INTRODUCTION

Obsessive-compulsive disorder (OCD) is characterized by intrusive thoughts and compulsive behaviors (e.g., repeated reassurance seeking) that aim to reduce the likelihood of a feared outcome occurring and/or decrease an individual’s degree of emotional arousal (APA, 2013).

The Dimensional Obsessive Compulsive Scale (DOCS; Abramowitz et al., 2010) improved upon limitations of past OCD symptom measures by separately assessing the empirically-supported symptom dimensions of OCD: contamination, responsibility for harm, symmetry/ordering, and unacceptability (Abramowitz et al., 2010; Thibodeau et al., 2015) – and offering a more comprehensive evaluation of severity (e.g., duration; avoidance; distress; functional impairment; resistance). Over the past decade, the DOCS has become a widely used self-report measure to assess OCD around the globe.

Notably, this gold-standard self-report instrument has not been culturally adapted or validated for the Mexican population (e.g., Clark & Inouz, 2014; Fontenelle, Mendelowicz, Marques, & Versiani, 2004; Okasha, Saad, Khalil, El Dawla, & Yehia, 1994; Raines et al., 2018; Saleem & Mahmood, 2009; Wheaton, Berman, Fabricant, & Abramowitz, 2013) and comparable prevalence rates of OCD (2.6%; Cárdenas-López & Carreño, 2012) have been seen for the Mexican population.

METHOD

Cultural adaptation of the DOCS for Mexican population

To culturally adapt the DOCS for the Mexican population, the guidelines outlined by the World Health Organization (2016) were followed.

1. A forward translation was conducted using the original version.
2. An expert panel of six bilingual psychologists evaluated each item in terms of: representativeness, comprehension, clarity and ambiguity.
3. A back-translation was done by a professional bilingual translator, to ensure that key concepts were retained.
4. The DOCS-M was pilot tested with 10 adults from the community and conducted interviews with each participant.

Participants

The sample consisted of 457 university students from Mexico, the majority (98.03%) of whom identified as Hispanic or Latino. Participants were mostly in their early 20’s (M = 20.39, SD = 2.55), 77.5% females. Most of the studying undergraduate degrees (95.8%), the rest graduate degrees.

Measures

Dimensional Obsessive-Compulsive Scale-Mexican Version (DOCS-M) is a 20-item self-report instrument that assesses the severity of four OCD symptom dimensions: Contamination, Responsibility for harm, Unacceptable/forbidden thoughts, and Symmetry/need for things to be "just right."

Obsessive Beliefs Questionnaire-Short Version (OBQ-SV; Vanegas, González, Ramírez, Treviño, & Treviño, 2014). The OBQ-SV is the cultural adaptation of the Obsessive Beliefs Questionnaire (OBQ-44; OCCWG, 2003, 2005) for the Mexican population (Vanegas et al., 2014). The OBQ-SV is a 22-item self-report instrument that assesses the severity of the following dysfunctional belief systems: (a) exaggerated responsibility/threat estimation, (b) perfectionism/intolerance to uncertainty, (c) importance of, and need to control thoughts.

Interpretation of Intrusions Inventory – Mexican Version (III-31-M; Olivares, Berman, Fisak, Ruvalcaba-Romero, & Gallegos-Guajardo, under review). The III-31-M is a Mexican cultural adaptation of the original English version of the III-31 (OCCWG, 2005). This 31-item self-report questionnaire evaluates how an individual interprets unwanted intrusive thoughts or images.

DISCUSSION

Confirmatory Factor Analysis (CFA): The model was found to be an excellent fit with the data, χ² (164) = 344.38, p < .01, χ²/df= 2.1, CFI = .98, TLI = .98; RMSEA = .05 (see Figure 1).

Factor Structure and Reliability: The Cronbach’s alpha for the DOCS-M total score was excellent (α=.92). Further, the adequate Cronbach alphas were found to be adequate for all of the subscales: Contamination (α=0.79), Responsibility for harm and bad luck (α=.86), Symmetry and “just right” (α=.86), and Unacceptable thoughts (α=.87).

Convergent validity of DOCS-M: a statistically significant and positive association was found between the DOCS-M and OBQ-SV total score, r(455) = .53, p < .01. Paralleling this relationship, the DOCS-M total score also possessed a statistically significant, strong and positive association with the III-31-M total score, r(455) = .62, p < .001).

REFERENCES

References where omitted due to space limitations - for the complete reference list, please contact the corresponding author at: julia.gallegos@udem.edu.