

Article: 1500

Topic: EPV18 - e-Poster 18: Obsessive-Compulsive Disorder

Spontaneous Strategies in Seeking Egossintonia Reported by Patients with OCD Outpatient Service at a General Hospital: a Qualitative Study

E.R. Turato¹, M.P.B.L. Bastos¹, G. Lavorato Neto¹, B.J. Mattos¹

¹Medical Psychology and Psychiatry, State University of Campinas, Campinas, Brazil

The Obsessive-Compulsive Disorder (OCD) is characterized by the experience of ruminative thoughts and/or the compulsive performance of rituals, with interference in activities.

Objective: to understand psychologically reports from outpatients in psychiatric treatment, diagnosed with OCD, in the search of development of strategies aiming egossintonia.

Sampling and Method: intentional sampling of nine outpatients from psychiatric service, enclosed by theoretical saturation. Clinical-qualitative outline, with semi-directed interviews with open-ended questions. Fluctuating readings in search of units of meaning for the categorization of the data.

Results and Discussion: five categories have emerged: (1) Control: the outpatient, in order to avoid anxiety, develops the strategy of control, with a detailed planning of activities. (2) Social isolation: diminishment of the social interaction due to the embarrassment of performing rituals in public. (3) Face-off: performance of activities in spite of rituals. (4) Rationalization: elaboration of forged explanations which dissemble obsessive ideations or rituals in order to attenuate psychic distress and social difficulties. (5) Dependence: search of involvement of other persons in the rituals, causing them to be less exhausting.

Conclusion: as the OCD impacts the outpatients' quality of life, adaptation strategies are sought so as to minimize the discomfort. The awareness of such fact by health care providers enables greater empathy, leading to better adherence to treatments.

Keywords: obsessive compulsive disorder; ego-syntonic behavior; qualitative research.