

ABSTRACT

This current study aimed to explore the relationship among Cognitive Distortions, Suicidal Ideation and Quality of Life in OCD Patients. A purposive sampling technique was used to collect data. 60 OCD patients were participated in current research; both males and females were selected from indoor and outdoor department of different government and private hospitals of Lahore. The participant's age range was 18-45 years. The research design of the present study was cross-sectional correlational research design. Research instruments used in current study were, Obsessive Compulsive Symptom Checklist (Dawood, 2013), Suicidal Ideation Scale (Gafoor, Tazvin, 2013) and Quality of Life Questionnaire (WHO, 1996). Reliability Analysis depicted high to medium cronbach's alpha of measures and subscales. Findings of Correlation Martix indicated that there were significant positive relationship among OCD, Suicidal Ideation and Cognitive Distortion. Finding indicated that there were significantly negative relationship between quality of life and suicidal ideation. Results also indicated that there were significantly negative relationship between quality of life and cognitive distortions. Females showed higher score on suicidal ideation. Suicidal ideation was higher among divorced females other than single and married. The cognitive distortions about future were higher among single patients other than married. Male patients were higher on quality of life other than females. Results also depicted that quality of life significantly predict the OCD. Findings can be helpful in counseling and therapy process. The main implication of assessing the cognitive distortions is that it can help in future management of OCD patients.

Keywords: OCD, Suicidal Ideation, Cognitive Distortions, Quality of Life, Gender, Patients and Hospitals.