

## **Abstract**

The present study aimed to explore relationship between metacognitions, guilt sensitivity, psychological distress and obsessive compulsive symptoms. Sample of the study consisted of 105 OCD patients. Sample was recruited through purposive sampling technique. Sample of the study was taken from different public hospitals of Lahore. Metacognitive questionnaire (MCQ30) by Cartwright-Hatton & Wells (1997) was used to measure metacognitions. Guilt Sensitivity Scale (GSS) by Peterson, R. A., & Reiss, R. L. (1987) was used to measure guilt sensitivity. Obsessive Compulsive Symptoms Checklist (OCSC) by Jabeen & Kausar (2010) was used to assess severity of OC symptoms and Kessler's psychological distress scale (K10) by Kessler, R. C., Andrews, G., Colpe (2002). was used to measure level of psychological distress. Findings of the study revealed that there is significant positive relationship between metacognitions, guilt sensitivity and OC symptoms. Results indicated that psychological distress has significant negative relationship with metacognitions, guilt sensitivity and OC symptoms. Furthermore, it was found that metacognitions and guilt sensitivity significantly predict OC symptoms. It was also found that marital status and number of siblings are significant predictors of psychological distress. Results also revealed that guilt sensitivity and psychological distress significantly moderated the effect of metacognitions on obsessive compulsive symptoms. Findings of the study may help mental health practitioners to develop appropriate treatment programs to manage metacognitions as well as guilt sensitivity in OCD. The findings may guide better treatment approaches to minimize OC symptoms, reducing psychological distress in OCD patients so that their relapse of symptoms may be managed.