

Abstract

The current study aimed to explore lived experience of daughters having mother suffering from OCD. The objectives of study were to explore daughters' challenges and coping strategies.

For recruitment of participants, purposive sampling was used. Participants were selected for interview after a screening test by using Obsessive Compulsive Inventory (OCI) to avoid daughters who themselves likely to have OCD. The sample of study was six daughters (N=6). All daughters were young adult within age range of 18-30 years. A semi structured interview was developed to explore daughters lived experience. Interviews of participants were taped with their consent for the purpose of transcription, transcriptions of interviews helped to re-read them for in depth analysis. Interpretative phenomenological analysis (IPA) was used as tool of analysis. Initially, emergent themes were developed separately from each interview, these emergent themes guided to develop sub ordinate theme. Sub ordinate themes were used to develop eight super ordinate themes. Emerged super ordinate themes were Negative Perception, Negative Effect on Life, Negative Impact on Daily Life, Challenges in Life, Negative Consequences of Repetitive Behavior, Passive Coping Strategies, Hopes about Future and Fears about Future. All themes were developed through careful interpretation, in the provided context and verbatim of participants. This study would be helpful for community health workers to provide interventions for caretakers, families and daughters of OCD sufferers. This study would also provide an awareness to society about life of people living with psychological sufferers.

key words: daughters, OCD mothers, challenges, coping strategies