

Comparison of speed and number of errors in conscious (controlled) processing with unconscious (automatic) processing in people with obsessive-compulsive disorder referred to Fatemi Psychiatric Clinic with normal people in Ardabil in 2020-2021

Abstract

Background: Obsessive-compulsive disorder has a high prevalence and drug interventions do not have completely satisfactory treatment results and patients do not have a proper therapeutic response. The quality of life of obsessive-compulsive patients is low and their performance in various areas is impaired.

Aim: The aim of this study was to compare the speed and number of errors in conscious processing (controlled) with unconscious processing (automatic) in people with obsessive-compulsive disorder referred to Fatemi Psychiatric Clinic with normal people in Ardabil.

Materials and Methods: This is a cross-sectional analytical study. One hundred and twenty two people with obsessive-compulsive disorder referred to Fatemi clinic and normal people, including the patients' companions, were studied. Based on the objectives of the study, data collection in the form of a questionnaire included demographic questionnaire, FOA questionnaire, thought control questionnaire and visual investigation test (Wisconsin sorting test) for both groups.

Results: In this study, 37 obsessive-compulsive individuals and 85 normal individuals with a mean age of 29.08, of which 49 were male and 73 were female, were included in the study. According to the results of the current study, the score of thought control in obsessive-compulsive individuals was 29.02 and in normal individuals was 12.91, which shows the amount of more control in obsessive-compulsive individuals. unconscious error and conscious error in obsessive people 5.32 -15.84 and in normal people was 2.67-13.12, respectively,

which is the rate of conscious and unconscious error in obsessive people Shows more , respectively unconscious and conscious processing time in obsessive people. It was 26.99-77.83 and in normal people it was 11.01-52.73 that the information processing time in obsessive people was longer than normal population. There was a very high relationship between the severity of obsessive symptoms and the amount of thought control ($p < 0.0001$, $r = 0.67$). There was a significant relationship between thought control and conscious and unconscious processing speed ($p < 0.05$) and conscious and unconscious processing error ($p < 0.05$)

Conclusion: According to the findings, obsessive-compulsive patients spend more time processing information due to more thought control, and their accuracy in information processing decreases, and exercising more control intensifies the symptoms of obsessive-compulsive disorder that we can treat obsessive-compulsive patients Use therapies to reduce thought control

Key words: Conscious processing, Unconscious processing, OCD disorder, thought control