



The Effectiveness of Subliminal Stimulation on the Obsessive - Compulsive Disorder Symptoms Based on Cultural Issues in women

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Abstract

The purpose of current research was to study the effectiveness of subliminal stimulation on the symptoms of obsessive - compulsive disorder based on cultural issues in women in Tehran. The statistical population of the present study embraced all working women in state administrations of 10th district in Tehran in 2022. The sample subsumed 40 female employees whom were selected by convenience sampling procedure and allocated in two experimental and control groups, 20 subjects each. The research was a semi - experimental and was implemented as a pre-test – post-test design with a control. The data were gathered via Obsessive Compulsive Symptoms Scale (Goodman et al., 1989). The subliminal stimulation procedure was applied an hour daily during three months. To analyze the data multivariate covariance analysis (MANCOVA) and univariate covariance analysis (ANCOVA) were used. The results indicated that the subliminal stimulation intervention was effective on the symptoms of obsessive - compulsive disorder based on cultural issues in women ($P < 0.05$). Studies also showed that obsessive-compulsive disorder is one of the mental disorders that could appear under the influence of cultural factors. Therefore, identifying specific cultural issues related to the symptoms of this disorder is of special clinical importance. The most cultural effects on obsessive-compulsive disorder were respectively caused by false religious beliefs, family relationships, reactions of family members and emotions, norms and social views towards individuals, as well as other specific cultural beliefs and concerns. So, it is necessary to concern the cultural issues of the patients' family and society in order to treat obsessive-compulsive disorders.



Extended abstract

Introduction: Mental disorder is one of the most common disorders in today's society, due to which, human behavior in dealing with the environment and even the person her/himself, faces problems. Also, cultural and environmental issues, along with underlying genetic factors, could lead to the occurrence of mental disorders and decrease in mental health. Obsessive-Compulsive Disorder is one of the mental diseases that could appear under the influence of cultural factors. One of the ways to focus on cultural factors is to examine cultural syndromes. Cultural syndromes are a common pattern of attitudes, beliefs, classifications, self-descriptions, norms, values and other organizational elements. These syndromes are effective in the occurrence of injuries and can also determine the role of social-cultural factors such as gender, race, culture, ethnicity, customs and social-economic status in the formation and evolution of mental disorders. One of the important issues related to obsessive-compulsive disorder is subliminal perception, a concept that was controversial in the mid-1980s. The experimental research conducted in 2007 by intercultural psychologists is an example of the intercultural differences on the content of the mind, thinking areas, metacognitive strategies and cognitive processes, intelligence, scientific explanations and memory have an effect. Since the symptoms of obsessive-compulsive disorder are dependent on culture and cultural elements play a significant role in the content of obsessive-compulsive symptoms so the purpose of current research was to study the effectiveness of subliminal stimulation on the symptoms of obsessive - compulsive disorder based on cultural issues in women in Tehran.

Method: The statistical population of the present study embraced all working women in state administrations of 10th district in Tehran in 1401. The sample subsumed 40 female employees whom were selected by convenience sampling procedure and allocated in two experimental and control groups, 20 subjects each. The research was a semi - experimental and was implemented as a pre-test – post-test design with a control. The data were gathered via Obsessive Compulsive Symptoms Scale (Goodman et al. 1989). The subliminal stimulation procedure was applied an hour daily during three months. To analyze the data multivariate covariance analysis (MANCOVA) and univariate covariance analysis (ANCOVA) were used.

Result: The results indicated that the subliminal stimulation intervention was effective on the symptoms of obsessive - compulsive disorder based on cultural issues in women ($P < 0.05$). that meant at the end of the intervention or treatment, the post test scores of the experimental group were significantly reduced compared to the control group. Examining the effect size values showed that the subthreshold stimulus intervention had the greatest effect on the component of obsession, with an effect size of 0.385, and then on the component of compulsion, with an effect size of 0.226.

Conclusion: The research findings indicated that with the formation of intercultural psychology, the importance of culture and its effects on people's psychological structures and mental disorders have been proven. Studies showed that obsessive-compulsive disorder is one of the mental disorder s that could appear under the influence of cultural factors. Therefore, identifying specific cultural issues related to the symptoms of this disorder is of special clinical importance. The most cultural effects on obsessive-compulsive disorder



were respectively caused by false religious beliefs, family relationships, reactions of family members and emotions, norms and social views towards individuals, as well as other specific cultural beliefs and concerns. One of the culture related issue is the prevalence of obsessive-compulsive disorder. Also, culture affected the symptoms of the disorder, how to deal with psychological problems, and individuals' willingness to seek treatment. Also, the results showed that subliminal stimulation intervention was effective in the treatment of obsessive-compulsive disorder in female employees. To explain the findings of the current research, it could be pointed out that subliminal stimulation messages are important because they could influence individual's beliefs, emotions and behavior. So, it is necessary to concern the cultural issues of the patients' family and society in order to treat obsessive-compulsive disorders and to introduce newer and more cost-effective treatment procedures to improve the mental health of the society.

Authors Contributions: Mrs. Maryam Maddah: Responsible for collecting data and providing the necessary explanations regarding the implementation of the intervention to the participants. Dr. Roghayeh Kiyani: Responsible for editing the article, making corrections and corresponding author. Mr. Mehdi Asghari: responsible for data analysis in the research. The rest of the research stages have been carried out in a collaborative manner.

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