

Psychological Aspects of Obsessive – Compulsive Disorder and Researchs On This Issue

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Received: 30 April 2025; **Accepted:** 28 May 2025; **Published:** 30 June 2025

Abstract: The article examines the psychological characteristics of the manifestation of obsessive-compulsive disorder (OCD) in adolescence. It describes the causes, forms, diagnostic criteria and impact of OCD on the personal development of a teenager. Approaches to psychological correction and have presented some useful methods.

Keywords: youth development, innovation, mental health, adolescents, obsessive-compulsive disorder (OCD), psychological well-being, social factors, biological factors, education and knowledge, creativity, information overload, digital technologies, cognitive development, social contribution, Yale's Brown Scale, PedsQL.

Introduction: The young generation constitutes a strategic resource and a vital driving force in the development of any state, serving as the cohesive element that reinforces its foundation. The future trajectory of a country is largely determined by youth who possess strong intellectual capabilities, advanced knowledge, and high potential. It is no exaggeration to assert that young people are the principal innovators across various domains of human activity.

The comprehensive development of the younger generation is a fundamental prerequisite for the formation of well-rounded, adaptable, and resilient individuals who are capable of effectively addressing the challenges of the contemporary world and making meaningful contributions to the advancement of society. Innovative ideas and significant breakthroughs often emerge at the intersection of diverse fields of knowledge and are driven by unconventional thinking. Youth who are intellectually and personally developed tend to exhibit higher levels of creativity, a propensity for seeking novel approaches, and an ability to generate innovative solutions—all of which are essential mechanisms for promoting economic growth

and enhancing a nation's global competitiveness.

According to global statistics, young people currently represent over 16% of the world's population. In Uzbekistan, adolescents and youth account for approximately 31% of the national population. Despite the numerous opportunities provided by modern technologies, the internet, and social media in terms of access to, and analysis of, information, the overwhelming volume of unfiltered content can adversely impact the psychological well-being of adolescents.

In this context, obsessive-compulsive disorder (OCD) warrants particular attention. OCD is a chronic mental health condition characterized by persistent intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that significantly interfere with an individual's daily functioning. It may persist for many years, often leading to substantial social and economic difficulties. To date, the etiological underpinnings of obsessive – compulsive disorder remain insufficiently understood. Multiple explanatory models have been proposed, suggesting that its development in adolescents may be influenced by a complex interplay

of biological, psychological, and social factors.

Literature review

An analysis of the scientific literature on obsessive-compulsive disorder in adolescents has shown that the term "obsessive-compulsive disorder" has been interpreted in different ways. Modern research emphasizes the importance of age-related characteristics of adolescents in the formation and manifestation of symptoms of obsessive-compulsive disorder, including increased vulnerability to stress, instability of self-esteem, and increased anxiety. In general, obsessive-compulsive disorder consists of two components: obsessions are "irrational thoughts that are fixed in the brain" and compulsions are "sequences of actions" or "rituals" that serve to stop these thoughts.

Ian Goldberg: One of the world's leading experts in child and adolescent psychiatry. His work is devoted to the study of the etiology, diagnosis and treatment of obsessive-compulsive disorder in children and adolescents.

Jeffrey Greenberg: Known for his research in the field of cognitive behavioral therapy (CBT) for OCD. He has developed numerous CBT programs for children and adolescents.

Frances Flanagan: Specializes in the study of the comorbidity of OCD with other mental disorders in children and adolescents.

David Kennedy: Researches the neurobiological basis of OCD and develops new treatment methods.

A review of the literature shows that OCD in adolescents is a serious problem that requires an integrated approach. Despite significant advances in the study of OCD, many questions remain open. Further research will allow the development of more effective methods for diagnosing and treating this disorder.

The literature highlights a close relationship between obsessive-compulsive manifestations and personality traits such as perfectionism, rigidity of thinking, and a tendency to doubt. In addition, researchers note the influence of the family environment, parents, and interpersonal relationships on the formation and dynamics of the disorder in adolescence.

At the same time, it was found that there are certain gaps, such as insufficient study of individual psychological factors affecting the course of obsessive-compulsive disorder in adolescents, as well as limited empirical research aimed at testing effective psychocorrection programs. This emphasizes the relevance of further research aimed at in-depth study of the psychological characteristics of obsessive-

compulsive disorder in adolescents and the development of targeted methods of prevention and correction.

Literature analysis shows that obsessive-compulsive disorder in adolescents is a multifactorial disorder with genetic, neurobiological, cognitive and social roots. Effective diagnosis and treatment require a comprehensive approach that combines work with the family and school. At the same time, it requires more consistent study, especially since new research is needed on early detection, individual and innovative treatment.

METHODS

Before choosing a method for determining the psychological aspects of OCD in adolescents, special adapted methods for adolescents were selected: Yale Brown Scale adapted for adolescents. Allows you to assess the time spent on obsessions and compulsions, the degree of distress, dysfunction, resistance and control. To assess the cognitive aspects, a questionnaire of beliefs associated with OCD was chosen. It assesses such beliefs as excessive responsibility, overestimation of threat, perfectionism, the importance of control over thoughts, the significance of thoughts, and intolerance of uncertainty. To determine the level of psychological, social and school functioning of the teenager was chosen the Global Assessment of Functioning Scale for Adolescents. And also includes the author's technique, which consists of three parts: a diagnostic questionnaire, an analysis of cognitive strategies and an assessment of the impact of symptoms on everyday life.

Initially, the Yale Brown scale was used to determine whether the study participants had symptoms of obsessive-compulsive disorder. The total number of subjects was 360. Based on the responses, was determined the number of participants with obsessive-compulsive disorder. Then they were grouped into experimental and control groups.

RESULTS

The study involved 306 adolescents studying in three comprehensive schools. The aim of the work was to identify obsessive-compulsive disorder (OCD) among adolescents and determine its impact on various areas of quality of life, as well as to test the author's method of early diagnosis and prevention of OCD. At the first stage, primary diagnostics were carried out using the Yale-Brown Obsessive-Compulsive Disorder Scale (CY-BOCS), adapted for adolescents. According to the survey results, it was revealed that signs of OCD were observed in 57 participants: 11 people in the first school, 18 in the second, and 28 in the third. Thus, the

prevalence rate of OCD signs in the sample was 18.63%. Relative indicators for schools ranged from 10.78% to 27.45%, which may indicate both different psycho-emotional stress in the school environment and socio-cultural differences in the microenvironment.

At the second stage, participants with signs of OCD (n = 57) were divided into the experimental group, and a control group of 57 adolescents without signs of OCD was formed according to the matching principle. To assess the impact of obsessive-compulsive symptoms on quality of life, the PedsQL 4.0 questionnaire was used, including the domains: school functioning, emotional state, social relations and family/leisure component.

A comparative analysis between the experimental and control groups showed significant differences in almost all scales. In adolescents with OCD, the level of quality of life was significantly lower. Particularly pronounced differences were recorded in the scales of school adaptation and emotional state, which reflects the high degree of influence of obsessive-compulsive symptoms on cognitive activity, motivation and emotional well-being.

At the third stage of the study, the author's method was tested, developed for the early detection of OCD and psychological correction in adolescence. The method is intended for use in schools, psychological consultations and clinical practice, and can be used in combination with clinical interviews and neuropsychological testing. As a result of testing, it was found that the method has a high sensitivity to various manifestations of obsessive-compulsive disorder, and also correlates well with the results of the CY-BOCS and PedsQL scales, which confirms its diagnostic reliability and practical significance.

Thus, mathematical and statistical analysis made it possible to confirm that OCD is a fairly common disorder among adolescents and has a significant impact on various aspects of their lives. The data obtained also indicate the high efficiency of the author's method as a tool for early diagnosis, monitoring and development of individual programs of psychological and pedagogical assistance.

CONCLUSION

Obsessive-compulsive disorder (OCD) in adolescents remains one of the most pressing issues in modern child and adolescent psychiatry and clinical psychology. According to WHO, the prevalence of OCD in the child and adolescent population ranges from 1% to 3%, and the disease often remains undiagnosed in the early stages. In adolescence, OCD often manifests itself in the form of obsessive thoughts (obsessions) and ritualized actions (compulsions), which seriously affects

academic performance, social relationships, and the overall psychological well-being of the adolescent.

The conducted study confirmed the relevance of the problem of obsessive-compulsive disorder (OCD) among adolescents, demonstrating its fairly high prevalence in the school environment - 18.63% of the total sample. Analysis of data obtained using the Yale-Brown scale (CY-BOCS) allowed us to identify specific manifestations of OCD in various educational institutions, which may be associated with the characteristics of the school environment, social environment and emotional stress of students.

A comparative analysis of the quality of life of adolescents with signs of OCD and their peers without disorders, conducted on the basis of the PedsQL questionnaire, showed that the presence of obsessive-compulsive symptoms has a significant negative impact on key areas of adolescents' lives - especially on their emotional state and school adaptation. These results emphasize the need for early detection and targeted psychological and pedagogical support for adolescents suffering from OCD.

Testing of the author's method for diagnosing obsessive-compulsive disorder has shown its high diagnostic value and applicability in schools, clinics and counseling centers. The method can be effectively used both for primary diagnostics and within the framework of comprehensive programs for the prevention and correction of anxiety-compulsive disorders in adolescence.

Thus, the results of the study substantiate the need to implement a comprehensive approach to the diagnosis and support of adolescents with OCD, including screening methods, quality of life assessment and individualized forms of psychological assistance.

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