## **CLASS OBJECTIVE:**

What is Obsessive-Compulsive Disorder?

Chapter 4-Anxiety Disorders

## What is OCD?

 Obsessive-compulsive disorder is an anxiety disorder that involves unwanted,





## What Did you see?

- ◆ The <u>obsessions</u> are \_\_\_\_\_ that cause distress and interfere with daily life.
- ◆ These obsessions cause \_\_\_\_\_
  - Often creating ritualistic behaviors



## What's the most common Obsession?

- ◆ The most common obsession in a sample of 100 patients was \_\_\_\_\_\_(55%).
  - (50%)
  - Need for symmetry (37%)
  - Sexual content (32%)
  - (32%).

## I just can't stop myself!!



- ◆ Compulsions are performed by the person \_\_\_\_\_
- ◆ Compulsions are repetitive, ritualistic, and time-consuming.

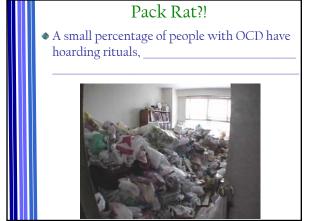
# Compulsions

- ◆ Compulsions can be behaviors or mental acts.
- ◆ Leckman et al. (1997) found that \_\_\_\_\_ and \_\_\_\_ were the most common categories of rituals.



# What are the most common Compulsions? - checking and rechecking items

# Did I lock the door? Certain kinds of obsessions are associated with certain kinds of compulsions. Aggression and sexual obsessions seem to lead to checking rituals.



## Statistics \_% of the U.S. population suffers from this disorder. ♦ OCD is a \_ 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. What do you REALLY think about in class? What are some common thoughts that run through your head when you're bored? Can these thoughts be intrusive? Intrusive Thoughts • Inappropriate behavior: • Contamination/Disease: Thought of catching a disease from a public place Idea of swearing at your The thought that dirt is Hoping someone always on my hand doesn't succeed Thought of sexual acts Intrusive thoughts of harming: Doubts of safety: Impulse to jump out of a window I don't think I locked up Impulse to push someone in front of a train my house I think I left the oven on

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 cases of OCD, more	
Ш	males than females.	
	◆ This seems to be because boys tend to	
	◆ 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.	
	adulthood.	
	When does OCD develop?	1
	<u>vviicii does OCD develop:</u>	
	◆ Average age onset ranges from early	
	adolescence to mid-twenties. Once OCD	
	develops it tend to be chronic.	
Ш		
	- Boys:	
	- Girls:	
		1
Ш		
	What Causes OCD?	
Ш		
	Growing evidence supports that	
	are a	
	primary contributor to the disorder.	

## 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
- More recent research suggests that there may be a \_\_\_\_\_\_ to this disorder.

# Can Biology Explain OCD?

- Although there is no clear genetic evidence, obsessive-compulsive disorder tends to run in families.
- ◆ Like other mental illnesses, it is more prevalent among identical twins than fraternal.
  - There is a \_\_\_\_\_% chance that identical twins with OCD share it and a \_\_\_\_\_% chance for fraternal twins.



How Can OCD be Treated?

Medication Therapy



Ш	<u>Treatment</u>	
	• The most effective medication seems to be those that	
Ш	specifically	
Ш		
Ш	- Treatment often includes drugs such as Anafrinil,	
Ш	Prozac, or Zoloft	
Ш		
Ш	• These drugs benefit approximately of patients	
Ш	with OCD, showing no particular advantage to one	
	drug or another.	
Ш	<ul> <li>The fact that OCD patients respond well medications that affect the neurotransmitter serotonin suggests</li> </ul>	
	that affect the neurotransmitter serotomin suggests the disorder has a	
		I
Ш		
Ш		
Ш	What Other Ways can OCD be	
Ш		
Ш	Treated?	
Ш		
Ш	Behavioral therapy	
	<del></del>	
Ш		
П	Treatment	
	◆ Highly structured psychological treatments	
	Triginy structured psychological treatments	
Ш		
Ш	The most effective treatment seems to be	
Ш	exposure and ritual prevention (ERP)	
Ш		
Ш	×	
Ш		
	● ERP is a process in which the rituals are	
	actively and the patient	
	actively and the patient systematically and to the	
	feared thoughts/situations.	

## **ERP** Treatment

- ◆ For example: John is fearful of contamination and has checking and re-checking rituals.
- ◆ In ERP, John would be systematically exposed to harmless objects he thought were contaminated, like household products and certain foods. John would be prevented from performing his cleaning and re-checking rituals.

### Treatment

- By preventing the rituals, the client
- ◆ Recently ERP was compared with the drug Clomipramine. ERP without the drug produced superior results to the drug alone

Next Class...

Dissociative Disorders