



PREVALENCE OF OCD AMONG POST GRADUATE MEDICAL STUDENTS WHO WERE COVID POSITIVE

Dr. Jyoti Choudhary

Post Graduate, Govt. Medical College Kota, Rajasthan.

Dr. Vikas Dhaka

Post Graduate, Govt. Medical College Kota, Rajasthan.

Dr. Jenual Abideen

Post Graduate, Govt. Medical College Kota, Rajasthan.

Dr. Sandhya Yadav*

Post Graduate, Govt. Medical College Kota, Rajasthan. *Corresponding Author

ABSTRACT **Background** - OCD is a common mental disorder affecting 2-3% of general population. Onset and peak of OCD occurs during late teens. Initial observations suggest that post graduate medical students who did COVID duties and became covid positive are at greater risk of developing OCD. **Aims And Objectives** - The study was aimed to find out the prevalence of OCD in post graduate medical students who were COVID positive during COVID pandemic and to find out the association between OCD and COVID symptoms. **Study Design** - This was a cross sectional observational study. **Methodology** - After getting clearance from Institutional Ethical committee, the participants were explained about the study and written consent was obtained. A semi-structured proforma included the participants' sociodemographic variables and COVID details. Obsessive Compulsive Inventory Revised Scale (OCI-R) was used to assess the OCD. **Statistical Analysis** - The data thus collected was classified, tabulated and analysed using appropriate statistical methods. **Result & Conclusion** - Out of 30 students, 10 (33.33%) had OC symptoms. Out of the total doctors who were symptomatic COVID positive, 70% had OCD as compared to OCD in 30% asymptomatic COVID positive patients. This difference was statistically significant. (p value=0.0097).

KEYWORDS : OCD, postgraduate residents, COVID positive

INTRODUCTION

Obsessive-compulsive disorder (OCD) is a chronic psychiatric disorder. It causes unwanted thoughts (obsessions) and repetitive actions (compulsions) [1]. Obsessive-compulsive disorder (OCD) is reported to be the fourth most frequent mental disorder world wide[2,3]. OCD prevalence varies over age, regions etc. However, OCD lifetime prevalence is estimated to be 2.3 % ranging from 1.1 – 3.3 % [1]. Patients with OCD can have one or more groups of OCD symptoms. These symptoms can include an obsession with contamination washing rituals, frequent checking, persistent nasty or religious thoughts, redundant hoarding, uniformity and ordering etc. Patients with OCD may have other co-morbid psychiatric disorders such as anxiety disorder, post-traumatic stress disorder, depression, substance use, eating disorders and suicidal thoughts.

COVID-19 pandemic is the biggest health challenge faced by the world in recently. Postgraduate Medical students are at an increased risk for OCD, due to the stressful nature of their COVID duties as part of the heavy curriculum, less leisure time, as well that they are taught, trained, and asked to be more precise, perfect and obsessive. They were also more prone to get infected by COVID due to long working hours in COVID wards, ICU and OPD which can make them more cautious about preventive measures. So this study was aimed to find out the prevalence of OCD in these students.

AIMS & OBJECTIVE

- To find out the prevalence of OCD in Post graduate medical students who were COVID positive during COVID pandemic.
- To find out the association between OCD and COVID symptoms

MATERIAL AND METHODS

Study Design: Cross sectional observational study.

Study Participants: 60 postgraduate medical students of Government Medical College, Kota.

Tools Of Study:

- A specially designed semistructured proforma.
- Obsessive compulsive inventory revised(OCI-R) scale[4].

Inclusion Criteria:

Post graduate medical students who were COVID positive ever during the COVID pandemic.

Exclusion Criteria:

Post graduate medical students who were known case of OCD.

Methodology:

After getting clearance from the Ethical committee, study was conducted at Government Medical College, Kota from 1 July 2021 to 31 July 2021. Participants were explained about the study and written consent was taken. A semi structured Proforma including the participant's socio-demographic variable and COVID details was administered. Obsessive compulsive inventory revised scale (OCI-R) was used to assess the OCD.

RESULTS

Table 1 Distribution Of Participants According To Socio Demographic Variables

VARIABLES		N	%
AGE	20-25 YEARS	16	26.7
	26-30 YEARS	26	43.3
	31 -35 YEARS	18	30
GENDER	MALE	40	66.7
	FEMALE	20	33.3
RELIGION	HINDU	56	93.3
	MUSLIM	4	6.7
MARITAL STATUS	MARRIED	24	40
	UNMARRIED	36	60
DOMICILE	URBAN	36	60
	RURAL	24	40

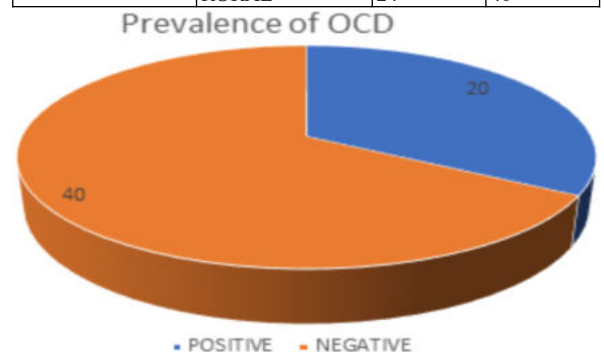


Figure 1: Prevalence Of OCD Among Study Participants

Figure 1 shows the prevalence of OCD among post graduate medical students who suffered from COVID during the pandemic. 33%(20 PG students) were positive for OCD using OCI-R scale.

Table 2 Association Between OCD And COVID Symptoms

SYMPTOMATIC /ASYMPTOMATIC	OCD		Total	Chi square	p value
	Negative	Positive			
ASYMPTOMATIC	34(85%)	6(30%)	40	6.7688	0.0097
SYMPTOMATIC	6(15%)	14(70%)	20		
TOTAL	40(100%)	20(100%)	60		

Out of the total doctors who were symptomatic COVID positive, 70% had OCD as compared to OCD in 30% asymptomatic COVID positive patients. This difference was statistically significant. (p value=0.0097).

DISCUSSION AND CONCLUSION:

Most of the PG residents were between the age 26-30 years, 66.66% were males and 33.33% were females, majority of them (93.33%) were Hindu and only 6.66% were Muslim. As per marital status, 60% were unmarried. 66.66% participants were asymptomatic when they were COVID positive and 33.33% were symptomatic. 20 postgraduate residents out of 60 were suffering found from OCD and they need further evaluation. Association of OCD with COVID symptomatic/asymptomatic was statistically significant (p=0.0097). No study has been reported so far about OCD in COVID positive PG residents. A study conducted by **Taher et.al.** to find out the prevalence of obsessive compulsive disorder among Iraqi undergraduate medical students in the time of COVID-19 pandemic in Iraq revealed that 43% participants had OC symptoms[5].

Conflicts Of Interest: Nil

Financial Assistance: Nil

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