

The effect of unified transdiagnostic treatment on anxiety sensitivity, distress tolerance and obsessive-compulsive symptoms in individuals with obsessive-compulsive disorder

Farideh Nargesi*
Ali Fathi-Ashtiani**
Iran Davoudi***
Emad Ashrafi****

Introduction

Obsessive-compulsive disorder (OCD) is one of the most common, debilitating, and most severe disorders. In the fifth edition of the Diagnostic and Statistical Manual of Psychiatric Disorders (DSM5), this disorder is separated from other anxiety disorders and is one of several disorders that its prominent features is obsessive-compulsive recurring behaviors. Unified transdiagnostic treatment is one of the new therapies that the effect of it on many psychological variables has been established. The purpose of the current study was to examine the effectiveness of unified transdiagnostic treatment on anxiety sensitivity, distress tolerance and obsessive-compulsive symptoms in individuals with obsessive-compulsive disorder.

Method

The research method was experimental (with pretest, posttest with control group). In this research, 30 patients with obsessive-compulsive disorder from Sanandaj city were randomly assigned to experimental (6 males and 9 female) and control (6 males and 9 female) groups. Anxiety Sensitivity Scale

* Student of Ph.D clinical psychology, University of Science and Culture, Tehran, Iran.

** Professor, Behavioral Sciences Research Center, Baqiyatallah University of Medical Sciences & Department of Clinical Psychology, University of Science and Culture, Tehran, Iran. *Corresponding Author:* afa1337@gmail.com

*** Assistant Professor, Department of Psychology, School of Psychology and Education, Shahid Chamran University of Ahvaz, Iran.

**** Assistant Professor, Department of Psychology, Faculty of Humanities, University of Science and Culture, Tehran, Iran.

(Reiss, 1986), the Distress Tolerance Questionnaire (Simons & Gaher, 2005) and The Yale–Brown Obsessive Compulsive Scale (Goodman, 1986) were used for collecting the data. Unified transdiagnostic treatment was administered to experimental group, in 12 one-hour sessions once a week.

Results

The MANOVA showed there is difference between groups ($p < 0.001$, $F = 4.634$). The results indicated that the unified transdiagnostic treatment is effective in decreasing anxiety sensitivity and obsessive-compulsive symptoms and increasing the distress tolerance. According to the results, transdiagnostic treatment increased the distress tolerance and decreased anxiety sensitivity and obsessive-compulsive symptoms in individuals with obsessive-compulsive disorder.

Discussion

Based on the findings of the present research, transdiagnostic treatment was suggested for improving the distress tolerance and anxiety sensitivity and obsessive-compulsive symptoms in individuals with obsessive-compulsive disorder.

Keywords: Anxiety sensitivity, distress tolerance, obsessive-compulsive disorder, obsessive-compulsive symptoms, unified transdiagnostic.