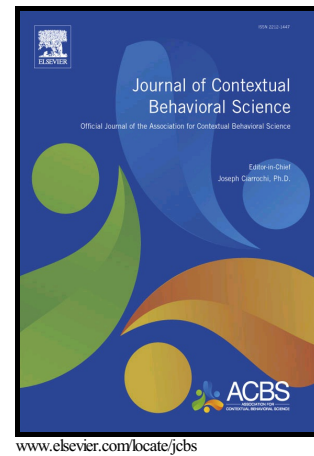


# Author's Accepted Manuscript

Obsessive Beliefs, Experiential Avoidance, and Cognitive Fusion as Predictors of Obsessive-Compulsive Disorder Symptom Dimensions

Lillian Reuman, Jennifer Buchholz, Jonathan S. Abramowitz



PII: S2212-1447(18)30020-6  
DOI: <https://doi.org/10.1016/j.jcbs.2018.06.001>  
Reference: JCBS231

To appear in: *Journal of Contextual Behavioral Science*

Received date: 24 January 2018  
Revised date: 15 March 2018  
Accepted date: 1 June 2018

Cite this article as: Lillian Reuman, Jennifer Buchholz and Jonathan S. Abramowitz, Obsessive Beliefs, Experiential Avoidance, and Cognitive Fusion as Predictors of Obsessive-Compulsive Disorder Symptom Dimensions, *Journal of Contextual Behavioral Science*, <https://doi.org/10.1016/j.jcbs.2018.06.001>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

## Obsessive Beliefs, Experiential Avoidance, and Cognitive Fusion as Predictors of Obsessive-Compulsive Disorder Symptom Dimensions

Lillian Reuman<sup>\*</sup>, Jennifer Buchholz, Jonathan S. Abramowitz

University of North Carolina – Chapel Hill, Department of Psychology, Davie Hall, Campus Box 3270, Chapel Hill, NC, USA 27517-3270

<sup>\*</sup>Correspondence to: Department of Psychology, University of North Carolina-Chapel Hill,

Davie Hall, Campus Box 3270, Chapel Hill, NC, USA 27517-3270. Tel.: +18604020754; fax:

+19199622537. reuman@unc.edu

### Abstract

Cognitive models of obsessive-compulsive disorder (OCD), although widely-supported, do not fully explain obsessive-compulsive (OC) symptoms. Mid-level constructs from acceptance and commitment therapy (ACT; e.g., experiential avoidance, cognitive fusion) may advance our understanding of OCD symptoms by adding explanatory power to existing conceptual models. The current study examined the extent to which mid-level ACT constructs account for unique variability in OCD symptom dimensions within a large treatment-seeking sample of individuals with OCD. In line with previous research in analogue samples, regression analyses revealed that although experiential avoidance and cognitive fusion showed associations with OCD symptoms, these constructs did not generally add to the prediction of OCD symptoms once general distress and obsessive beliefs were accounted for. An exception was that cognitive fusion was a unique predictor of unacceptable obsessional thoughts along with beliefs about importance of and need to control thoughts. These findings provide further support for the cognitive model of OCD as well as the notion that mid-level ACT constructs best relates to the unacceptable thoughts dimension of OCD. Conceptual and treatment implications, study limitations, and future directions are discussed.

### Keywords

*Cognitive fusion, OCD, obsessive beliefs, OCD symptom dimensions experiential avoidance, cognitive model*

### Introduction

Obsessive-compulsive disorder (OCD) is a prevalent, debilitating condition marked by intrusive thoughts that provoke distress (i.e., obsessions) and ritualistic behaviors (e.g., compulsive rituals) performed with the aim of reducing said distress (American Psychiatric Association, 2013). Left untreated, it runs a chronically worsening course that exacts substantial morbidity (Steketee, 1997). Further, OCD is heterogeneous, with the dimensions of obsessions and compulsions varying from person to person and within individuals. Because this heterogeneity has

Download English Version:

<https://daneshyari.com/en/article/8942234>

Download Persian Version:

<https://daneshyari.com/article/8942234>

[Daneshyari.com](https://daneshyari.com)