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EFFECT OF RELIGIOUS COGNITIVE- BEHAVIOR THERAPY ON RELIGIOUS CONTENT OBSESSIVE COMPULSIVE DISORDER AND MARITAL SATISFACTION

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Objective: Religious themes commonly feature in religious with Obsessive-compulsive disorder (OCD). OCD which includes cognitive, emotional, and behavioral components, is a debilitating chronic disorder and can affect on patient's marital satisfaction. The aim of us was to evaluate efficacy of Religious Cognitive- Behavior therapy (RCBT) on religious oriented Obsessive-Compulsive disorder and marital satisfaction.

Method: This is a randomized controlled clinical trial. This study conducted on 90 OCD outpatients with 17 and more Yale Brown obsessive compulsive scale(Y-BOCS) and religious content OCD . Intervention consists of 10 weekly RCBT . We used Enrich scale for asses' marital satisfaction and Y-BOCS scale before and after treatment.Data were analyzed by ANCOVA/ANOVA repeated measure test using SPSS version ver.15.

Result: In our study duration of OCD was 11.5 ± 8.6 years & 11.5 ± 8.8 years and duration of marriage was 16.88 ± 11.6 & 13.51 ± 10.9 years Yale Brown scores after intervention decreased with significant difference ($p=0.001$). There were significant difference between mean scores of two groups ($p=0.001$). Comparison of obsession subscale and compulsion subscale of Yale Brown scale showed decreasing trend in both of obsession subscale and compulsion either within or between group is statistically significant ($p= 0.001$).Also marital satisfaction significantly improved in case group ($p= 0.001$).

Conclusion: In religious patients with religious contents, religious based interventions like religious CBT could significantly increase clinical responses. Also these interventions could improve marital status . These results suggest that Religious Cognitive-Behavior Therapy can be effective for religious oriented OCD patients.