

ניתוח איכותני של פרספקטיבות של רבנים בני זמנינו על נוקדנות

דתית כפייתית

**A qualitative analysis of contemporary rabbinical
perspectives on scrupulosity**

הצעת מחקר לעבודת גמר לקבלת תואר מוסמך (MA)



מוגש ע"י בני הורביץ

בהנחיית פרופ' יונתן הפרט

Abstract

Scrupulosity is a sub-type of OCD that focuses the patient's obsessions and compulsions on religious rituals and themes. Most of the data from studies on scrupulosity show religion to be the target, rather than the source, of underlying psychological pathology. It is therefore argued that the patient's religious authorities should be collaborated with, rather than left out of, psychotherapeutic efforts. These religious figures may facilitate the successful treatment of this type of patient, since their knowledge may help both patient and therapist differentiate between acceptable religious concerns and non normative concerns that are most likely stemming from pathology. Religious figures are also in the unique position of being able to help the therapist create an exposure that will force the patient to confront his obsessional fear while staying within acceptable religious boundaries, as breaking such limits may result in the patient losing faith in the therapist and possibly seeing him as someone who has a negative agenda regarding religion.

This study aims at getting a better view of contemporary religious authorities' understanding of scrupulosity. Specifically, subjects of interest are Ultra-Orthodox rabbis who have some experience with this phenomenon in their communities. A semi-structured interview will be administered to fifteen rabbis who do not have any professional academic training in the field of mental health. The interview focuses on subjects' experience with scrupulous patients and their understanding of this phenomenon. Openness to cooperation with mental health professionals will also be measured. Subjects' responses will provide the material for an analysis of the similarities and differences between rabbinical opinions and current theoretical and therapeutic conceptions and formulations of scrupulosity. Recommendations will be made on the basis of the findings regarding better cooperation between therapists and clergy while treating scrupulous patients.