CHAPTER III

PROBLEM & HYPOTHESES

AIM

The aim of the present study is to understand the relationship between harm avoidance, incompleteness and quality of life in persons with Obsessive Compulsive Disorder, Generalized Anxiety Disorder and Healthy group, and to see the effect of Acceptance and Commitment Therapy in the Patient of Obsessive Compulsive disorder and Generalized Anxiety Disorder.
OBJECTIVES

To achieve such understanding, following objectives were framed for the study:

1. To assess and compare the socio-demographic distribution of three groups (viz OCD, GAD, and healthy groups).

2. To assess and compare male and female OCD patients on the measure of harm avoidance, incompleteness and measure of Quality of life.

3. To assess and compare male and female GAD patients on the measure of harm avoidance, incompleteness and the measure of Quality of life.

4. To assess and compare male and female healthy group on the measure of harm avoidance, incompleteness and the measure of Quality of life.

5. To assess and compare the level of harm avoidance and incompleteness among three groups (viz OCD, GAD, and healthy group).

6. To assess and compare the status of quality of life among the participants of three groups (viz OCD, GAD, and healthy group).

7. To assess the role of harm avoidance and incompleteness on both mental illnesses (viz OCD and GAD).

8. To assess the effect of Acceptance and commitment therapy on the severity and symptoms (Harm-avoidance and Incompleteness) in both the disorders (Obsessive Compulsive Disorder and Generalized Anxiety Disorder).
HYPOTHESES

Following hypotheses were framed on the basis of above given objectives:

1. Socio-demographic status would affect the condition of three groups (viz OCD, GAD, and healthy group).

2. There would be no significant difference between male and female OCD patients on the measure of harm avoidance, incompleteness and quality of life.

3. There would be no significant difference between male and female GAD patients on the measure of harm avoidance, incompleteness and quality of life.

4. There would be no significant difference between male and female healthy group on the measure of harm avoidance, incompleteness and quality of life.

5. There would be differences in level of harm avoidance and incompleteness among three groups (viz OCD, GAD, and healthy group).

6. There would be significant difference on quality of life among three groups (viz OCD, GAD, and healthy group).

7. There would be significant effect of harm avoidance and incompleteness on both mental disorders (viz. OCD and GAD).

8. Acceptance and commitment therapy would be effective in the treatment of Obsessive Compulsive Disorder and Generalized Anxiety disorder.

In order to achieve the above objective and proposed hypotheses the design and methodology adopted by the investigator is explained in next chapter.