



The Lived Experiences of Individuals with Obsessive-Compulsive Tendencies Participating in Social Support Intervention

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Abstract

Mental health is a growing concern, with conditions like obsessive-compulsive tendencies increasingly affecting individuals. The study examines the experiences of people with OCD who participate in social support interventions, aiming to understand how they interpret and manage their symptoms. Using qualitative methods, face-to-face interviews, and thematic analysis, ten key themes emerged: Early Manifestations, Overthinking and Repetition of Work, Openness to Family and Friends, Coping with Social Stigma and Misunderstanding, Diverse Sources of Social Support, Feeling of Relief, Diversions, Increased Emotional Coping Mechanisms, Awareness of obsessive-compulsive tendencies, and Positive Thinking, Acceptance, and Awareness. The study underscores the critical role of various types of social support in helping individuals manage obsessive-compulsive tendencies. The findings highlight the importance of developing targeted support programs and interventions that can offer relief, reduce stigma, and improve overall coping strategies for those affected. These insights could guide the development of more effective support systems for individuals with similar conditions.

Keywords: Obsessive-Compulsive Tendencies, Social Support, Support Groups, Awareness, Coping Mechanism, Diversion, Program

1. Introduction

Mental health is essential but often overlooked, especially in local communities. Globally, including in the Philippines, it receives less attention and resources than other priorities. Despite their role in public health, local governments have not always prioritized mental health, leading to inadequate support and resources.

Obsessive-compulsive disorder is often overlooked. It involves recurring, intrusive thoughts (obsessions) that cause anxiety, leading to time-consuming, disruptive behaviors (compulsions). These compulsions serve as attempts to manage distress but can interfere with daily life. Though challenging, obsessive-compulsive disorder is treatable, and effective therapies can help individuals reduce symptoms, regain control, and improve overall well-being.

Globally, 1.1% to 1.8% of people experience obsessive-compulsive disorder. The World Health Organization (WHO) previously ranked it as the 10th most disabling illness due to its impact on anxiety, distress, and daily functioning. According to the International Classification of Diseases (ICD), OCD affects men and women equally, with common obsessions and compulsions—such as cleaning, forbidden thoughts, symmetry, hoarding, and catastrophic fears—seen worldwide.

The Department of Health Philippines reports limited data on obsessive-compulsive disorder, but an estimated 2% of the population may have OCD, typically starting around age 19 which often coexists with other psychiatric conditions.

Not everyone with obsessive-compulsive disorder experiences its full clinical form. Many struggle with obsessive-compulsive tendencies (OCT), a spectrum of OCD-like symptoms that cause distress and disrupt daily life. These tendencies often involve intrusive thoughts about contamination, order, symmetry, or harm and can still significantly impact functioning, even without an OCD diagnosis. This study focused on individuals with obsessive-compulsive tendencies (OCT) rather than those meeting the full criteria for obsessive-compulsive disorder (OCD). Soref *et al.* (as cited in Davoudi *et al.*, 2023) stated that obsessive-

compulsive symptoms were not limited to diagnosed cases. Researchers examined these symptoms in the general population, referring to them as obsessive-compulsive tendencies.

The Department of Health (DOH) in CALABARZON successfully implemented a community-based mental health program in pilot areas in Rizal and Laguna. Additionally, OCD Pilipinas, a non-governmental organization, provides support, raises awareness, and promotes accessible treatment for individuals with obsessive-compulsive disorder.

While global research on obsessive-compulsive disorder exists, there is limited data on the lived experiences of individuals diagnosed with OCD in Calamba, Laguna, Philippines. This study aims to bridge that gap by providing localized insights into the experiences of individuals with obsessive-compulsive tendencies in social support interventions. It explores the most helpful types of support, such as support groups and therapy, the benefits and challenges of social support in managing OCT, and effective strategies for navigating social interactions.

2. Methodology

A. Research Design

The study, *The Lived Experiences of Individuals with Obsessive-Compulsive Tendencies Participating in Social Support Intervention*, aimed to gain insights into how individuals with obsessive-compulsive tendencies navigated and interpreted their condition. Ensuring their voices and perspectives were heard was key. The researchers used a phenomenological approach to achieve this.

Phenomenological research is a qualitative method that explores shared experiences within a specific group. Here, the focus was on understanding the experiences of individuals with obsessive-compulsive tendencies in social support interventions. This approach provided a detailed view of their subjective experiences, helping to improve understanding and effectiveness of such interventions for better support and care.

B. Research Locale

The study was conducted in Cabuyao and Calamba, Laguna, Philippines, as these areas were suitable for administering interview questionnaires on obsessive-compulsive tendencies.

Calamba City was a key location for mental health support, with the National Center for Mental Health (NCMH) offering services like 24/7 crisis hotlines (Mendiola, 2019)^[9]. Reports indicated the presence of mental health conditions, including possible undiagnosed cases, making Calamba an important site for cognitive research and intervention. NCMH's partnership with local municipalities helped improve mental health services (Tomacruz, 2020)^[12].

Cabuyao, on the other hand, reported fewer mental health cases due to a lack of resources and a dedicated LGU department for mental health. This led to underreporting and insufficient diagnosis, with health services focusing mainly on general care (Manila Standard, 2019).

The focus on Cabuyao and Calamba aligned with the Department of Health's Mental Health Act, which aimed to improve mental health services nationwide (Lally *et al.*, 2019)^[7]. Laguna, where both cities are located, had the highest reported mental health disorders in Calabarzon, highlighting the need for better mental health services.

C. Population and Sampling

A purposive sampling method was employed to carefully

select participants based on pre-determined criteria, who participated in a social support intervention for obsessive-compulsive tendencies (OCT) in Cabuyao and Calamba, Laguna, Philippines. This approach provided an in-depth understanding of the challenges and experiences of individuals exhibiting OCT behaviors.

D. Research Participants

The study included five participants who met the required characteristics through purposive sampling. This method ensured the selection of individuals best suited to deepen the study's understanding.

Participants had to reside in Cabuyao or Calamba, Laguna, be 18 years or older, and of any gender. They must have exhibited obsessions and compulsions in recent months without a formal OCD or other psychological diagnosis. Additionally, they had to have participated in a social support intervention related to their condition and voluntarily agreed to join the study.

This selection process ensured alignment with the study's objectives. The table below summarizes the participant criteria.

Table 1: Participants

PARTICIPANTS	AGE	SEX	CITY, PROVINCE	NUMBER OF MONTHS MANIFESTED WITH OBSESSION AND COMPULSION	TYPE OF SOCIAL SUPPORT INTERVENTION PARTICIPATED
Cat	54	F	Cabuyao	12 months and above	Family Support Intervention
Hibiscus	23	F	Calamba	108 months	Online Support Intervention
Rabbit	31	M	Calamba	5 months	Social Support Intervention
Tinkerbell	20	F	Calamba	48 months	Social Support Intervention
Happy	18	F	Calamba	5 months	Online and Social Support Intervention

The study found and described the lived experiences of five individuals with obsessive-compulsive tendencies. The five participants included four females and one male, all of whom had manifested both obsessions and compulsions in the past months and had participated in a social support intervention.

E. Research Instrumentation

To select participants, the researchers used the Obsessive-Compulsive Inventory (Foa *et al.*, 2002), a 30-item adapted tool on a five-point Likert Scale assessing checking, ordering, washing, and obsessing behaviors. The questionnaire was also tested on 10 individuals with similar symptoms to ensure reliability.

For data collection, a semi-structured interview with self-made, open-ended questions served as the primary instrument. It underwent thorough validation and ethical approval. Individual face-to-face interviews were recorded, as stated in the informed consent form, to explore participants' lived experiences with obsessive-compulsive tendencies in social support interventions.

Before the actual interviews, the researchers conducted a simulation to identify and address potential issues, refining the process for accuracy and effectiveness.

F. Data Gathering Procedure

A comprehensive data collection method was implemented to conduct in-depth interviews with individuals with obsessive-compulsive tendencies (OCT) participating in a social support intervention. Researchers first identified participants

online and in person who met the criteria for the study using the Obsessive-Compulsive Inventory. The researchers ensured that the participants received an informed consent form explaining the purpose and benefits of the study, emphasizing that all information gathered would be kept confidential. After discussing the informed consent, participants were asked to sign the form if they were willing to participate in the study for formalization. Upon signing, researchers designated a place and time according to the availability and preference of the participants.

Once the arrangements were made, the interviews began, and self-made questionnaires were administered individually. The answers obtained were recorded with the participants' consent and treated with strict confidentiality. A data analyst subsequently analyzed and interpreted all data using thematic analysis.

G. Ethical Consideration

In compliance with the Data Privacy Act of 2012, confidentiality and anonymity were strictly maintained. Participants remained anonymous during interviews and documentation, with no personal details required. Their data was handled with care and used solely for study purposes.

Participation was entirely voluntary, with no negative consequences for opting out. All collected data was securely stored and deleted after one year, ensuring privacy and compliance with ethical standards.

3. Results and Discussions

This chapter presents the study's results, analyzing the lived experiences of individuals with obsessive-compulsive tendencies who participated in a social support intervention, using a phenomenological approach. The data was analyzed thematically, revealing key themes and sub-themes that offer insights into participants' experiences.

The results and discussion are divided into two parts: 1) the experiences of participants in the social support intervention, 2) merged themes from these lived experiences.

Early recognition of obsessive-compulsive tendencies often led to timely intervention, reducing the severity of compulsions. Compulsive behaviors, like repetitive cleaning, were driven by obsessive thoughts of contamination (Sashikata & Ozawa, 2022) ^[10].

Openness helped reduce stigma and educated families, enhancing support and understanding (McGrath & Abbott, 2019; Neal & Radomsky, 2020) ^[8]. Participants emphasized the importance of family communication in managing OCD, with family involvement improving treatment outcomes. Support groups, whether led by professionals or peers, positively impacted recovery (Lloyd *et al.*, cited in Navarro, 2023), as did positive thinking in challenging negative patterns.

These findings highlight the importance of personalized social support—emotional, informational, and environmental—in managing OCD, with support from relationships and online communities playing a crucial role in symptom management (Guy, 2023) ^[6].

Table 2: Descriptions for Early Manifestations

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Una ko syang naramdaman nung grade 6 ako, kasi bago yung uniform ko, gusto lalabhan yon. May pangyayari na yung bagong sapatos ko natalsikan lang ng kong putik... Sabi ng tatay ko, ngayon lang ako nakakita ng taong bagong sapatos lalabhan. Ayun yung unang encounter ko don.... Meron talaga na kahit hindi nakakadiri, pandidrihan mo."	Early Manifestations and Washing Newly Bought Items
Hibiscus	"I don't quite remember how old I am, but it started when I was 14 years old or probably younger."	Early Manifestations
Rabbit	"Nagsimula nalang siya bigla lalot nagkakaedad na."	Sudden Manifestations
Tinkerbelle	"Actually (po), I think nag-start sya nong pandemic kasi nahilig ako sa pagbabasa ng self-help books and isa po sa mga naging nagkaroon ng impact saakin book about habits and doon (po) parang mas naging organize, actually organize naman ung ginagawa ko pero mas naging productive and organize talaga ako kahit ung mga gamit ko po, binibigyan meron akong journal and then ti-track ko po talaga lahat ng habits ko. So mula po noon parang lahat ng ginagawa ko parang feeling ko dapat organize or properly ko ginagawa, ganon po."	Started during COVID-19 pandemic
Happy	"Nagsimula akong mag-alala sa maliit na bagay tulad ng pag-aayos at paulit-ulit na pag-check sa mga gamit."	Started Worrying in Small Things

The study examined participants' concerns with cleanliness, like washing newly bought items, which began in adolescence. The Sudden Manifestation sub-theme showed how symptoms appeared unexpectedly, with the pandemic triggering behaviors like organizing books. Started Worrying About Small Things revealed how minor details led to

obsessive checking. These themes highlighted OCD's emotional impact on participants and their families, who often felt concern or frustration. As Srvanti (2022) noted, individuals eventually accepted their condition, but OCD disrupted daily life, productivity, and sleep.

Table 3: Descriptions for Overthinking and Repetition of Work

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Sa pagkain, lalo na kapag naka bento box. Ang ginagawa ko don, kailangan ko ng tbox ng tissue, kapag nilagay ko yung egg huhugasan ko yung kamay ko, mag ti-tissue uli ako, lalagay ko naman yung sausage maghuhugas ako, magti-tissue uli. Ang iniisip ko kasi, baka magka bacteria kapag nasal abas sila eh ano mangyari sa anak ko, kasali yon."	Overthinking, Unease Feeling when not Accomplished, and Repetition of Work
Hibiscus	"Challenges that I've faced? ...the unorganized stuff in our home, especially the clothes. Kapag nakikita ko na hindi na siya naka-arrange, I have the need to throw tantrums or i-attempt na balin 'yong mga daliri ko sa paa, parang diversion lang ganoon kasi I get annoyed na at that point."	Coping Mechanism
Rabbit	"Minsan nilalaban ko siya hal: ah wala yun o kundi kaya huwag Kona lang tingnan."	Resistance
Tinkerbell	"Mahirap(po) sya kasi it takes time po para makaayos ka ng gamit and gusto ko rin on time ko sya matatapos. So mahirap po sya kasi everytime may gamit kana ayusin parang nakaka-presure po talaga sya sa part ko, lalo na sa ngayon."	Pressure
Happy	"Nahirapan ako kasi inuulit-ulit ko ang ilang bagay kahit alam kong okay na. Nakaka-stress dumadating rin sa punto nauubos oras ko."	Repetition of Work and Stress

This theme focused on key OCD manifestations like overthinking and task repetition. Participants showed tendencies such as cleaning, hoarding, and checking. Overthinking, Unease When Not Accomplished, and Repetition of Work disrupted daily life, increasing stress.

Coping Mechanism highlighted strategies for managing symptoms. Resistance explored the struggle between normalcy and OCD, while Pressure addressed self-imposed expectations that created stress and rigidity.

Table 4: Descriptions for Openness to Family and Friends

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Nasasabi ko na ngayon, kasi dati hindi nalintindihan e. Ang term lang na ginagamit ko, madidinin kami.. yun lang pwede kong masabi sa kanila. Yun lang ang term na ginagamit ko."	Using other terminology
Hibiscus	"Some of my family members really noticed how organized I am. I explained it to them na I feel like I have OCD... 'Yong pinsan din ng pinsan ko ay psychology student so may alam siya about OCD."	Openness to Family and Friends
Rabbit	Siguro nakasayan nalang din nila Sakin kaya parang normal lang kung tingnan nila sakin.	Normal to others
Tinkerbell	Ano naman po gradually naki-ikwento ko sa kanila pero hindi po paliag, like ako po kasi nag do-dorm ako and siguro o like sa dinner pag nagsasabay napapag-uusapan namin about sa mga ganon na pag-uugali."	Gradually talked about
Happy	"Sinabi ko sa mga malalapit sa akin at (pinaliwanag kung bakit ko ginagawa ang ilang bagay nang paulit-ulit."	Explained to Close People

The theme Openness to Family and Friends highlighted how sharing OCD tendencies eased help-seeking and encouraged mental health program participation. The sub-theme Using Other Terminology showed reframing experiences to reduce stigma. Normal to Others emphasized how disclosure normalized the condition, easing the need to justify

behaviors. Gradually Talked About focused on gradual disclosure for adaptation, while Explained to Close People emphasized trust in sharing with trusted individuals. As Anque and Ceballo (2023) noted, understanding psychological well-being, self-esteem, and social support is key to psychological functioning.

Table 5: Descriptions for Coping with Social Stigma and Misunderstanding

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Yung father ko non kasi paborito ako, ang sinasabi wag nyong gagawin. Yan ang sinasabi nila sa mga gamit ko. Halimbawa may gamit ako sa mesa, hindi nila pwedeng galawin yon. Ayoko. Kasi iniisip ko, marurumihan."	Cooperating
Hibiscus	"Like what I said, medyo nalinis sila dahil sa pagka-organized ko. Uh... but all of them understand the situation actually. They don't really overreact kasi hindi ko naman sinasaktan ang sarili ko."	Slightly not feeling good but accepted
Rabbit	"Siguro nakasayan nalang din nila Sakin kaya parang normal lang kung tingnan nila sakin."	Accepted and normalized
Tinkerbell	"Actually, kapag family po hindi po sila ganon nagiging, siguro kasi hindi po sila aware hindi sya concerning sa kanila, pero as sa friends ko po nagbibigay naman sila ng advices lalo na ang friends ko ay mga psych students so ayon parang kapag ano open naman sila and naintindihan nila ako."	Unawareness of Family but Received Advices from Friends
Happy	"Sa una, hindi nila maintindihan pero hinaayan kona."	Initial Misunderstanding

The theme Coping with Social Stigma and Misunderstanding focused on the challenges individuals with OCD face due to societal misconceptions. Cooperating showed how families learned to avoid triggers, reducing stress. Slightly Not Feeling Good but Accepted highlighted empathy from social

circles. Unawareness of Family but Received Advice from Friends showed how friends offered support when families were unaware. Initial Misunderstanding described how confusion about the condition evolved into understanding over time.

Table 6: Descriptions for Diverse Sources of Social Support in Managing Obsessive-Compulsive Tendencies

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Sa pamilya ko, tulad ng nabanggit ko kanina alam ng talay ko yung condition ko na sinasabihan nya yung tao sa bahay tungkol sa gamit ko. Sa kaibigan alam na nila ang gagawin kapag kasama ko para lang hindi matrigger yung condition ko."	Cooperation
Hibiscus	"Hmm... I think online social support groups. Nature ko na talaga ang pagiging curious that's why I often research about ocd or yung mga symptoms niya na meron ako. May mga groups kasi sa social media about ocd at may mga nagsha-share ng experiences nila at mga ways to alleviate the symptoms."	Online Social Support Groups
Rabbit	"Suporta lang ng sarili mo na kaya mo at huwag mag iba ang tingin ng iba sayo."	Self-support
Tinkerbelle	Actually, wala pa po na mga ta-try na therapy, pero sa ano dorm po kapah parang ano po kasi aware na ung friend ko about it and as a psych student din minsan binibigyan nya ako ng advice para hindi I-overthink lahat ng bagay na ginagawa ko. So I think nakaka-help naman po sya."	Advices from Psych Students
Happy	"Mag-pa therapy ako at sumali sa support group para may makausap ako kapareha ng karanasan ko."	Therapy and Support Group

A major theme was Diverse Sources of Social Support in Managing Obsessive-Compulsive Tendencies, linked to Social Support Theory, which emphasizes emotional, informational, and practical support. Cooperation involved support from friends, family, or colleagues. Online Social Support Groups provided a sense of community and coping

strategies, reducing isolation. Participants also relied on Self-Support to manage symptoms. One participant benefited from Advice from a Psychology Student friend, whose practical guidance helped reduce stress and overthinking in real-time, especially without professional therapy.

Table 7: Descriptions for Feeling of Relief

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Marami, kapag alam nila, masarap sa pakiramdam kasi nauunawan ka nila. Halimbawa kapag maghuhugas, sinsabi na hindi okay 88ag an kahit tatlong hugas lang. Kailangan lang talaga may magsasabi ng ganon. (Assurance)."	Feeling of Relieve
Happy	"May times na nababawasan pagkabalisa ko."	
Hibiscus	"Nale-lessen ang pag-iisip ko lagi about sa tendencies na meron ako, kumbaga hindi always pumapasok sa utak ko ang ocd symptoms."	Decreased Tendencies
Rabbit	"Gaya nga ng sagot ko sa no.2 nilalabanan ko po siya."	Resistance
Tinkerbelle	So far po kasi, I think wala pa po syang effect saakin kasi di ko po alam kung nasusunodan ko ba talaga ung advice ng friend ko pero siguro po I'll work into that pero by now wala pa po akong nakikita."	No effect

The major theme Feeling Relieved highlighted the emotional relief participants felt from connecting with others in similar situations. Decreased Tendencies focused on managing symptoms through mindfulness and acceptance. Resistance reflected the ongoing struggles in managing symptoms, though support networks encouraged communication. In No

Effect, participants felt frustrated when interventions showed no results, leading to disappointment. Lloyd *et al.* (as cited in Navarro, 2023) emphasized the importance of support groups, which positively impacted recovery through psychoeducation and peer involvement.

Table 8: Descriptions for Diversions

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Hibiscus	"Dahil nga may mga OCD or tendencies yung mga members ng online support groups, nagshe-share sila ng experience nila para ma-lessen or hindi lumala ang symptoms or para hindi na sobrang ma-stress. Dahil doon, hindi ko na palaging inisip na mag-organize kasi may diversion na like meditation, isa rin yan 90ag a-recommend nung isang member."	Diversions
Rabbit	"Ang natutulung naman ng social support Sakin ay ang halimbawa nalang mga masasayang napapanuod o di kaya mga malikhaing bagay na gawa ng tao."	
Tinkerbelle	"Ayon po, nabanggit ko nga(po) kanina na nagbibigay ng advice friends ko and open namn din po ako sa criticism na pwede nilang ibigay saakin, so kapag anon kasi parang kapag may ginagawa ako nagbibigay sila ng comments if something great naba ung ginagawa ko and aware ako."	Advices
Happy	"Tinuruan ako ng mga simpleng paraan para kumalma at mabawasan ang urge na ulitin ang ilang bagay."	Relaxation tips

The seventh major theme, Diversions, focused on engaging in alternative activities to distract from obsessive thoughts and compulsive behaviors, which Blum (2022) noted can reduce the intensity of OCD symptoms. The sub-theme Advice emphasized the value of feedback from friends,

reinforcing accountability and encouraging reflection. Relaxation Tips highlighted calming techniques like deep breathing and mindfulness, which participants found effective in reducing anxiety and compulsive urges.

Table 9: Descriptions for Increased Emotional Coping Mechanisms

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Hibiscus	"Hindi na ako ganoon ka-emotional na para bang anytime gusto ko na lang maiyak 'pag nakikitang hindi organized ang mga gamit sa paligid ko kasi namin-maintain ko na ang pagiging kalmado. Hindi na ako masyadong nai-stress."	Increased Emotional Coping Mechanisms
Rabbit	"Natutulungan ako nito dahil nalilibang ako or napapasaya ako nito minsan may natutunan akong ibang bagay na bago lang sa aking kaalaman."	
Tinkerbelle	"Ayon nga, kasi napapagkwentuhan namin sya nagiging aware ako kung ano ba ung weird para sa iba like pasok paba sya sa social norms ganon. Ayon awareness talaga ung effect ng social support saakin."	Increased Awareness
Happy	"Suporta ng pamilya at kaibigan para hindi ako makaramdam ng pag-lisa."	Family and Friends Support

The theme Increased Emotional Coping Mechanisms highlighted how social support helped participants manage their emotions and reduce distress. Del Castillo and Alino (2020) found online support beneficial for Filipino students. The sub-theme Increased Awareness showed that support group discussions and reflection helped participants

understand their behaviors and improve communication with others. Family and Friends Support emphasized the importance of a strong support system, which motivated participants to continue coping strategies and treatment while reducing stigma through education.

Table 10: Descriptions for Awareness of Obsessive- Compulsive Tendencies

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Hibiscus	"Ang masasabi ko lang na napaka-importante ay 'yong educational awareness. Dahil ako, as someone with obsessive compulsive tendencies hindi ko naman talaga alam lahat about the disorder itself. Pero dahil sa members ng online support groups, marami akong nalalaman. Hindi lang din para sa akin ang educational awareness kundi para rin sa ibang tao."	Educational Awareness
Rabbit	"Halimbawa nalang yung mga bagay dati na dinodouble check ko or triple or kung minsan higit pa... o mga bagay na mga negatibona pumapasoksa isip ko ay nakakakimutan ko."	
Tinkerbelle	"Kagaya sya ng ano parang kapit bahay dito sa Manila, mahilig po akong mag-ayos ng mga plastics na like gingamit namin iniimbak namin kasi sayang sya kung itatapon ano po kasi mas malimit ko syang gawin and example ng sinasabihan nadin ako ng friends ko na ok lang maayos ung pagkalagay ganon po."	Positively Accepted
Happy	"Kapag hirap ako, may mga pinsan na nagpapakalma sa akin at sinasabing okay lang kahit hindi lahat perpekto."	

Awareness of Obsessive-Compulsive Tendencies reduced stigma, helping participants feel embraced. Joining online support groups increased their understanding of the condition, allowing them to educate others. The sub- theme

Positive Acceptance showed how support from friends and family helped individuals accept imperfection in their behaviors.

Table 11: Descriptions for Positive Thinking, Acceptance and Awareness

PARTICIPANTS	RESPONSES	SUBORDINATE THEMES
Cat	"Natutungan nila ako na mabawasan yung pag isip ko tungkol sa condition ko. Yung pagbili sa mga bagay, hindi na din nagiging time consuming na bawat itura ng bagay na bibihin ko dapat pantay. Kaya halibawa na kapag sinabi ng bestfriend ko na okay nayan, hindi ko na sya tinignan kasi sabi nya okay e. Yun yung support na malaking matutulong talaga sa mga may ganitong condition, yung ico-coach ka nya na maayos yan.... Wala kaming tiwala sa sarili naming, mas naniniwala kami sa sasabihin samin."	Lessen overthinking
Hibiscus	"I feel positive in my everyday life. It is not a hindrance to continue living peacefully. Kung pwede mo namang sabayan, why not hahaha... Isa pa, nababawasan ang stress ko. I feel like I can manage it calmly. I'm just praying na hindi lumala iyong tendencies na meron ako at nawa'y mawala siya nang tuluyan."	Positive Thinking
Rabbit	Nabawasan ang pagiging negatibo ko at nadagdagan ng kompanya sa sarili. Pero andun parin yun."	Awareness and Open to Changes
Tinkerbelle	"Aside sa naging aware ako ayon nga po parang sa changes po parang naging open sa iba na pwede ko syang mabago."	
Happy	"Mas kalmado na ako ngayon at mas natutunan kong tanggapin ang mga di perpektong bagay."	Acceptance

The theme Positive Thinking, Acceptance, and Awareness highlighted the shift from anxiety-driven thinking to positivity and self-awareness. Lessen Overthinking reduced anxiety and boosted confidence. Positive Thinking led to less negative self-talk and more self-compassion. Acceptance created a peaceful approach to life, allowing participants to focus on enjoying experiences rather than obsessive thoughts.

4. Discussion

After analyzing the results of this study, the following emerging concepts have been designed to illustrate the descriptions of individuals and their experiences of obsessive-compulsive tendencies while participating in social support interventions in Cabuyao and Calamba, Laguna, Philippines.

Table 12: Major Themes and Sub-themes

MAJOR THEMES	SUB THEMES
Early Manifestations	<ul style="list-style-type: none"> Early Manifestations and washing newly bought items Early Manifestations Sudden Manifestations Started during COVID-19 pandemic Started worrying about small things
Overthinking and Repetition of Work	<ul style="list-style-type: none"> Overthinking, Unease Feeling when not Accomplished, and Repetition of Work Coping Mechanism Resistance Pressure Repetition of Work and Stress
Openness to Family and Friends	<ul style="list-style-type: none"> Using other terminology Openness to Family and Friends Normal to others Gradually talked about Explained to Close People
Coping with social stigma and misunderstanding	<ul style="list-style-type: none"> Cooperating Slightly not feeling good but accepted Accepted and Normalized Unawareness of Family but Received advice from Friends Initial Misunderstanding
Diverse sources of social support in managing obsessive-compulsive tendencies	<ul style="list-style-type: none"> Cooperation Online Social Support Groups Self-support Advice from Psych Students Therapy and Support Group
Feeling of Relief	<ul style="list-style-type: none"> Feeling of Relief Decreased Tendencies Resistance No effect
Diversions	<ul style="list-style-type: none"> Sharing of Experiences Diversions Advice Relaxation tips
Increased Emotional Coping Mechanisms	<ul style="list-style-type: none"> Changes in habit Increased Emotional Coping Mechanisms Increased Awareness Family and Friends Support
Awareness of obsessive-compulsive tendencies	<ul style="list-style-type: none"> Adjustments Educational Awareness Positively Accepted
Positive Thinking, Acceptance, and Awareness	<ul style="list-style-type: none"> Lessen overthinking Positive Thinking Awareness and Open to Changes Awareness Acceptance

The discussion of this research illustrates the developing themes resulting from the participants' responses and narratives. The researchers were able to generate emerging themes from the participants' narratives through re-readings of their responses, including: (1) Early Manifestations, (2) Overthinking and Repetition of Work, (3) Openness to Family and Friends, (4) Coping with Social Stigma and Misunderstanding, (5) Diverse Sources of Social Support, (6) Feeling of Relief, (7) Diversions, (8) Increased Emotional Coping Mechanisms, (9) Awareness of obsessive-compulsive tendencies, and (10) Positive Thinking, Acceptance, and Awareness.

1. Early Manifestations

The major theme of Early Manifestation focused on how participants' symptoms first appeared and began to impact their lives. These behaviors typically started in adolescence, marking the beginning of what would later develop into more noticeable symptoms. What started as minor habits gradually became more intense over time.

2. Overthinking and Repetition of Work

This theme emphasized the initial signs of obsessive-compulsive disorder (OCD), focusing on two key behaviors: excessive overthinking and the need to repeat tasks. Participants described how their thoughts often became overwhelming, leading to a cycle of repetitive thinking. This was paired with repetitive actions, such as performing certain tasks multiple times to relieve anxiety or feel "right." These early behaviors marked the beginning of the disorder, gradually intensifying as they continued over time.

3. Openness to Family and Friends

This explored how participants shared their obsessive-compulsive tendencies with their social circle. Openness was crucial for individuals with OCD because discussing their thoughts, fears, and coping strategies with family and friends helped build stronger connections and foster understanding. By encouraging open conversations, participants felt more comfortable seeking help and engaging in programs that supported their mental health. Coping with Social Stigma and Misunderstanding Due to societal misconceptions and negative stereotypes about mental illness, participants received varied reactions when sharing their experiences with family or friends. While some were understanding and supportive, others reacted with confusion, judgment, or even mockery. These mixed responses made it challenging for individuals with obsessive-compulsive tendencies to feel accepted and understood.

4. Diverse Sources of Social Support in Managing Obsessive- Compulsive Tendencies

This theme was closely tied to the study's theoretical framework, Social Support Theory, which proposed that individuals depend on different types of support—emotional, informational, instrumental, and appraisal—to cope with personal challenges. Participants shared how they received various forms of social support to help manage and reduce their symptoms.

5. Feeling of Relief

Many participants felt relieved when they shared their experiences with others who understood their condition. Support from family, friends, professionals, or social networks who recognized obsessive-compulsive tendencies made a big difference, helping them cope more effectively

with their symptoms. Connecting with others who had similar experiences, whether through support groups or informal networks, further enhanced this sense of relief.

6. Diversions

This involved engaging in alternative activities to distract from obsessive thoughts and compulsive behaviors, aiming to shift focus away from distressing thoughts and reduce the urge to perform compulsive actions. According to Blum (2022), distractions can be effective in decreasing the frequency and intensity of obsessive-compulsive symptoms. For instance, physical activity has been shown to reduce anxiety, helping to lessen the intensity of obsessive-compulsive symptoms.

7. Increased Emotional Coping Mechanisms

It became clear that the participants' different forms of social support played a key role in their emotional coping. Over time, support from family, peers, and online communities helped participants build emotional resilience and become less affected by their symptoms. For many, this support enabled them to manage their emotions better, reducing the distress linked to their symptoms.

8. Awareness of Obsessive-Compulsive Tendencies

It helped individuals understand the nature of these behaviors and fostered a supportive environment for open conversation and emotional validation. This awareness reduced stigma, making those facing these challenges feel accepted rather than judged.

9. Positive Thinking, Acceptance and Awareness

This highlighted the common struggle for individuals with obsessive-compulsive tendencies in shifting from a rigid, anxiety-driven mindset to one of positive thinking, acceptance, and awareness. This acceptance helped them navigate social situations with more ease and confidence, reducing self-stigma by viewing their tendencies as part of their experience rather than a defining trait.

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