OBSESSIONAL TRAITS IN PATIENTS WITH DEPRESSION DURING COVID-19 PANDEMIC

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Abstract -
Obsessional traits are found in every individual in more or less amount. It's a personality trait which includes preoccupation and insistence on details, rules, lists, order and organisation, perfectionism that interferes with completing tasks. It may be found in well-known disorder of obsession and compulsion but how much it contributes in other neurotic disorders is an interesting fact to know.Depression is a neurotic disorder may be described as feelings of sadness, loss, or anger. Although the person with depression is aware of his malfunctioning but he is not able to cope-up with the adverse situation and behaviour. During this pandemic situation people are suffering from depression majorly. With the purpose of understanding their personality traits and the role of obsessional traits this study have been planned.The aim of present study is to explore obsessional traits in depression. Two scales have been conducted on adult population, one is Leyton obsessional inventory and second is Ham- D. Results showed that obsessional traits are present in normal as well as in depressive people. But in depressive people it is present more as compared to control group. By these results it can be seen that obsessional traits may be root cause of depressive symptoms and it can be cured with the help of interventions targeted towards obsessive traits. In pandemic situation there is need for fast recovery of people which can be planned with the help of an efficient management plan.

Keywords - Obsessional, Perfectionism, Depression, Pandemic, Management