

1483

## **Self-efficacy in the occupations of adults with obsessive-compulsive disorder (OCD)**

Lucas Minisini, Amir Meyer, Julie Desrosiers  
*EESP, Lausanne, Switzerland*

**Introduction:** The impact of an obsessive-compulsive disorder (OCD) on a person's life may be dramatic and may affect all aspects of functioning. Many studies develop the objective issues of this population whereas a few are interested in the subjectivity of the person. The sense of self-efficacy is a central entity of the subjective experience. It seems particularly relevant in an occupational-based approach, knowing that it contributes to the dynamism of a system involving the person's aspects, the occupation, the adaptation, and the environment.

**Objectives:** The aim of this presentation is to explore what adults with OCD express about their sense of self-efficacy in relation to their occupations.

**Method:** The design is based on a study with two cases. Two semi-structured interviews were realized for each case and were audio recorded. The verbatim were transcribed and a continuous thematic analysis by two independent coders was conducted.

**Results:** A qualitative analysis of the verbatim enabled to identify 27 subthemes, categorized into 10 main themes. These 10 main themes are the following: time criteria, quality criteria, positive feelings linked to efficacy, negative feelings linked to inefficacy, strategies, control's notion, relationship to others, impact of external factors on the activities of daily living, relation to efficacy, and sense of inefficacy.

**Conclusion:** This study helps to better understand the experience of people living with an OCD. This presentation supports occupational-based approaches to encourage people in their own occupational challenges.