

The Experience of the Anger in Individual with Obsessive Compulsive Disorder: A Qualitative Study

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Introduction

Emotional disturbance is a central attribute of pathology in various disorders, in particular, obsessive-compulsive disorder. Anger is one of the main emotions that has been neglected; the few findings have many contradictions and a lot of turmoil. The emotion of anger has been described in some theories as the main and key emotion in obsessive-compulsive disorder, and obsessive behaviors have been shown to be a sign of some kind of hidden anger in these people. One of the main challenges in the pathology of this disorder is which emotion is the key in this disorder. More cognition of excitement, in this disorder, can lead to a clearer identification of it disorder. Therefore, the present study aimed to develop an integrated model for experiencing anger in these individuals.

Method

This research was a qualitative method and namely grounded theory. Participants were 29 individuals with obsessive-compulsive disorder who were selected by purposeful sampling and snowball sampling. Data collection was through semi-structured interviews, narrative interviews and imagery. In order to analyze the data, the systematic scheme of Strauss and

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Corbin was and Data analysis was done using open, axial and selective coding method. Finally, the central codes were included in a model. The components of the model included causal variables, contextual variables, mediating variables, strategies and consequences.

Results

Causal factors included uncertain identity, interpersonal factors, injustice, obsessive-compulsive disorder, and childhood experiences. Causal factors in a context with stressful living conditions and chaotic marital life with intervening factors including guilt, extreme sense of responsibility, perception of rejection, attitude toward anger and perception of inability to control, lead to central phenomenon of anger experience in the form of control, hatred, resentment, helplessness, unhappiness, and cognitive experience; all a fusion of anger-hate and uncontrollable anger. Some of the strategies were self-control, extraversion, avoidance, and mental rumination. The consequences of this model were negative self-esteem, increased anger and symptoms of the disorder, turning anger into depression and achieving the goal.

Discussion

Findings indicate a combination of emotions, especially anger and disgust in this disorder. Expressing the experience of anger in the form of disgust and difficulty in recognizing these two emotions shows the importance and role of hate emotion in this disorder, and the relationship between the two emotions of anger and disgust. Most of the findings are emotional regulation strategies in these individuals. Most of these strategies are ineffective and can create a vicious cycle of emotional experience and exacerbate the symptoms of these disorders. Accordingly, these findings emphasize the need to design preventive and curative programs for the disorder, taking into account the causal factors resulting from the research.

Keywords: grounded theory, emotion, angry, obsessive-compulsive disorder.

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