

Abstract

The present research was conducted to explore the defense mechanisms used by the patients of Major Depressive Disorder (MDD) and Obsessive Compulsive Disorder (OCD) in Pakistan. After translating DSQ-60, it was administered on patients with Major Depressive Disorder (MDD) (N=30) and Obsessive Compulsive Disorder (OCD) (N=30), taken from different psychiatric units of Lahore. DSQ-60 (Urdu version), Siddiqui Shah Depression Scale (Siddiqui & Shah, 2005) and Symptom Checklist-R (OCD subscale) (Rahman, Dawood, Jagir, Rehman & Mansoor, 2002) were administered on patients with MDD and OCD. Results revealed that patients with MDD score significantly higher on immature defenses, while patients with OCD score higher on neurotic defenses. Finding of the study reveals that patients with OCD use the defenses mechanism of acting out, undoing, splitting others, projection and intellectualization more than the patients of MDD. Results were discussed in terms of the psychological use of the defense mechanisms in a traditional and collectivistic culture and their relationship with age and other demographic factors was also explored. It has also provided help in understanding the role of defense mechanism in different psychiatric disorders.

Key words: defense mechanism, OCD, MDD, DSQ-60