

Research Paper

The Effect of Rational Emotive Behaviour Therapy on Obsessive Compulsive Disorder among Nicotine Addict Youth

Amrapali Mahadeo Jogdand^{1*}

ABSTRACT

The present study investigates the effect of REBT on Obsessive Compulsive Disorder among nicotine addict youth. **Hypothesis:** Obsessive Compulsive symptoms would be low after REBT session in nicotine addict youth. **Sample:** For the present study a sample consisting 30 individuals subjects those are working Nicotine addict youth form two years, at Mumbai. Pre-test – post-test research design is used for present research. **Tools:** Yale Brown Obsessive-Compulsive Scale: Study found that the Nicotine addict youth have Obsessive compulsive symptoms and get positive effect on work after REBT Therapy.

Keywords: Rational Emotive Behaviour Therapy (REBT), Nicotine Addict Youth, Obsessive compulsive Disorder.

In 1980, the diagnosis of “nicotine dependence” was for the first time included in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM). Eight years later, the US Surgeon General published a seminal report entitled “The health consequences of smoking: nicotine and addiction,” Where tobacco smoking was defined as an addiction. Current criteria for the diagnosis of nicotine dependence are defined by the American Psychiatric Association in the DSM fourth edition-text revised (DSM-IV-TR) and by the World Health Organization (WHO) in the International Classification of Diseases, 10th revision (ICD-10). At present, over 1,300 million people in the world are current smokers. Within 20 years, tobacco dependence could become the world’s single largest cause of premature death. The global tobacco epidemic kills nearly 6 million people each year, of which more than 600 000 are non-smokers dying from breathing second-hand smoke. Unless we act, the epidemic, which has killed 100 million deaths from tobacco in the 20th century, will kill one billion people this century. It will not be possible to reduce tobacco-related deaths over the next 30-50 years, unless adult smokers are encouraged to quit. Cigarettes and some other products containing tobacco are highly engineered so as to create and maintain dependence, and many of the compounds they contain and the smoke they produce are pharmacologically active, toxic, mutagenic and carcinogenic. The dominance of cigarettes

¹ Faculty, Dr.B.A.M.University, Aurangabad, India

*Responding Author

Received: February 21, 2018; Revision Received: March 18, 2018; Accepted: March 25, 2018

The Effect of Rational Emotive Behaviour Therapy on Obsessive Compulsive Disorder among Nicotine Addict Youth

over the past 100 years (“the cigarette century”) threatens to persist for another century. In view of the addictiveness of tobacco products, many tobacco-users will need support in quitting. Support for smoking cessation or “treatment of tobacco dependence” refers to a range of techniques including motivation, advice and guidance, counselling, telephone and Internet support, and appropriate pharmaceutical aids, all of which aim to encourage and help tobacco users to stop using tobacco and to avoid subsequent relapse.

REVIEW OF LITERATURE

ZemenayMolla,LamesaDube (2017), investigated that he tobacco dependence among the study participants was 18.5%. Amongst people with tobacco dependence, 57.7, 29.5 and 12.8% had moderate, high and very high level of tobacco dependence respectively. All mental health service users with tobacco dependence were males. There was a significant association between tobacco dependence and high school education (AOR 3.02, 95% CI 1.07, 8.48), alcohol use disorder (AOR 4.14, 95% CI = 1.54, 11.11), daily that chewing (AOR 13.51, 95% CI = 4.27, 42.74), chewing khat 2–3 times per week (AOR 5.09, 95% CI = 1.37,18.95), chewing khat once a week (AOR 4.31, 95% CI = 1.04,17.78), having friends who smoke tobacco (AOR 4.88, 95% CI = 2.12, 11.25) and being diagnosed with schizophrenia compared to a diagnosis of major depression (AOR 5.26, 95% CI = 2.07, 13.37). However, daily attendance at a place of worship (AOR 0.46, 95% CI = 0.22, 0.95) was associated negatively with tobacco dependence. In this study, there was a high prevalence of tobacco dependence among mental health services users. There is a pressing need to increase availability of psychological and pharmacological interventions to reduce tobacco dependence and tobacco-related medical illness in this vulnerable group.

Regina de CássiaRondina; Ricardo Gorayeb; ClóvisBotelho (2007), A study based on neuroimaging revealed that patients with OCD present pronounced metabolic activity in the orbital frontal cortex. However, individuals with schizophrenia exhibit reduced metabolic activity in the frontal lobe, similar to that resulting from lesions in this region. Since nicotine increases frontal lobe activity and reduces the abnormality in sensory physiology, it is possible that smoking is a type of self-medication in individuals with schizophrenia. Nevertheless, theoretically, nicotine would cause a contrary effect in individuals with OCD, reinforcing obsessive symptoms, which could contribute to the low prevalence of smoking in individuals with this disturbance. Psychosocial determinants can also affect this association. Individuals with OCD are frequently more isolated in school. However, less socially competent young adults might start smoking due to peer pressure in early adolescence. In addition, characteristic symptoms of OCD, such as fear of diseases and fear of starting a fire, can help these individuals avoid developing the habit of cigarette smoking. Therefore, the subject is complex, and further studies are still needed in order to confirm these results. The issue also underscores the need to investigate the nature of this association. The identification of the factors responsible for this inverse association can contribute to understanding the dynamics subjacent to smoking.

METHODOLOGY

Statement of Problem

The Effect of Rational Emotive Behavioural Therapy on Obsessive Compulsive Disorder among Nicotine Addict Youth.

Objectives

- To study of REBT positive effect on Obsessive Compulsive Disorder among Nicotine Addict youth.

Hypothesis

- Obsessive compulsives Symptoms would be low after rational emotive behaviour therapy (REBT) session to nicotine addict youth.

Sample

The present study was carried out on 50 nicotine addict youth at Mumbai city ranging age between 28 to 32years.

Variables

Independent Variable: Nicotine Addict Youth

Dependent Variable: Obsessive compulsives Disorder

Research Tool

1. **The Fagerstrom Test for Nicotine Dependence (FTND):-** is developed by Fagerstrom a revision of the FTQ. The FTND contains 6 items and was created by removing FTQ item 7 (nicotine content of cigarettes) and item 8 (Do you inhale?) because they were found to be unrelated to biochemical measures of smoking dependence. The FTND-R was created by removing the forced-choice response criteria on items 2, 5, and 6 of the FTND. The response format was changed to improve the measurement of these items by providing respondents with a larger range of response choices than the forced-choice format. The revised scoring was composed of a 4-point Likert response set. The 4-point Likert responses included: 0 = never; 1 = sometimes; 2 = most of the time, and 3 = always.
2. **Yale Brown Obsessive- Compulsive Scale:** - The YBOCS, developed by Wayne Goodman, is a rating scale to evaluate the severity of illness in individuals with Obsessive-Compulsive Disorder. It has ten items rated based on a semi structured interview. The first five concern obsession the amount of time they consume, the degree to which the interfere with normal functioning. The distress the cause the patient's attempt to resist them, and the patient's ability to control them. The remaining five items ask parallel questions about compulsion. Reliability studies of the YBOCS show inter consistency, interrater reliability of 0.72-0.98, and retest reliability over an I week interval. An Infraclass correlation has been reported as 0.80.

The Effect of Rational Emotive Behaviour Therapy on Obsessive Compulsive Disorder among Nicotine Addict Youth

3. **Rational Emotive Behaviours Therapy (REBT):** One therapeutic modality which has been successfully used organization setting is rational emotive behaviour therapy (REBT) developed by Albert Ellis in 1955.

Procedure of data collects

For the present study 50 Nicotine Addict Youth select for sample. After that first pre-test was taken all Nicotine Addict youth by given Obsessive compulsives Disorder Scale used for data were collected. After that REBT therapy was given to all 50 Nicotine Addict youth for five days. After therapy given post-test was conducted on all 50 samples by given by Obsessive compulsive Disorder data were collected.

Research design

For the present experimental study pre-test post-test research design was use for session of REBT.

RESULT AND DISCUSSION

Table no 1 show mean, SD, and t-value of pre-test and post-test of nicotine Addict Youth in Session of REBT test.

| test | N | mean | SD | t- value | Sig. lev. |
|-----------|----|-------|------|----------|-----------|
| Pre test | 50 | 64.54 | 5.64 | 5.62 | 0.01 |
| Post test | 50 | 58.66 | 3.67 | | |

By conventional criteria, this difference is considered to be statistically significant.

DISCUSSION

Present study investigate the effect of REBT in Obsessive Compulsive Disorder among Nicotine Addict Youth the result table shoes that there is mean difference pre-test mean is 58.54 and SD 5.64 is post-test mean is 64.67 and SD is 3.67 and t-value is 5.62 which significant on 0.01 level there for hypotheses Obsessive Compulsive symptoms would be low after rational emotive behavioural therapy (REBT) among Nicotine Addict Youth was accepted. **Bridget F. Grant, Deborah S. Hasin, S. Patricia Chou, et at (2004)**, found that Prevalence and comorbidity of current nicotine dependence and Axis I and II disorders and the percentage of cigarettes consumed in the United States among psychiatrically vulnerable subgroups. Among US adults, 12.8% (95% confidence interval, 12.0-13.6) were nicotine dependent. Associations between nicotine dependence and specific Axis I and II disorders were all strong and statistically significant ($P < .05$) in the total population and among men and women. Nicotine-dependent individuals made up only 12.8% (95% confidence interval, 12.0-13.6) of the population yet consumed 57.5% of all cigarettes smoked in the United States. Nicotine-dependent individuals with a comorbid psychiatric disorder made up 7.1% (95% confidence interval, 6.6-7.6) of the population yet consumed 34.2% of all cigarettes smoked in the United States. They concluded that Nicotine-dependent and psychiatrically ill individuals consume about 70% of all cigarettes smoked in the United States. The results of this study highlight the importance of focusing smoking cessation efforts on individuals who

The Effect of Rational Emotive Behaviour Therapy on Obsessive Compulsive Disorder among Nicotine Addict Youth

are nicotine dependent, individuals who have psychiatric disorders, and individuals who have comorbid nicotine dependence and other psychiatric disorders. Further, awareness of industry segmentation strategies can improve smoking cessation efforts of clinicians and other health professionals among all smokers and especially among the most vulnerable.

CONCLUSION

Obsessive Compulsive Symptoms have low in Nicotine Addict Youth and get positive effect on work after REBT Therapy.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests: The author declared no conflict of interests.

REFERENCES

- Berlin, H. Chen, L.S. Covey Depressive mood, suicide ideation and anxiety in smokers who do and smokers who do not manage to stop smoking after a target quit day *Addiction*, 105 (2010), pp. 2209-2216
- Breslau N, Kilbey MM, Andreski P. Nicotine dependence and major depression: New evidence from a prospective investigation. *Archives of General Psychiatry*. 1993;50(1):31–5. [PubMed]
- Degenhardt L, Hall WD, Lynskey M, McGrath J, McLaren J, Calabria B, Whiteford H, Vos T: Should burden of disease estimates include cannabis use as a risk factor for psychosis? *PLoS Med*. 2009, 6: 29-10.1371/journal.pmed.1000029.
- Dierker LC, Avenevoli S, Merikangas KR, Flaherty BP, Stolar M. Association between psychiatric disorders and the progression of tobacco use behaviors. *Journal of the American Academy of Child & Adolescent Psychiatry*. 2001;40(10):1159–67
- Kessler RC, Angermeyer M, Anthony JC, DEG R, Demyttenaere K, Gasquet I, DEG G, Gluzman S, Gureje O, Haro JM, Kawakami N, Karam A, Levinson D, Medina Mora ME, Oakley Browne MA, Posada-Villa J, Stein DJ, Adley Tsang CH, Aguilar-Gaxiola S, Alonso J, Lee S, Heeringa S, Pennell BE, Berglund P, Gruber MJ, Petukhova M, Chatterji S, Ustun TB: Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*. 2007, 6: 168-176.
- McKenzie M, Olsson C, Jorm A, Romaniuk H, Patton G. Association of adolescent symptoms of depression and anxiety with daily smoking and nicotine dependence in young adulthood: findings from a 10-year longitudinal study. *Addiction*. 2010; 105 (9):1652–9. [PubMed]
- Moore THM, Zammit S, Lingford-Hughes A, Barnes TRE, Jones PB, Burke M, Lewis G: Cannabis use and risk of psychotic or affective mental health outcomes: A systematic review. *Lancet*. 2007, 370: 319-328.10.1016/S0140-6736(07)61162-3.

How to cite this article: Jogdand A M (2018). The Effect of Rational Emotive Behaviour Therapy on Obsessive Compulsive Disorder among Nicotine Addict Youth. *International Journal of Indian Psychology*, Vol. 6, (1), DIP: 18.01.089/20180601, DOI: 10.25215/0601.089