

## EPV0363

## Urdu Translation and Validation of the Penn Inventory of Scrupulosity-Revised

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**Introduction:** Scrupulosity is an Obsessive Compulsive Disorder in which an individual experiences persistent doubts and fears about committing religious and moral sins. Researchers have extensively used the Penn Inventory of Scrupulosity-Revised (PIOS-R), which has been translated into various languages.

**Objectives:** The present study translated and validated the PIOS-R into Urdu.

**Methods:** The PIOS-R was translated using the forward-backwards translation method. A sample of 443 Muslim University students (male 224 and female 119) with an age range of 18 to 33 years ( $M = 21.56$ ,  $SD = 2.02$ ) completed the Urdu version of the PIOS-R. Cross-lingual validity was established on a further 60 participants.

**Results:** Confirmatory factor analysis (CFA) confirmed the two-factor structure of the Urdu version of the PIOS-R. It provided an excellent model fit to the data with chi-square 238.72, CFI = .92, GFI = .93 and RMSEA = .03. The Cronbach's alpha coefficient of total scale, Fear of God Subscale, and Fear of Sins Subscale was .84, .74, and .78 respectively were satisfactory. The convergent validity of the Urdu version of the PIOS-R was demonstrated with significant positive correlations with measures of anxiety ( $r = .21$ ,  $p < .001$ ) and depression ( $r = .26$ ,  $p < .001$ ).

**Conclusions:** The Urdu version of the PIOS-R is recommended for use by researchers and practitioners. The results indicated good reliability and validity information for the Urdu version of the PIOS-R, which supports the measure's utility across cultures and faiths.

**Disclosure of Interest:** None Declared

## EPV0365

## Art therapy/occupational and play therapy: plastic expressiveness as a means of reducing loneliness, anxiety, sadness – research carried out during the period 2008-2022 with the theme: creation in / with elements from nature at the placement center

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**Introduction:** Occupational therapy - which also includes art therapy - is an activity/test with a purpose, it involves coordination between the sensory, motor, cognitive, and psychosocial systems of the individual. "Sciences recognize the role of observation in research... All artists who practice art therapy are based on their own artistic activity and present a common recurring feature: they are always in line with "essential pragmatism". (McNIFF, Shaun, Trust the process: an artist's guide to letting go. Creative ability. Psychological aspects. Self-actualization (Psychology). Artist-Psychology, Shambhala Publication, Boston, 1998, p. 78)

**Objectives:** We seek to find new development solutions through stimulation, creativity, catharsis, and socialization to be authentic, spontaneous, feel fulfilled, emotionally balanced, and transformed, with the aim of fulfilling one's social role through contact with human and environmental factors. (Emilia Chirilă, ART THERAPY IN EMOTIONAL DISORDERS OF CHILDREN AND ADOLESCENTS, printed edition 2018) ISBN 978-973-0-27683-1)

**Methods:** Through the graphic gesture, the child expresses various issues related to his feelings, like the search for his identity, the generated anxieties, the family and professional environment, and the situations of neglect and abuse. (MALCHIODI, Cathy A, Handbook of Art Therapy, The Guilford Press, New York and London, 2003, p. 157).

**Results:** The following reactions can be identified: aggression, frustration, dominance tendency, low self-esteem, fraternal rivalry, hopelessness, sadness, compensation mechanisms, self-defense, other significant psycho-traumatic aspects. The disappearance of frustrations and negative feelings due to the disinterest of parents who do not visit the beneficiaries was achieved by gaining authority over the environment and by improving pre-existing skills. emotional disorders of children and adolescents" - Journal of Neurology and Psychiatry of Children and Adolescents from Romania - 2012 - vol. 15 - no. 3- p 121-136 - ISSN (printed): 2068-8040)

**Image:**

