

Statistics

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

It's not unusual to have an occasional intrusive thoughtparticularly if they are bored.

Research on this area was performed by Steketee (2002) who surveyed "ordinary" people who do not have OCD.



Intrusive Thoughts

- Inappropriate
- behavior:

 Idea of swearing at your boss
- Hoping someone doesn't succeed
 Thought of sexual
- 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:

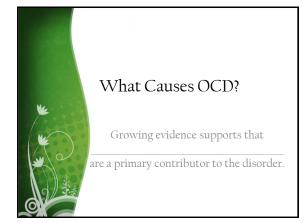
 Impulse to jump out of a window
 - Impulse to push someone in front of a train
 Wishing a person would die

 - 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
	The sex ratio is reversed when studying childhood cases of OCD,
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	This seems to be because boys tend to develop OCD earlier. By mid-adolescence the sex ratio is approximately

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





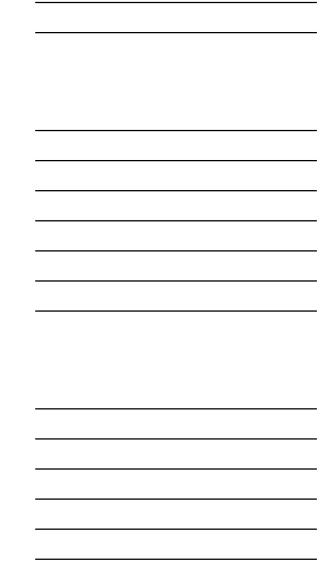
Was my childhood to blame?

- OCD is no longer associated solely with attitudes learned in childhood
 - Growing research is examining the relationship between neurobiological and environmental factors,

Can Biology Explain OCD?

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

How Can OCD be Treated? Medication Therapy Research suggests that medication is



	<u>Treatment</u>
	The most effective medication seems to be those that specifically inhibit
4.	- Treatment often includes drugs such as
	• These drugs benefit approximately% of patients with OCD
	The fact that OCD patients respond well medications that affect the neurotransmitter
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What Other Ways can OCD be Treated? Behavioral therapy focuses on changing specific actions and uses several techniques to

	Treatment
	The most effective treatment seems to be(ERP).
*	work somewhat better than medication Similar to CBT
	ERP



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
 - 85% ERP alone versus 50% Drug alone



Next Class...

• Dissociative Disorders