, and high-priced neuropsychiatric infirmity. It is pathologically mediated in various counterirritant neuronal circuits which are answerable for cure pharmacotherapeutic and psychotherapeutic participation.

Objective: The aim of our survey is to find out the prevalence and acknowledgment of Obsessive Compulsive Disorder among the population of Karachi and to find out that which age group is mostly affected by this disorder.

Methodology: The study was conducted among people of Karachi (n = 97) including all age groups belonging to various categories of our society. The study is based on an open ended questionnaire on general OCD symptoms and general interviews which were taken at different places. After careful evaluations, results interpret separately for children and adults to find out the possible aggravated symptoms of obsessive compulsive disorder (OCD) most prevailing in the population.

Result: Results found that Children under 16 years are unaware of this disease, and this age group get angry very frequently, while in adult population, the awareness about the disease is noticed, while high percentage of selfie capturing habit is also observed along with frequently get angry.

Conclusion: We have concluded that OCD is more prevailing disorder and almost every age group is observed to be affected; the most discredeitable thing is that people are unaware of this, there are several practices which people think are normal but these practices with the passage of time become anomalous, one of these practices is selfie capturing habit which is more prevailing in the young generation. It is need to educate and counsel the new generation that this is not a normal practice and it shows their disease state. We also need to know the factors which lead the people to become obsessed, for this more research work are needed to learn the consequences of this epidemic.
Introduction

Obsessive compulsive disorder (OCD) is mark by exaggerated or recurrent thoughts, images or ideas that is, repeating thoughts like washing hands or cleaning things, praying, counting, repeatedly checking, becoming conscious to get contaminated or getting harmed by something or someone. It is a continuing; take care of, and high-priced neuropsychiatric infirmity, pathologically mediated in various counterirritant neuronal circuits which are answerable for cure pharmacotherapeutic and psychotherapeutic participation.

According to prehistoric studies by Michael A. and Jenike patients with OCD felt that their behavior is illogical they often feel chaos by the symptoms and for the treatment, the examiner must asked more questions about their cognitive behavior. For most patients, whose cognitive behavior symptoms are mild, one weekly discussion of cognitive-behavior cure relating to antidote will satisfy them who obey along with a menu of home work. One of the study revealed that this disease usually arise in early adulthood or late adolescence and if it is ignored or untreated, become chronic. It is further unveiled that cognitive behavioral therapy is one of the most pragmatic treatments. Sometimes OCD symptoms occur due to neuropsychiatric disorder mostly in childhood which is treated successfully by antibiotics because of streptococcal infection. Pharmacotherapy include the assessment of 4 SSRIs (paroxetine, fluoxetine, fluvoxamine, and sertraline), which recommend that these are fragmentary efficacious. According to WHO, obsessive compulsive disorder is among one of the 20 most disabling disorder mostly in childhood which is treated successfully by antibiotics because of streptococcal infection. Pharmacotherapy include the assessment of 4 SSRIs (paroxetine, fluoxetine, fluvoxamine, and sertraline), which recommend that these are fragmentary efficacious. According to Cambridge article which was published in 2013 individuals with OCD significantly feel disturbance in verbal memory and fluency, while auditory functions are preserved. OCD is surprisingly the fourth the most prevailing CNS disorder after phobia, depression and alcohol misuse and its severity varies from person to person. Although the prevalence of this disorder is very common and are reported across the world regardless of sex and age group. But according to Griest J.H., Jefferson J.W its onset is very common among children and most of them experienced lifelong with debilitated by continual needs of their disarray. According to one of such study which was held in Pakistan in 2012 on fisherman community, it was found that 3% population was suffering from OCD among them 56% were females and 50% young generation under the age of 25. The most recurring symptoms were found to be dirt contamination checking, fear of losing things and religious thoughts. According to the author Pakistan need more intuitions into the presence of this disorder and more research work are needed to determine the consequence of this disorder.

The aim of current study is to find out the prevalence and acknowledgment of Obsessive-Compulsive Disorder (OCD) among the population of Karachi and to determine which age group is most affected by this disorder. People are becoming more conscious about their behaviors and personalities, selfies capturing practice and checking of social accounts unnecessarily and getting apprehensive after perceiving less number of likes and comments on their posts shows their disease state.
Methodology

The study was conducted among people (n = 97) including all age groups belonging to various categories of our society Karachi including students, housewives, working men and women, there was no exclusion criteria, the questionnaire can be filled by anyone. The study is based on general OCD symptoms open ended questionnaire and general interviews which are taken at different places. People were asked about general OCD symptoms including washing and cleaning practice, fear of losing things, checking of social account, getting worried after seeing less number of likes and comments on their posts, mania, maximum number of selfies taking at a time, experiencing unwanted thoughts or images, frequently angry, ways to express anger, feeling of anxiety, ways to reduce anxiety, use of anxiolytic medications and also ask people have they ever concern any therapist.

Result & Statistical Analysis

After careful evaluations, results interpret separately for children and adults to find out the possible aggravated symptoms of obsessive compulsive disorder (OCD) most prevailing in the population, results shown in (figure 1 & 2).

People were asked about detail symptoms of obsessive compulsive disorders, including how many people know about this disease, people diagnosed, asking them if they spent lot of time in washing and cleaning things, checking of social account frequently, taking lot of selfies.

We have designed the open ended questionnaire and also asked the people how they express their anger, some people show and express their anger by breaking things, shouting some children show their anger by crying, some remains calm, while some people wanted to remain alone. Different behaviors of the people to show their anger is mention in table 1.

One of the main symptoms of OCD is anxiety, we asked people through our questioner if they feel anxiety or not, and what are the ways they mostly adopt to reduce their anxiety, results revealed that some people start repeating some practices and words, some people do some nonsense actions, some do counting and taping the things around them, while others also practice to capture selfies, table 2 shows the results for reducing anxiety.

Results found that Children under 16 years are unaware of this disease, and this age group gets angry very frequently.(See fig. 1)

Result revealed that in adult population the awareness about the disease is noticed, while high percentage of selfie capturing habit is also observed along with frequently get angry.(See fig. 2)

Discussion

Obsessive compulsive disorder is an anxiety disorder, characterized by unwanted and repetitive thoughts, practices and ritualized mental behaviors, like washing, cleaning, checking etc. According to the survey result, the awareness about this disease is very less, in children (under the age of 16) only 1% and in adults 24% population know about obsessive compulsive disorder and 30% population never heard about this disease, we need to council people about OCD. It has been observed that 1% children and 12% adults are diagnosed by this disease. The current study also shows that hand washing practice is observed in 12% children 26% adults, while 7% children and 17% do not wash their hands very frequently and 10% children and 13% adults only wash their hands up to some extent. One of the observed result is that adults spend lot of time in washing and cleanings their things...
i.e. 5% children while 21% adults have this habit. 12% children and 28% adults do not spend too much time in washing and cleaning things, while 12% children and 13% adults did this practice up to some extent, which shows their compulsive behavior, of being contaminated\(^{12}\). It has been observed that 25% children and 35% adults are afraid of losing their favorite things, 1% children and 28% adults are not afraid of losing things, while 3% children and 7% adults afraid up to some extent, this fear usually leads the person separated from others and their loneliness causes stress and anxiety, because people stop sharing their emotions with others. This data also indicates that people, who live segregated life, spend most of their time in socializing, they want to remain up to date, checking of social account again and again is also one of the very common practices in OCD patients, we observed that 14% children and 21% adults check their social accounts very often, while 5% children and 4% adults check their accounts not very often, this practice also interfere in their daily life routine and relationships, it was observed 7% children and 8% adults got worry when they saw less number of likes and comments on their social accounts while 10% children and 38% adults do not get worry when they saw less no of likes, 9% children 10% adults sometimes get worried, this behavior shows that OCD patients are always in fear if they are unwanted for others and if something wrong will happen they will be punished, and also these type of people are too much self-obsessed, they start taking stress if no one praise their pictures which they upload on social media just to get appreciation from others. The data revealed that 9% children 43% adults are habitual of capturing selfies, 8% children and 6% adults do not capture selfies, while 12% children and 7% adults capture selfies to some extent (table 2). Children under 16 years who do not have cell phones are not habitual of taking selfies while rest of the children having smart phones were observed, while in adults most of the people were habitual, they even take more than 50 selfies at a time, and this figure increases if they are in any event. The research concerning the matter have shown that 19% children and 30% adults experience unwanted thoughts while 3% children and 5% adults experience unwanted thoughts to some extent, most children complaint that they sometimes feel violent thoughts and images, while elders were observed with superstitious thoughts; that they are very unlucky. The above result shows that 15% children and 30% adults got angry very frequently, 6% children and 19% adults do not get angry frequently, while 8% children and 7% adults got angry to some extent, and people express their anger through different behaviors.

During data collection we also asked people how they mostly express their anger, (table 1) and different behavioral patterns has been observed like 20% children express their anger by crying, 30% children and 20% adults by shouting, 10% children express by breaking things, 15% children and 30% adults remains calm when they got angry, while 10% adults are observed to be alone and do not talk to anyone when they are in anger.

We also asked the people about feeling of anxiety, ways to reduce anxiety and about anxiolytic medications, but we found that no one concern a therapist for the treatment of their anxiety. People were observed to do some practices to reduce their anxiety (table 2) shows that 7% children and 12% adults used to repeat words or certain actions, 5% adults by counting, 4% children and 2% adults by tapping, 18% children and 37% adults do other senseless actions, while some people start capturing selfies to reduce their anxiety level.
Conclusion

Hence, we have concluded that obsessive compulsive disorder is more prevailing disorder and almost every age group is observed to be affected; the most discreditable thing is that people are unaware of this, there are several practices which people think are normal but these practices with the spend of time become anomalous, one of these practices is selfie capturing habit which is more prevailing in the young generation. We should educate the new generation that this is not a normal practice and it shows their disease state, we need to counsel and instruct people about this disease. Moreover, it is important and need to know the factors and consequences involve in leading the people to become obsessed.

References


Table 1. Showing how people express their anger

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<tr>
<th>WAYS TO EXPRESS ANGER</th>
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<th>Adults</th>
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<tr>
<td>CRYING</td>
<td>20%</td>
<td>0%</td>
</tr>
<tr>
<td>SHOUTING</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>BREAKING THINGS</td>
<td>10%</td>
<td>0%</td>
</tr>
<tr>
<td>KEEP CALM</td>
<td>15%</td>
<td>30%</td>
</tr>
<tr>
<td>LEAVING ALONE</td>
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<td>10%</td>
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Table 2. Showing the ways to reduce anxiety

<table>
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<th>adult</th>
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<td>12%</td>
</tr>
<tr>
<td>senseless actions</td>
<td>18%</td>
<td>37%</td>
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<tr>
<td>counting</td>
<td>0%</td>
<td>5%</td>
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<tr>
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<tr>
<td>taking selfies</td>
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<td>40%</td>
</tr>
</tbody>
</table>

Fig. 1. Shows the Most Prevailing Symptoms of OCD in Children
Fig. 2. Shows the Most Prevailing Symptoms of OCD in Adults