

MODULE OBJECTIVE:

What is Obsessive-Compulsive
Disorder?

Chapter 4-Anxiety Disorders

How would you describe
OCD?



Watch the following video
and evaluate what
characteristics you were
correct about

Both clients demonstrate
symptoms of OCD

- ❖ *Obsessive-compulsive disorder* involves unwanted, persistent, and intrusive



- ❖ The _____ are unwanted thoughts, images or urges that cause distress and interfere with daily life.

- These obsessions are usually nonsensical thoughts, images or urges that the



These obsessions cause the
high levels of anxiety, often

What obsessions did you observe in
the videos?



I just can't stop myself!!



Excessive hand washing helps a person deal with obsessive thoughts.

- ❖ _____
- _____
- _____
- ❖ Compulsions are repetitive, ritualistic, and time-consuming.
- The Person feels _____ perform

True or false?

Obsessional thinking helps relieve anxiety



Compulsions

- ❖ Compulsions can be _____
- _____
- ❖ Leckman et al. (1997) found that checking and _____ and cleaning were the most common categories of rituals.



What are the most common Compulsions?

- _____
- germ preoccupation
- _____
- counting rituals
- _____
- _____



Pack Rat?!

- ❑ A small percentage of people with OCD have hoarding rituals, where they fear throwing anything away.



Did you observe any similarities between this and OCD?



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.

THINK

What do you REALLY think about in class?



Common Intrusive Thoughts

- | | |
|--|--|
| <p>❏ <u>Inappropriate behavior:</u>
 Idea of swearing at your boss
 Hoping someone doesn't succeed
 Thought of sexual acts</p> | <p>❏ <u>Contamination/Disease:</u>
 –Thought of catching a disease from a public place
 –The thought that dirt is always on my hand</p> |
| <p>❏ <u>Doubts of safety:</u>
 I don't think I locked up my house
 I think I left the oven on</p> | <p>❏ <u>Intrusive thoughts of harming:</u>
 –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</p> |

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 tends to be chronic.

- Boys _____

- Girls _____

What Causes OCD?

Growing evidence supports that biological factors are a primary contributor to the disorder.

Was my childhood to blame?

- ❖ OCD is no longer associated solely with attitudes learned in childhood

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.



Treatment

- 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 _____

What Other Ways can OCD be Treated?

_____ focuses on changing specific actions and uses several techniques to decreases or stop unwanted behavior.

Treatment

- ❖ The most effective treatment seems to be exposure and ritual prevention (ERP).

- ❖ ERP _____
while the patient is gradually exposed

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
