

Abstract

The present research was conducted to investigate the relationship among self-compassion, frustration intolerance and obsessive compulsive disorder symptoms in spouses of OCD patients. Purposive sampling was used and sample comprised of 80 participants with the distribution of 40 male and 40 female spouses of OCD patients. The age range of spouses of OCD patients was 20 to 40. ($M=1.50$, $SD= .50$). Self Compassion Scale- Short Form (Raes, Pommier, Neff & Van Gucht, 2011), Frustration Discomfort Scale (Harrington, 2005) and Obsessive Compulsive Inventory-Revised (Foa, 2002) were administered on the participants accompanied with demographic information sheet to evaluate the study variables. The findings of the current study uncovered that self-compassion had a significant negative relationship with frustration intolerance ($r= -.80^{**}$, $p<.01$) and with obsessive compulsive disorder symptoms ($r=-.77^{**}$, $p<.01$). Findings also divulged that frustration intolerance had a significant positive relationship with obsessive compulsive disorder symptoms($r=.98^{**}$, $p<.01$). Stepwise regression analysis signified that gender of the spouse is a predictor of obsessive compulsive symptoms among spouses of obsessive compulsive disorder patients ($\beta= .94$, $P= .001$). Self-compassion was also found to be a predictor of obsessive compulsive symptoms ($\beta= .08$ $P= .04$). Male participants scored higher on self-compassion($M=49.30$, $SD=6.42$) than female participants($M=33.90$, $SD=4.58$). Male participants scored low on frustration intolerance($M=54.95$, $SD=4.05$) as compare to female participants ($M=112.45$, $SD=4.73$). Male participants scored low on obsessive compulsive symptoms ($M=18.95$, $SD=3.65$) as compare to female participants($M=60.28$, $SD=2.77$). This study has wide implications in clinical settings.