

Adaptation and validation of the Obsessive Compulsive Inventory- Revised version (OCI-R) among Sri Lankan university students

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Background

Clinical Psychology is a relatively new field in Sri Lanka. Therefore, there is a dearth of valid and reliable clinical measures that assess for psychological illnesses such as Obsessive Compulsive Disorder. The availability of culturally adapted psychological assessments would aid clinical practice by measuring prevalence rates of the basic mental illnesses, diagnosis and monitoring progress made through treatment. Out of the general population, University students have been found to be a vulnerable population to develop mental health problems (Stanley & Manthorpe, 2001) and have been found to suffer from high levels of psychological distress (Kuruppuarachchi, Kuruppuarachchi, Wijeratne & Williams, 2002).

Research Problem & Objective

Therefore, the main objective of the study was to adapt and validate the Obsessive Compulsive Inventory- Revised (OCI-R) (Foa, et al., 2002) among Sinhala speaking university students between the ages of 18 to 35 years, whilst also examining the possible sex differences in the findings of the OCI-R Sinhala version as well as to explore demographic details of the population.

Research Methodology

The OCI-R (Foa, et al., 2002) was adapted to the Sinhala language via two phases. The first phase included translating the OCI-R to Sinhala language and then obtaining content and consensual validity from a panel of mental health experts in Sri Lanka. Following which the measure was pre-tested on a sample with similar demographic specifications as the main study sample. Phase two contained the cross sectional, correlational and factor analytical study which assessed for internal consistency reliability, test-retest reliability, convergent validity, divergent validity and factor structure of the OCI-R Sinhala version. These psychometric properties of the OCI-R Sinhala version was examined in a non-clinical university student sample between the ages of 18 -35 years. A background questionnaire was developed to obtain demographic data where as the DASS-21 Sinhala version (Aththidiye, 2012) was administered to obtain data required for convergent and divergent validity.

Key Findings

The OCI-R Sinhala version was translated successfully to Sinhala language with a few minor issues such as the direct translation of the items not retaining the conceptual meaning. However, with the aid of the mental health expert panel and the pre-testing process better Sinhala terms to retain the conceptual meaning was utilized.

Within phase two, the OCI-R Sinhala version demonstrated good internal consistency reliability (Cronbach $\alpha = 0.86$) and test-retest reliability (0.75). The measure also obtained good divergent validity (0.35) and acceptable convergent validity (0.41) when measured against the depression and anxiety subscales of the Depression, Anxiety and Stress Scale- 21 Sinhala Version (Aththidiye, 2012). It also obtained an adequate confirmatory factor analysis, and thereby, satisfactory construct validity. However, no significant sex differences were found within the results obtained via the OCI-R Sinhala version. The background questionnaire illustrated some stigma towards mental illness (37.4% of the participants were not willing to inform their partners if they were suffering from a psychological disorder), and a lack of awareness about mental illnesses such as OCD (87.8% of participants had never heard of OCD).

Conclusion

In conclusion, the OCI-R Sinhala version appears to retain the sound psychometric properties of its' original version, providing an instrument to assess for obsessive-compulsive symptoms within the non-clinical population between the said ages in Sri Lanka.

Key References

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