

## **Evaluation of defense mechanisms, strength and level of development of Ego in patients with obsessive-compulsive disorder in patients referred to the psychiatric clinic of Fatemi Hospital in Ardebil**

### ***Abstract***

**Background:** *Obsessive-compulsive disorder is defined by repetitive and persistent thoughts, desires, or mental images that the individual considers unwanted and disturbing. Decreased quality of life in patients with OCD is severely affected by signs and symptoms.*

**Objective:** *This study is performed in order to determine the defense mechanisms, strength and level of development of Ego in obsessive-compulsive disorder patients referred to the psychiatric clinic of Fatemi Hospital in Ardebil*

**Methods and materials:** *Information in this study was extracted using Demographic Questionnaire, Yale-Brown Questionnaire and Igo Power Questionnaire and Ego Transformation Level Questionnaire, Ego Defense Mechanism Questionnaire. This questionnaire was self-report and was given to the patient before completing the training. This questionnaire has a validity above 80% and is standard. The evaluations were performed by psychiatrists working in the clinic. The severity of obsessive-compulsive disorder was reported by Yale-Brown.*

**Results:** *In this study, 46 people entered the study according to the entry criteria. Their average age was 35.9 14 9.14 years. 25 (54.3%) were men and 21 (45.7%) were women. The results of the study showed that people's gender does not affect the rate of obsessive-compulsive disorder. ( $P < 0.05$ ). 27 people (58.7) of the subjects studied with an average of 37.03 have obsessive-compulsive disorder. While 19 people (41.3%) of the studied people with an average score of 22.47 are healthy in terms of obsessive thoughts. In the study of EGO defense mechanisms in people with obsessive-compulsive disorder, some defense mechanisms were significantly associated with people's EGO ( $P < 0.05$ ). In our statistical study, the relationship between EGO power and obsessive-compulsive disorder was statistically significant. ( $P < 0.05$ ). The results of statistical analysis of the level of EGO evolution in the studied individuals showed that the level of EGO evolution was not much different in people with obsessive-compulsive disorder and non-infected people. Also, the association of EGO evolution level with significant obsessive-compulsive disorder was not significant ( $P < 0.05$ ).*

**Conclusion:** *Our findings showed that obsessive-compulsive disorder was associated with EGO strength and EGO defense mechanisms, and this relationship was statistically significant. The disorder was not associated with gender or EGO level.*

**Keywords:** *Obsessive-compulsive disorder, defense mechanisms, Quality of life*