

# **Investigating the relationship between obsessive symptoms and obsessive beliefs with mindfulness**

Maryam Rahnama\*, Hassan Boland,

**The present research aims at studying the relationship between obsessive symptoms and obsessive beliefs with mindfulness, regarding to students at state and none state universities of Rasht city. The research is correlational descriptive. Statistical population in this study included all the male and female students during the 94-95 academic year of different grades in Rasht state and none state universities in which the descriptive method of correlative type was applied. The statistical population in this research were 33000 students and the samples in pilot study included 380 whom were ed based on the Morgan Table and multi step cluster sampling method. The revised OCI-R for OCD questionnaire as well as OBQ44 obsessive beliefs questionnaire, FFMQ (five facet multiple questionnaire) and a demographic questionnaire were used to gather the needed data. Also, to analyze the data, Multi variable Regression Test and Pearson Coefficient Correlation using the SPSS version 20 were used. Findings showed that correlated values between obsessive symptoms and obsessive beliefs with students mindfulness, is statistically meaningful (p**

**Keywords : Key words : obsessive symptoms, obsessive beliefs, mindfulness**

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)