

ORIGINAL ARTICLE

PARANORMAL BELIEFS, PERSONALITY TRAITS, AND QUALITY OF LIFE IN CLIENTS WITH OBSESSIVE COMPULSIVE DISORDER

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Background: Paranormal beliefs are the beliefs that violate scientific principal of nature and are described as beyond scientific explanation. People living with paranormal beliefs are facing different problems which affect quality of life (QoL). Present study investigated the relationship among paranormal beliefs, personality traits and QoL in clients with obsessive compulsive disorder (OCD).

Method: It was a correlational research; 100 OCD clients aged 20 to 50 years were included from public and private hospitals of Lahore from January to June 2019 through purposive sampling. Paranormal Belief Scale, Ten-Item Personality Inventory and Quality of Life Scale were used to measure study variables. Pearson's product moment correlation analysis was used to access relationship among study variables. Hierarchical regression analysis was used to examine the prediction of QoL by paranormal beliefs and personality traits. **Results:** Significant negative association was noted between paranormal beliefs and QoL in clients with OCD ($p < 0.01$ and $p < 0.05$). Hierarchical regression analysis indicated significant prediction between paranormal beliefs, personality traits and QoL in clients with OCD ($p < 0.05$, $p < 0.01$ and $p < 0.001$). **Conclusion:** The results revealed paranormal beliefs affects QoL and two types of personality traits; agreeableness and neuroticism were significant negative predictor of QoL.

Keywords: Paranormal Beliefs, Personality Traits, Quality of Life, Obsessive Compulsive Disorder

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INTRODUCTION

Obsessive Compulsive Disorder (OCD) is a general, chronic and long-term illness in which a person has uncontrollable, repetitive feelings (*obsessions*) and actions (*compulsions*) that he or she sense the need to repeat over and over. Individuals with OCD might have symptoms of obsessions, compulsions, or both.¹ Quality of life is an individual's experience of life in the perspective of personal value systems and culture to which they belong, compelling into account their aims, values, expectations and interest.² Paranormal beliefs have positive relationship with conscientiousness.³ Environmental and some psychosocial factors like parents attitude towards the child, stressful situations or dysfunctional family environment can affect quality of life.⁴ Social relationships play an important role in maintaining the troubled behaviour⁵ and social relationship effects on personality development like partner relationship can strongly change personality traits⁶. Individuals who have neurotic traits can get upset, irritable, impulsive and vulnerable to negative feelings. These findings indicate that higher levels of introversion and higher levels of neuroticism lead to lower QoL among postmenopausal women. Personality would play an important role in women's QoL during the transition period of menopause.⁷

The association between the degree of paranormal beliefs and obsessive compulsive symptoms had been observed in numerous studies. Researches including clinical examples of OCD clients had originated that those with greater levels of paranormal beliefs were at high risk of meeting criteria for OCD⁷,

had extra severe OCD signs⁸, and recommended OCD signs associated to religion⁹. Higher rates of paranormal belief conflict had also been originated among OCD sufferers associated to individuals with other psychiatric illnesses.¹⁰

The structure of personality is very broad and poorly defined term, but it could be claimed that it was relatively stable combination of opinions, emotional state and actions which make an individual unique.¹¹ Among the personality extents, neuroticism, extraversion, and conscientiousness were mostly significant and were utmost often researches in relation to quality of life.¹² These three personality qualities were the greatest predictors of psychological strength, life fulfilment, and helpful influences.¹³ Our study investigated the relationship among paranormal beliefs, personality traits and quality of life in clients with obsessive compulsive disorder.

METHODOLOGY

This correlational research was conducted at Department of Riphah Institute of Clinical & Professional Psychology, Riphah International University, Lahore, from January to June 2019 after attaining acceptance from Institutional Ethics Committee and permission from developers to use the Instruments. Sample of 100 OCD clients, ensuring purposive sampling was approached from different private and public hospitals of Lahore.

Data collection was done through a) Paranormal Belief Scale, b) Ten-Item Personality Inventory, and c) Quality of Life Scale. The Paranormal Belief Scale, with 7 point likert scale, was originally

developed by Tobacyk in 2004.¹⁴ It contains 26 items with 7 subscales: old-style religious faith, psi, magic, delusion, spiritualism, strange life procedures, and precognition. The Chronbach's alpha reliability of this tool is 0.86. The Chronbach's alpha reliability of this scale in the present study was ($\alpha=0.72$). Ten-item Personality Inventory developed by Gosling *et al*¹⁵ measures the personality traits. Every point consists of two descriptor detached by a comma. Each of the ten substances were graded on a 7 point scale ranges from 1 (disagree strongly) to 7 (agree strongly). Chronbach's alpha was 0.68, 0.50, 0.40, 0.45 and 0.73 for the extraversion, agreeableness, conscientiousness, openness to experience, and neuroticism set of measures correspondingly. The Chronbach's alpha reliability of this scale in the present study was ($\alpha=0.81$). Quality of Life Scale originally developed by Flanagan¹⁶ has 16 items. This scale has five subscales: Physical and somatic health, associations with other individuals, societal, communal and publications, individual growth and contentment, and recreation.

After descriptive research that queried persons with chronic illness on their perceptions of quality of life, the instrument was expanded to include one more item: Independence, the ability to do for you. This tool used 7 point likert scale (1=strongly agree, 7=strongly disagree). The Chronbach's alpha reliability was 0.80. The Chronbach's alpha reliability of this scale in the present study was 0.94.

Data was collected after informed consent from those who were willing to participate. About 20–30 minutes were taken by each respondent to fill the scale proforma. SPSS-21 was used for data analysis and $p<0.05$ was considered statistically significant. Chronbach's alpha reliability of the scales was computed for internal consistency. Descriptive statistical analysis was used for descriptive items. Pearson's product moment correlation analysis was used to assess relationship among study variables. Hierarchical regression analysis was used to predicting the quality of life on paranormal beliefs and personality traits among clients with OCD.

RESULTS

There was significant negative relationship between paranormal beliefs and quality of life. Results indicated positive relationship between personality traits and quality of life. Paranormal beliefs had significant negative relationship with quality of life. Personality traits and personality traits subscales, i.e., Extraversion, Agreeableness, Conscientiousness, Neuroticism had significant positive association with quality of life. (Table-1).

Prediction between paranormal beliefs, personality traits and quality of life was significantly high. Results revealed that paranormal beliefs and

personality traits subscales, i.e., agreeableness and neuroticism were significant negative predictor of quality of life. (Table-2).

Table-1: Pearson's product moment correlation analysis between study variables (n=100)

Variables	1	2	3	4	5	6	7
Paranormal Beliefs	-	0.11	0.05	-0.13	0.23*	0.00	-0.01*
Personality Traits	-	-	0.37**	0.26**	0.60**	0.33**	0.60**
Extraversion	-	-	-	-0.10	-0.08	0.13	0.10*
Agreeableness	-	-	-	-	-0.20*	0.03	0.12**
Conscientiousness	-	-	-	-	-	-0.04	0.36**
Neuroticism	-	-	-	-	-	-	0.14*
Quality of Life	-	-	-	-	-	-	-

* $p<0.05$, ** $p<0.01$ (2-tailed)

Table-2: Hierarchical regression analysis predicting quality of life on paranormal beliefs, personality traits and quality of life in clients with OCD (n=100)

Predictors	ΔR^2	β
Step 1	0.06***	
Paranormal Beliefs		-0.27***
Step 2	0.09**	
Personality Traits		0.17**
Step 3	0.17**	
Extraversion		0.19*
Agreeableness		-0.15**
Conscientiousness		0.00**
Neuroticism		-0.20**
Total R ²	22%	

* $p<0.05$, ** $p<0.01$, *** $p<0.001$

DISCUSSION

The current study showed that paranormal beliefs had a significant negative association with the quality of life in clients with obsessive compulsive disorder. Another study¹⁷ observed the association between paranormal beliefs and QoL in older people; their results revealed that paranormal beliefs had a significant negative association with QoL ($p<0.01$, $p<0.05$). Syed *et al*¹⁸ examined the relationship between paranormal beliefs, happiness, and QoL in their clients and they found that paranormal belief was significantly related with QoL.

The present study showed that personality traits had significant positive association with QoL in clients with OCD ($p<0.01$, $p<0.05$). Walker *et al*¹⁹ conducted to see the association between personality features and QoL in clients found a significant positive association between personality features and QoL of clients. Tamir N²⁰ directed to observe the association between personality and QoL showed that extraversion and conscientiousness were positively associated with QoL. Wrosch *et al*²¹ observed that personality traits had significant positive relationship with QoL.

We found that paranormal beliefs and personality traits were significant predictors of quality of life in clients with obsessive compulsive disorder ($p<0.01$, $p<0.05$). Previous work supports the results of the current research. A study was conducted to see the relations of personality traits and education, above and

beyond physician-rated medicinal load, with diverse features of QoL in clients. Results proved that a higher neuroticism level was linked with lower working on the QoL. Higher conscientiousness level was related well with quality of life. Higher education level was related with healthier quality of life on all processes excluding expressive character damage.²²

CONCLUSION

The results revealed paranormal beliefs affect quality of life and two types of personality traits; agreeableness and neuroticism were significant negative predictor of quality of life.

LIMITATIONS AND SUGGESTIONS

The sample size of 100 was short for even better understanding. A larger sample size would allow researchers to have more data to analyze, a better understanding of the topic, and enhance the validity and reliability of research.

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