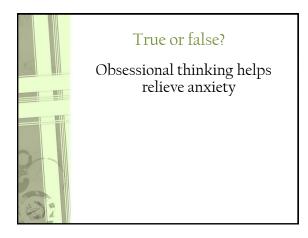
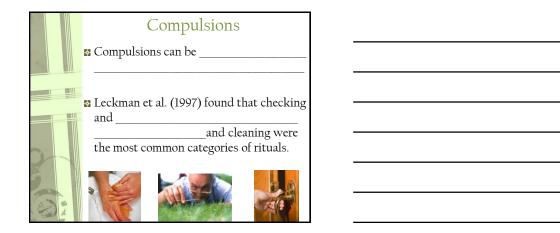
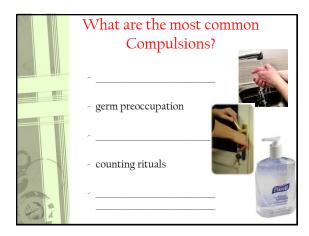




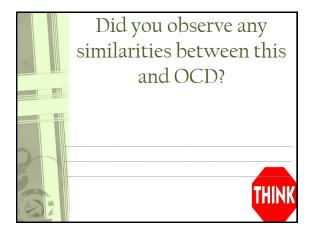
I ju	ıst <u>can't</u> stop myself!!
	M
	Compulsions are repetitive, ritualistic, and time- consuming.
Excessive hand washing helps a person deal with obsessive thoughts.	- The Person feels perform













Here are your OCD rules!

You cannot read the passage and then go back and count. Your compulsion requires that you must count as you read.

You can't keep track on paper or on your fingers and because you have OCD you'll probably worry that you made a mistake and start again.



Children who have OCD often have hidden or silent compulsive rituals. These hidden rituals often confuse teachers who may look at a child and not realize what is going on internally that may make it almost impossible for the child to function normally at times. Young children often don't realize that what they are doing is "abnormal," and older children, teens, or adults are often embarrassed by their rituals and won't tell you about them.





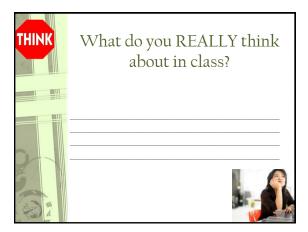
What was it like?

How would this compulsion affect your life on a daily basis?



Statistics

- About 2.6% of the U.S. population suffers from this disorder.
 - OCD is a spectrum disorder and symptoms can be viewed on a continuum.
- Frost (1986) found that 10-15% of "normal" college students engaged in enough checking behavior to score within the range of patients with OCD.





Common Intrusive Thoughts

- Inappropriate
 behavior:
 Idea of swearing at
 your boss
 Hoping someone
 doesn't succeed
 Thought of sexual acts
- Doubts of safety:

 I don't think I locked up my house

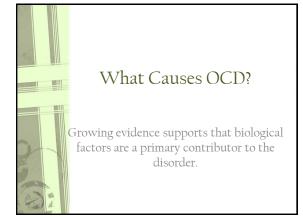
 I think I left the oven on
- Contamination/Disease:

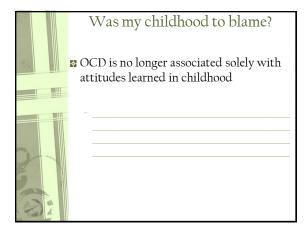
 -Thought of catching a disease from a public place
 -The thought that dirt is always on my hand
- Intrusive thoughts of harming:
 —Impulse to jump out of a window
 —Impulse to push someone in front of a train
 —Wishing a person would die
 —While holding a baby, having the urge to kick it

Steketee and Barlow, Anxiety and its disorders (2002)

Is Gender a Factor?
The majority of people with OCD are female
This seems to be because boys tend to develop OCD earlier. By mid-adolescence the sex ratio is approximately equal before becoming predominantly female in adulthood (Albano, 1996).

When does OCD develop?
Average age onset ranges from early adolescence to mid-twenties. However, once OCD develops it tend to be chronic.
- Boys
- Girls





Can Biology Explain OCD?

- Although there is no clear genetic evidence, obsessive-compulsive disorder tends to run in families.
 - -A person with OCD has a 25% chance of having a blood relative who has it.
- Like other mental illnesses, it is more prevalent among identical twins than fraternal.
 - -70% chance among identical twins.
 - -50% chance among fraternal twins.



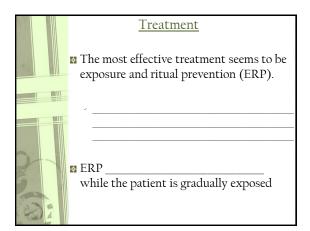
How Can OCD be Treated?

Medication Therapy Research suggests that medication

in treating OCD.

	<u>Treatment</u>
	The most effective medication seems to be those that specifically
	– Treatment often includes drugs such as Anafrinil, Prozac, or Zoloft
	These drugs benefit of patients with OCD
	The fact that OCD patients respond well medications that affect the neurotransmitter serotonin suggests the disorder has a
CIL PLONES IN	





Treatment
By preventing the rituals, the client learns that no harm will result whether he carries out the rituals or not.
Recently ERP was compared with the drug Clomipramine. ERP without the drug produced superior results to the drug alone

What's Next?
Mood Disorders