

THE COLLEGE OF WOOSTER

‘Just Right’ is Never Enough:

Effects of Obsessive-Compulsive-Related Symptoms for Current and Former Student-Athletes and Non-Athletes’ Quality of Life Outcomes

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INTRODUCTION

Obsessive compulsive disorder (OCD) can be characterized by the presence of obsessions and compulsions (Abramowitz et al., 2009).

Quality of life (QoL) encompasses physical, psychological, social, occupational, and environmental factors (Fallowfield, 2009; Felce & Perry, 1995).

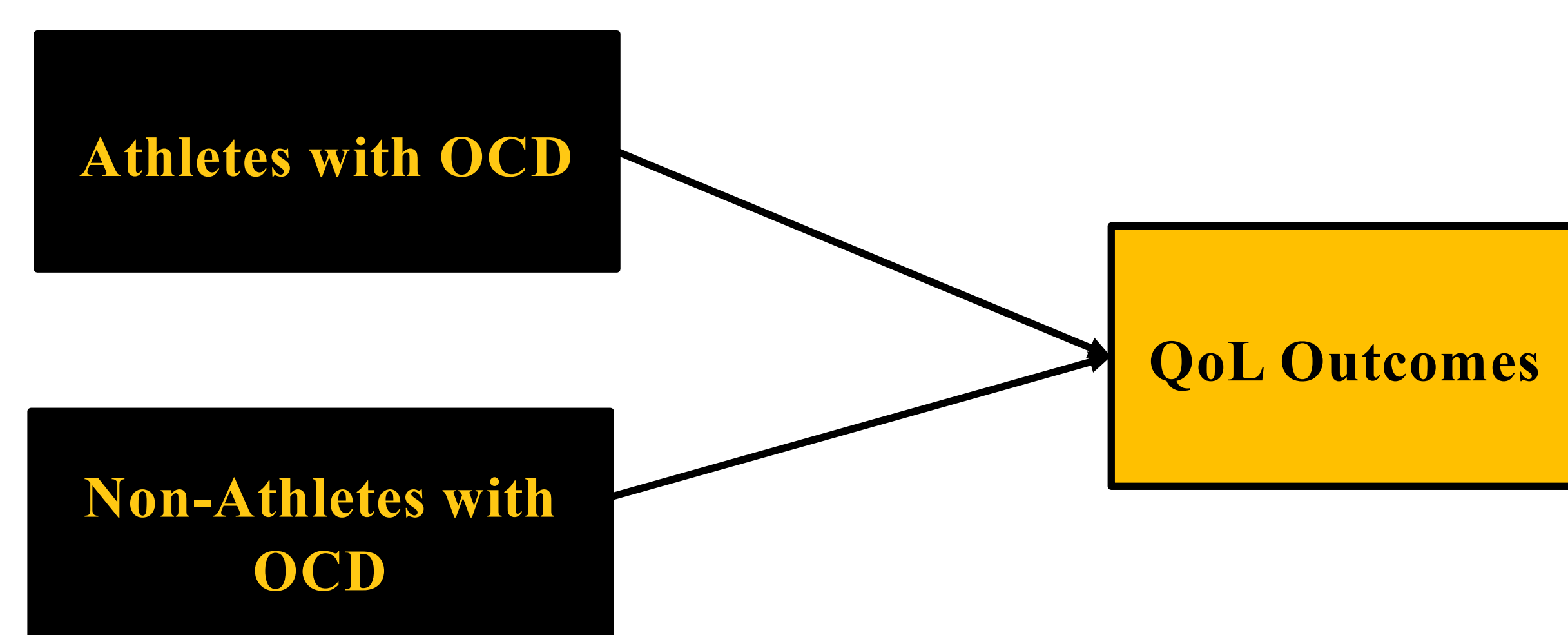
Previous research documents significant and negative links between OCD severity and QoL (Bobes et al., 2001; Kaur et al., 2023).

Facets of life such as social interactions, daily functioning, and overall mental well-being appear to take the biggest form of hindrance from OCD (Moritz, 2008).

GAPS IN THE LITERATURE

1. Current research does not address the link between OCD and QoL within athlete populations.
2. Quality of life differences remain understudied regarding a) former and current students and b) athletes versus non-athletes.

HYPOTHESES



METHOD

Analytic Sample: 419 current and former athletes and non-athletes (18-77 years old, $M = 31.99$). 41.5% current students; 40.8% athletes; 43.2% men; 72.1% of European descent

Measures

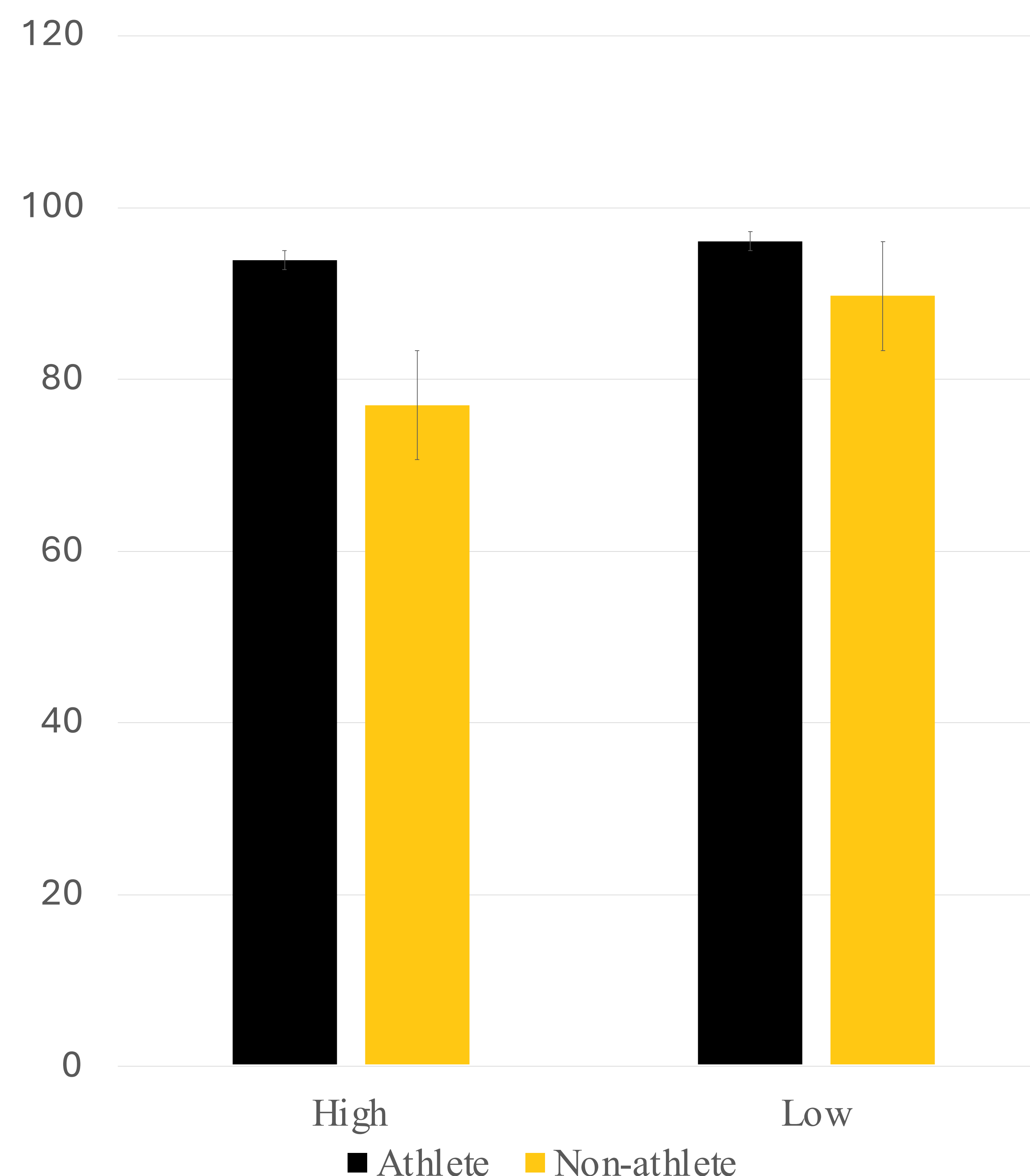
OCD: PI-WSUR; Burns et al., 1996

QoL: WHOQOL-BREF; World Health Organization, 1998

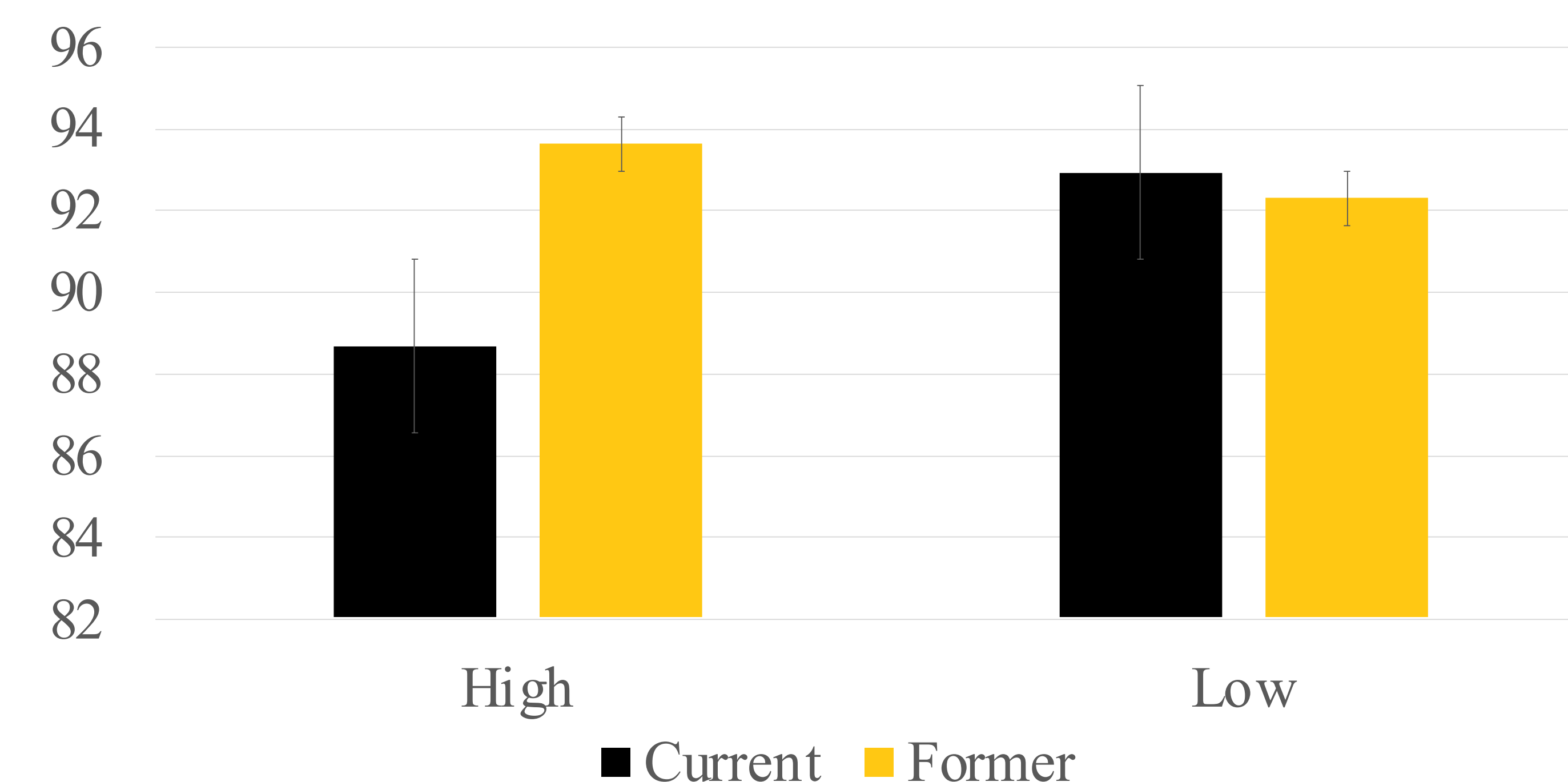
DESCRIPTIVE STATISTICS & BIVARIATE CORRELATIONS

Variable	M	SD	1	2	3	4	5	6	7	8	9	10	11
1. Thoughts to harm self/others	7.32	6.13											
2. Impulses to harm self/others	5.35	6.83	.663**										
3. Contamination & washing	10.22	9.85	.662**	.478**									
4. Checking compulsions	12.37	9.91	.719**	.570**	.736**								
5. Dressing & grooming compulsions	2.67	3.19	.590**	.552**	.652**	.733**							
6. PI-WSUR	37.24	30.28	.862**	.752**	.865**	.908**	.789**						
7. General Health	7.5	1.52	-.141**	-.136**	-.114*	-.151**	-0.06	-.149**					
8. Physical Health	22.61	3.39	-0.01	0.044	0.033	-0.07	0.074	-0.003	.542**				
9. Psychological Health	19.98	3.4	-.127**	-.094*	-0.09	-.123**	-0.03	-.123*	.681**	.645**			
10. Environmental Health	30.03	5.33	-.234**	-.195**	-.226**	-.252**	-.171**	-.262**	.663**	.548**	.635**		
11. Relationships	10.73	2.81	-0.06	-0.06	-0.08	-0.07	-0.05	-0.07	.611**	.465**	.599**	.617**	
12. Total Quality of Life	90.56	13.63	-.176**	-.144**	-.159**	-.196**	-.094*	-.192**	.798**	.774**	.856**	.884**	.775**

DIFFERENCES IN QoL FOR CURRENT STUDENTS



DIFFERENCES IN QoL BETWEEN CURRENT AND FORMER STUDENTS



MOVING FORWARD

- Longitudinal studies should explore how QoL changes over time in athletes navigating OCD symptoms.
- Controlling for comorbidities (e.g., MDD, GAD)
- Larger samples with participants with high levels of OCR symptoms could establish less deviance in the data.

ACKNOWLEDGMENTS

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