

Psychiatric & Mental Health Nursing

Mental Health and Wellbeing

Scrupulosity and anxiety among adults

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Scrupulosity, the obsessional fear of thinking or behaving immorally or against one's religious belief, is a form of obsessive compulsive disorder that has been understudied to date. It is coupled with the extreme guilt, depression and fear of punishment from God. Scrupulous individuals are overly concerned that something they thought or did might be a sin or other violation of religious or moral doctrine. A correlational design was selected to assess scrupulosity and anxiety among 20 adults in selected rural areas of Amritsar, Punjab so as to take some corrective action to cope up with scrupulosity and anxiety using purposive sampling. The research tool included socio-demographic profile, Penn Inventory of Scrupulosity (PIOS) scale and Zung Self-rating anxiety scale (SAS). The study revealed that majority (60.5%) of adults had no/little scrupulosity. About 15% of adults had mild to moderate anxiety. There was a very weak positive relationship ($r=0.40$) between scrupulosity and anxiety among adults which was found to be statistically non-significant at $p<0.05$.

Biography

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