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### **Scrupulosity and anxiety among adults**

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Scrupulosity, the obsessional fear of thinking or behaving immorally or against one's religious belief, is a form of obsessive compulsive disorder that has been understudied to date. It is coupled with the extreme guilt, depression and fear of punishment from God. Scrupulous individuals are overly concerned that something they thought or did might be a sin or other violation of religious or moral doctrine. A correlational design was selected to assess scrupulosity and anxiety among 200 adults in selected rural areas of Amritsar, Punjab so as to take some corrective action to cope up with scrupulosity and anxiety using purposive sampling. The research tool included socio-demographic profile, Penn Inventory of Scrupulosity (PIOS) scale and Zung Self-rating anxiety scale (SAS). The study revealed that majority (60.5%) of adults had no/little scrupulosity. About 15% of adults had mild to moderate anxiety. There was a very weak positive relationship ( $r=0.40$ ) between scrupulosity and anxiety among adults which was found to be statistically non-significant at  $p<0.05$ .

#### **Biography**

Amanpreet Kaur, PhD, is a Professor and has been teaching nursing research, psychiatric nursing and advanced nursing practice at Khalsa College of Nursing, Amritsar, Punjab (India) since 2007. Before coming to this institute, she has worked as an RN in Burns & plastics unit in Christian Medical College & Hospital, Ludhiana. She received her bachelor's and master's degree in psychiatric nursing from Baba Farid University, Faridkot and PhD from Rajiv Gandhi University of Health Sciences, Bangalore. Her primary research interests are on mentally ill patients, drug addicts, baggers, slum dwellers and prisoners. She is passionate to study more about healthcare needs and challenges of vulnerable population. She received Mrs Sarla Kapoor award for best research paper presentation from ISPN (Indian Society of Psychiatric Nurses). She is the author of two books and book chapters. She has presented at both local and national levels and has authored several articles for publication.

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