

PSYCHOMETRIC PROPERTIES OF URDU VERSION OF OBSESSIVE BELIEFS QUESTIONNAIRE (OBQ-44) IN PAKISTANI STUDENT POPULATION

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ABSTRACT

The study aimed to translate and to explore psychometric properties of Obsessive-Belief Questionnaire-44 (OBQ-44) in Urdu language to make it available for mental health professionals of Pakistan in their practice of Cognitive Behavior Therapy (CBT). Employing the standard procedures of translation, this study has finalized Urdu version of OBQ-44 (i.e. OBQ-Urdu-44) which has satisfactory cross language validity ($r = .87$) and internal consistency ($\alpha = .87$). The scale was reduced to 40 items through Exploratory Factor Analysis with Varimax rotation (EFA), conducted on a sample of 170 college students selected through Convenience sampling, resulted in a three factor structure of the tool which was different from original factor structure of OBQ-44. The factors of OBQ-Urdu-40 were labeled as Obsessive Belief-General (OB-G), Cautious/Vigilant (CV), and Perfectionism (PC) which depicted the 42% of total variance. The OBQ-Urdu-40 have shown satisfactory psychometric properties in terms of reliability ($\alpha = .80, .91, .86, .78$ for total scale, OB-G, CV, & PC, respectively). Conclusively, present study succeeded in provision of a valid and reliable Urdu version of OBQ-44, although the need of exploration of convergent and divergent validity, and its sensitivity to change is highlighted as future research projects.

Key words: Obsessive Belief Questionnaire (OBQ-44), Urdu, psychometric properties.

Obsessive Compulsive disorder (OCD) is a mental illness characterized with obsessions (recurrent and intrusive thoughts, images, impulses) and compulsions (repetitive mental acts or behaviors) that caused marked distress and dysfunction in person's social, academic or occupational life, without any direct effect of some substance or some physiological illness, with life prevalence of around 1.1 to 1.8% in world (American Psychological Association [APA], 2013). Being so distressful and crippling mental disorder, OCD has been focus of attention of different treatment modalities among those medication and CBT are thought to be the first line treatment for OCD and related disorders (Dell'Osso et al., 2007).

CBT assumes dysfunctional patterns of thinking as core to OCD, so it focuses on identification and measurement of thought errors (Wells, 1997). Different scales are used to assess cognitions, thoughts and beliefs regarding OCD, some of them including Irrational Beliefs Regarding Obsessions (Freeston, Ladouceur, Gagnon, & Thibodeau, 1993), Multidimensional Perfectionism Scale (Frost, Marten, Lahart, & Rosenblate, 1990), Guilt Inventory (Kugler & Jones, 1992), Thought-Action Fusion Scale (Shafran, Thordarson, & Rachman, 1996), Responsibility

Attitudes Questionnaire (RAS; Salkovskis et al, 2000), Interpretation of Intrusions Inventory (III; Obsessive Compulsive Cognitions Working Group [OCCWG], 2001), Obsessive Belief Questionnaire (OBQ; OCCWG, 2001) and many more.

In 1995, Obsessive Compulsive Cognitions Working Group (OCCWG) started work to develop a comprehensive measure to assess obsessive beliefs (Clark, 2004). The measure was called Obsessive Belief Questionnaire (OBQ). Initially it comprised 129 items but later reduced to 87 items that represent different dysfunctional assumptions containing six domains: tolerance of uncertainty, control of thoughts, importance of thoughts, overestimation of threat, perfectionism, and responsibility (OCCWG, 2001). Later, a shorter version of OBQ, consisting of 44 items, was developed. It contained three subscales based on dysfunctional beliefs: importance and control of thoughts (beliefs related with significance of and need to control thoughts), perfectionism/certainty (beliefs related with perfectionism and need to be certain), and responsibility and threat estimation (beliefs related with over responsibility to control thoughts and their possible consequences; Taylor, McKay, & Abramowitz, 2005). Items are scored on 7-point Likert scale, ranging from

1= totally disagree and 7 = totally agree (OCCWG, 2005). OBQ assesses the several dimensions of cognitive beliefs regarding OCD (OCCWG, 2001). Thus it has an advantage on other measures of obsessional beliefs (Shams et al., 2014).

Initial analysis of reliability and validity of OBQ-87 provided evidence for remarkable reliability and validity. Correlation coefficient for test-retest reliability of subscales was found to be between .75 and .90 (OCCWG, 2001). Evidence has shown good criterion and convergent validity of OBQ-87 (OCCWG, 2003). OBQ-44, high internal consistency was found for total OBQ and its three subscales, ranging from .89 to .95. Evidences were found for good criterion related and convergent validity and promising but a little bit weaker discriminant validity (OCCWG, 2005).

It has been observed that the score of OCD patients on OBQ and its all subscales is higher than other non-clinical individuals. Moreover, some subscales of OBQ have also been found to have significant correlations with other measures of OCD symptoms (OCCWG, 2001, 2003, 2005). This shows the usefulness of OBQ in assessing dysfunctional beliefs in patients with OCD. A study found medium effect size of behavior therapy, exhibited by OBQ-87 (.61) and OBQ-44 (.60; Anholt et al., 2010).

OBQ has also been widely used in different cultures, for instance it has been translated and psychometrically analyzed in Italian (Sica et al., 2004), French (Julien et al., 2008), Turkish (Cagin & Dag, 2009; Boysan et al., 2010), Arabic (Rahat, Rahimi, & Mohamadi, 2012), Brazilian (Bortoncello, Vivan, Gomes, & Cordioli, 2012) and many others. These studies have established cross cultural use and validity of OBQ and its constructs, although some studies have found different factor structures than original one (Shams et al., 2014; Myers, Fisher, Wells, 2008).

Thus, the cross cultural studies on psychometric properties of OBQ highlighted the need to explore cultural impact on obsessional beliefs which pursued authors of current study to investigate the psychometric properties of OBQ-44 in Pakistani population. For that purpose, present study primarily aimed to explore the validity, reliability and factor structure of Urdu version of OBQ-44 in Pakistani student population. It was assumed that Urdu version would have similar factor structure as of original OBQ-44.

METHOD

The study was consisted of two phases based on quantitative paradigm employing the Correlation method to translate and to explore the psychometric

properties of Obsessive Belief Questionnaire-44 in Urdu language.

Objectives

1. To translate the Obsessive Belief Questionnaire-44 in Urdu language.
2. To establish the cross-language validation of the translated version of Obsessive Belief Questionnaire-44 (OBQ-44).
3. To investigate the internal consistency of Urdu version of Obsessive Belief Questionnaire-44 (OBQ-44).
4. To explore the factor structure of Urdu version of Obsessive Belief Questionnaire-44 (OBQ-44).

Sample

The sample A of this study was comprised six bilinguals (knowing Urdu and English) with minimum qualification of MS in Clinical Psychology, for the translation and back translation of questionnaires. The sample B was comprised five professional, trained, working clinical psychologists of Lahore, Pakistan, for the rating of translated version. The sample C was consisted of 50 bilingual college students of masters level for the purpose of validation of translation. The sample D was comprised 170 female college students of masters, for exploring the factor structure of Urdu version of Obsessive Belief Questionnaire-44 (OBQ-44). All samples were selected through Convenience sampling of non-probability type, which involves selection of participants on the basis of their willingness and availability (Cresswell, 1994).

Obsessive Belief Questionnaire (OBQ-44). The Obsessive Beliefs Questionnaire (OBQ) is a 44-items (7-point) tool used to assess dysfunctional assumptions covering 3 domains (Responsibility and threat estimation, Perfectionism & intolerance for uncertainty, and Importance and control of thoughts) with satisfactory validity and reliability (OCCWG, 2005).

Procedure

Initially, in phase 1, the Obsessive Compulsive Questionnaire -44 (OBQ-44) was translated by three participants of sample A. For translation of tool, the standard procedure of translation and back translation, experts' ratings, and comprehensibility of items by target population was followed (Hambleton, 1994; Bortoncello et al., 2012; Shams et al., 2014). After selecting appropriate translated items of scale by a panel consisted of authors of this study, the selected items were sent for back translation to other three participants of sample A. On the basis of back translation, the final

items were selected by same panel. The final items of tool were rated on a 0-10 scale of appropriateness of translation by sample B, and a mean of at least 8 on each item was taken as criteria of selection of items. This translated version was administered on ten OCD patients to assess whether it is comprehensible to them. The English and Urdu versions of OBQ-44 were administered on 50 participants of sample D, with interval of 2 weeks, to assess the validity of translation. In phase 2, for further analysis of psychometric properties Urdu version of OBQ-44 was administered on sample D.

The results of different administrations of OBQ were analyzed through appropriate tests of statistical Package for Social Sciences (SPSS 20).

Measure

The Obsessive Beliefs Questionnaire (OBQ) is a 44-items (7-point) self-report tool used to assess dysfunctional assumptions covering 3 domains (Responsibility and threat estimation, Perfectionism & intolerance for uncertainty, and Importance and control of thoughts) with satisfactory validity and reliability (Obsessive Compulsive Cognitions Working Group, 2005).

Data Analysis

The Descriptive analysis was done to explore sample characteristics. For validity of translation of OBQ-44-PK, the correlation between Urdu and English version was calculated through Pearson Product Moment Correlation and Factor analysis (Principal Component Analysis) and Reliability analysis (Alpha coefficient) were done for assessment of psychometric properties.

Ethical Considerations

The participants were informed formally through verbal and written form about the rationale of present study and ensured the confidentiality and their integrity during their participation in this study. The written consent form was signed and participants were told that they have all the rights to quit this study on any step.

The tool was administered in this study in exclusive environment where participants' confidentiality and privacy were ensured. The OBQ-44 was translated after taking formal permission from relevant authorities and results were shared with them.

RESULTS

Participants Information

The descriptive analysis of demographical information of sample D is given in table 1. With N=170, sample comprised 50% male and 50% females college students, with mean age 19.4 (1.34) while mostly students of intermediate and graduation (36.0% & 44.2%) and only 18.6% are students of post-graduation level. The sample mostly representative of middle class (78.2%) although slight representation of upper and lower middle socioeconomic class is also present.

Table 1: Descriptive Analysis of Sample B

Variables	F	%
Gender	170	100
Male	85	50
Female	85	50
Age (years)	170	100
18	55	32.0
19	46	26.7
20	22	14.8
21	33	19.4
22	14	8.1
Education	170	100
Intermediate	62	36.0
Graduation	76	46.4
Post-graduation	32	18.6
^a SES	170	100
Middle Class	133	78.4
Upper middle	31	15.2
Lower middle	6	3.5

Note:^aSES= Socioeconomic status

Table 2: Inter-Correlations of OBQ-44 and OBQ-Urdu-44 (N=50)

Measures	1	2	3	4	5	6	7	8	M	SD
(U)PC	-	.68*	.74*	.85*	.64*	.66*	.91*	.77*	69.64	17.53
(U)ICT		-	.70*	.67*	.70*	.75*	.86*	.75*	40.64	13.68
(U)RT			-	.75*	.75*	.85*	.91*	.83*	63.96	17.56
(E)PC				-	.78*	.81*	.85*	.92*	66.78	19.72
(E)ICT					-	.88*	.86*	.75*	37.62	15.56
(E)RT						-	.83*	.95*	59.82	19.30
OBQ-Urdu							-	.87*	174.24	43.91
OBQ-44									160.20	50.22

Note: (U) = Urdu OBQ subscales; (E) = English/Original OBQ subscales; PC= Perfectionism & intolerance for uncertainty; ICT= Importance and control of thoughts; RT= Responsibility and threat estimation; OBQ- Urdu = Urdu OBQ total; OBQ-44= Original OBQ-44 total; Important correlations are bold face. * $p < 0.01$.

The accuracy of Urdu translation of OBQ-44 was assessed by calculating the inter-correlations among English and Urdu total and subscales score of sample C, as indicated in Table 2. The total score of adapted

version of OBQ-44 (Urdu version) was found to be significantly correlated with the original OBQ-44 (English version) total score ($r=.87$). The Urdu and English versions of each subscales were also found to be highly correlated with their counterparts, ranging from $r= 0.70$ to 0.92 . The Inter correlation among subscales of OBQ-Urdu and with its total score was also satisfactory. Overall the translation of OBQ (OBQ-Urdu) was found to be satisfactory.

Table 3: Reliability analysis of OBQ-Urdu-44 (N=170)

Measures	1	2	3	4	A	M	SD
RT	-	.81*	.80*	.94*	.85*	77.95	16.94
PC		-	.79*	.93*	.87*	85.38	16.06
ICT			-	.91*	.81*	47.39	12.92
OBQ-Urdu				-	.85*	216.90	43.56

Note: RT= Responsibility and threat estimation,; PC= Perfectionism & intolerance for uncertainty,; ICT = Importance and control of thoughts; OBQ-Urdu = OBQ-Urdu-total,; α = Cronbach's Alpha. * $p < 0.01$.

The Urdu version of OBQ-44 was found to have good internal consistency with $\alpha= .85$ for total scale and for subscales RT, ICT, and PC ($\alpha= .85, .87,$ and $.81,$ respectively) as mentioned in Table 3. The subscales were exhibiting significantly high correlation with

OBQ-total, all are .91 and above. The subscales were showing significantly high inter-correlations ranging from $r=.79$ (inter-correlation between subscales of Perfectionism and Intolerance for Uncertainty-PC and Importance and Control of Thoughts-ICT) to $r= .81,$ (inter-correlation between subscales of Responsibility and Threat Estimation –RT and Perfectionism and Intolerance for Uncertainty -PC).

Table 4: Factor Loadings for Exploratory Factor Analysis with Varimax Rotation of Obsessive Belief Questionnaire-Urdu (N=170)

Item No.	Obsessive Belief-General(OB-G)	Cautious/Vigilant (CV)	Perfectionism (PC)
1	.41	.10	.18
3	.47	.05	.34
9	.50	-.08	.24
12	.48	.26	.14
13	.62	-.15	.17
16	.40	.35	.29
17	.40	.29	.29
18	.46	.25	.25
20	.58	.16	.32
21	.76	.18	-.13
25	.63	.13	.13
29	.53	-.46	.24
30	.66	.05	-.08
32	.40	-.36	.25
33	.45	.38	.22
34	.56	.27	-.09

35	.42	.30	.17
38	.47	.29	.31
39	.63	.21	.05
40	.74	.10	.05
41	.60	.31	.08
42	.63	.15	.05
43	.56	.10	.25
44	.44	.28	.23
5	.01	.63	.06
6	-.06	.60	.17
19	-.10	.62	.17
22	.50	.52	.10
23	.18	.64	.11
24	.20	.49	.37
26	.36	.56	.26
27	.41	.53	.51
28	.05	.52	.51
36	.30	.55	-.02
^a 31	.19	.52	.51
^a 37	.22	.58	.40
4	.23	.26	.60
10	.15	.08	.70
11	.08	.12	.75
14	.02	.20	.61
2	.25	.33	.13
7	.29	.33	.27
8	.30	.32	.36
15	.34	.30	.16
Eigenvalues	12.98	3.50	1.97
% Variance	29.38	7.96	4.49
Cum. %	29.38	37.34	41.83

Note. Factor loadings >.40 are in boldface. ^aItem # 31 & 37 were included in factor 3 (PC) based on its presence in PC domain of OBQ-44.

The Table 4 is depicting the factor loadings of each item of Urdu translated OBQ-44 calculated by employing the Exploratory Factor Analysis (EFA) with Varimax rotation method, on the sample of 170 subjects (Sample B). The KMO measure of sampling adequacy was .81 suggesting the suitability of data for factor analysis (Hutcheson & Sofroniou, 1999). The Bartlett's test of sphericity was also found to be significant ($p < .001$), which further confirmed the adequacy of sampling. The criterion for selection of items in factors was > .40 factor loading. Only for item #31 and 37 the selection was based on their classification in original OBQ-44 so these two items were kept in factor 3 rather

in factor 2. On the basis of selection criteria (factor >.40), 40 items were selected while 4 items (item # 2, 7, 8, 15) were excluded.

The new scale emerged as the result of EFA was labeled OBQ-Urdu-40 as it consisted of 40 items.

The belief domains (Obsessive Belief-General [OB-G], Cautious/Vigilant –CV, and Perfectionism-PC) explained 42% of OBQ-Urdu-40 scores. The first belief category OB-G was comprised 24 items among which 7 items of RT, 8 of PC, and 9 from ICT belief domains of original OBQ-44 were included. The second factor was named Cautious/Vigilant (CV) having 10 items (RT=6, PC=1, ICT= 3). The third belief domain had 6 items of PC domain of OBQ-44. The three factors of OBQ-Urdu-40, OB-G, CV, and PC explained 19%, 13%, and 9% of total variance, respectively.

Table 5: Reliability analysis of OBQ-Urdu-40 (N=170)

Measures	1	2	3	4	α	α if subscale deleted	M	SD
1.OB-G	-	.59*	.52*	.95*	.91*	.59	104.56	28.13
2. CV		-	.62*	.80*	.86*	.77	61.87	12.11
3.PC			-	.68*	.78*	.85	31.01	5.07
4.OBQ-Urdu-total				-	.80*		197.44	39.87

Note: OB-G= Obsessive Belief-General factor ; CV= Cautious/Vigilant; PC = Perfectionism & intolerance of uncertainty; OBQ-Urdu-40 = OBQ-Urdu shortened version (40 items); α =Cronbach’s Alpha; * $p < 0.01$.

The reliability analysis of Obsessive Belief Questionnaire in Urdu (OBQ-Urdu-40), based on 40 items of OBQ-44, given in Table 5, is depicting good internal consistency for total and subscales OR, CV, PC(α =.80, .91, .86, .78, respectively). There were significant inter -correlations among three factors (OBQ-G, OR, and PC) and also with OBQ-Urdu-total. The moderate correlations, although significant, among factors (r =.59, .52, .68) also indicate that these are interrelated but distinctive constructs. The analysis also indicates that Cronbach’s Alpha can be improved from .80 to .85 in case of deletion of the third subscale (PC), whereas exclusion of OB-G and CV from OBQ-Urdu-40 will be resulted in decrease in Cronbach’s alpha (.59 & .77, respectively).

DISCUSSION

The Obsessive belief Questionnaire-44(OBQ-44) was translated in Urdu language and its psychometric properties were explored, so as to provide a valid and reliable self-report measure to assess dysfunctional beliefs of OCD patients Pakistan and to detect any change in belief patterns as effect of therapy. Considering importance of culture and language over thinking pattern of individuals’ it was thought better to translate a standardized tool in first/preferred language of target population which is Urdu for Pakistani population. Therefore it was needed to translate OBQ-44 into Urdu. For the purpose, to attain linguistically appropriate scale, multiple methods were adopted such as the standard procedure of translation and back translation, experts’ opinion and ratings, assessment of comprehensibility target population (OCD patients of Pakistan) as it was done in adaptation of OBQ-44 for Brazilians (Bortoncello et al., 2012). The Arabic translation of OBQ-44 was evaluated by calculating the correlation between original and Arabic OBQ-44, whereas both OBQs were administered with 4 weeks interval (Rahat et al., 2012).In current study, same

method was used to determine the accuracy of translation that is after administering both versions of OBQ-44 with one month interval the inter-correlations between original and translated versions of OBQ-44 was calculated. Results mentioned in Table 3 indicated significantly high correlation (r =.87) between total scores of both versions. Combining this with the high inter correlations between subscales of English and translated version (OBQ-Urdu-44) ranging from (.70 to .92) was in line with previous researches and indicated satisfactory standard of translation (Shams et al. 2014).

To determine the psychometric properties of OBQ-Urdu-44 ,the internal consistency was assessed on a non-clinical sample (Sample A)of 170 students of slightly more females (56.3%)than males (43.7%), majority (58.7%) in age range of 18-19 years (32% and 26.7%, respectively) and whereas 4/5 (80.4%) were educated up to intermediate and graduation (36% and 46.4%, respectively) as compared to subjects educated up to post-graduation (18.6 %), and sample mainly belonged to middle socioeconomic class (78.4%) as compared to upper middle (15.2%) and lower middle (5.4%) class. The internal consistency of OBQ-Urdu-44 was found to be satisfactorily high as depicted by reliability coefficients for OBQ-Urdu-total (α =.87) and subscales RT, PC, and ICT (α =.81, .85, .87, respectively). This result, in consistent with original OBQ-44 results (OCCWG,2005) and its other adapted versions across the world (Bortoncello et al., 2011, 2012; Cagin& Dag, 2009; Julien et al., 2008; Myers, Fisher, & Wells., 2008;Rahat et al., 2012;Sica et al., 2004), made OBQ-Urdu-44 a reliable self-report tool to assess obsessional dysfunctional beliefs found in OCD patients as OBQ-87 & 44 were claimed to be in OCCWG researches (OCCWG, 2001,2003 & 2005). The subscales (RT, PC, and ICT) were also found to be highly correlated with each other (ranging from .79 to .81) as well as with OBQ-total (.91 to .94). This pattern is relatively different from findings of original (OCCWG, 2005) as well as French version (Julien et al, 2007) because in both studies they found moderately high correlation among factors. This high correlation is indicative of overlap of constructs. Another possible

reason is that these three factors depicts obsessional dysfunctional beliefs so may occur simultaneously in one individual.

To further explore the psychometric properties of OBQ-Urdu-44, the Exploratory Factor Analysis (EFA) with Varimax rotation was conducted on 44 Urdu translated items administered on Sample A (n=170). Contrary to the expectations, EFA failed to replicate the original three factor structure (OCCWG, 2005) and factor structure found in majority studies of adapted versions (Bortoncello et al., 2011; Julien et al., 2008; Rahat et al., 2012). Present study, came up with different factor structure from original one, comprised three factors in which first factor contained majority of OBQ-44 (24 items), second factor has total 11 whereas third factor has only 6 items. This different dimensionality of factors from original one were also found in few other researches (Cagin& Dag, 2009; Myers et al. , 2008; Shams et al. 2014; Woods et al. 2004).

The first factor Obsessive Belief-General (OB-G) has 24 items from three subscales (RT= 7 ,ICT= 9 ,PC= 8) of OBQ-44 and it can be attributed as general obsessional beliefs because this factor has diverse type of items like having perfectionist and high moral standards, need to control thoughts and over-responsibility. The presence of general factor is identical with POBQ factor structure (Shams et el. 2014) and Woods et el. (2004) findings. This general factor has may be less specific to OCD as compared to other belief domains (Shams et al. 2014), and more related with anxiety which is an associated feature of OCD and this general factor is may be associated with other anxiety disorders (Woods et al. 2004).

The second factor Cautious/ Vigilant (CV) has 11 items among those 6 items are from RT, 3 from ICT and 2 items from PC factor of OBQ-44. This factor attributed a tendency to be careful, cautious to avoid harm and negative consequences, and to be heedful.

The third factor comprised 5 items of PC factor of OBQ-44 and consequently labeled as Perfectionist (PC) factor in OBQ-Urdu-40. This factor reflects the patients' need to be perfect in every task (even in their thought contents and behaviors), inability to tolerate imperfections and mistakes, and need to avoid ambiguity and uncertainty.

The EFA conducted in this study resulted in elimination of 4 items due to low factor loading (>.40) which made OBQ-Urdu a 40 item scale (OBQ-Urdu-40).

The reliability analysis conducted on OBQ-Urdu-40 depicted good internal consistency of scale ($\alpha=.80$), whereas all three subscales (OR, CV, and PC) were

satisfactorily reliable in terms of Cronbach's coefficient ($\alpha=.91$, .86, and .78, respectively). The subscales were found to be significantly inter-correlated with each other and with full scale as well. The moderate correlations, although significant, among factors ($r=.59$, .52, .68) also indicate that these are interrelated but distinctive constructs. This pattern is identical to original and French versions (Julien et al, 2008; OCCWG, 2005)

The OBQ-Urdu-40 can be more shortened by excluding Factor 3 PC on the basis of a reasonable number of items in Factor 1 and 2, and diversity of items type in both factors, and foremost, improvement of reliability coefficient of OBQ-Urdu-44 after deletion of PC factor ($\alpha= .80$ to .85). This shortened version will be more feasible and convenient in terms of time saving.

Conclusively, Urdu translation of OBQ-44 has shown satisfactory psychometric properties hence making it a reliable tool to assess obsessional beliefs among Pakistani population. In addition; this study has provided a shortened version which will be more convenient to use.

Recommendations

This study has dealt with initial exploration of psychometric properties of OBQ-Urdu but there is high need to explore convergent and discriminant validity, and its sensitivity to change. The association of specific beliefs with certain symptoms of OCD can also be explored. The study should be replicated with clinical samples to compare with results of this study non-clinical sample and with large sample from clinical as well as non-clinical population.

Significance of Study:

The present study has attempted to provide first standardized measure in Urdu language to assess dysfunctional beliefs commonly present among patients of OCD. This may help clinical psychologists of Pakistan to use this tool in their practice because at present professionals' feel need of indigenized tools of CBT to increase the effectiveness of CBT for their patients (Ishfaq, Malik & Batool, 2014). Moreover, this research has opened new paths to translate and devise other tools based on CBT models.

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