



KEY WORDS

- ✓ Obsessive Compulsive Disorder
- ✓ Psychological Flexibility
- ✓ Psychological Inflexibility
- ✓ Experiential Avoidance
- ✓ Acceptance and Commitment Therapy

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Investigation of Psychological Flexibility in Obsessive Compulsive Disorder Patients

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THESIS ABSTRACT



The aim of this study is to investigate all the components of psychological flexibility in patients with obsessive compulsive disorder. The research sample consists of 50 patients diagnosed with obsessive compulsive disorder and 50 people without any psychiatric illness. Within the scope of the research, Demographic Information Form, Yale-Brown Obsessive Compulsive Scale, Valuable Life Questionnaire, Cognitive Fusion Questionnaire, Freiburg Awareness Inventory, Self as Context Scale and Acceptance and Action Questionnaire-II were used. According to the results of the study, there was a statistically significant difference between the groups in terms of psychological flexibility levels. It was found that the psychological flexibility level was lower in the OCD patients.

APPLICATION AREAS OF THE THESIS RESULTS

It is thought that the results obtained from the clinical and healthy groups in the current study will be beneficial for intervention programmes, mental health professionals, and researchers who will conduct studies on these concepts.

ACADEMIC ACTIVITIES

Arı Deniz, E. (2026). Experiential avoidance in obsessive-compulsive disorder: an acceptance and commitment therapy perspective. Current Approaches in Psychiatry, Doi: 10.18863/pgy.1659447

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