

What is Obsessive-Compulsive Disorder?



Anxiety Disorders

How would you describe OCD?

List as many attributes, symptoms or even stereotypes about this disorder.



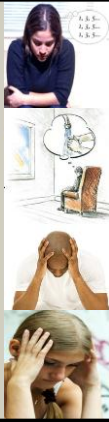
Both clients in the videos demonstrate symptoms of OCD

■ *Obsessive-compulsive disorder (OCD) is an anxiety disorder that involves recurrent obsessions or compulsions*



❖ The obsessions are _____

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



These obsessions cause high levels of anxiety, often creating ritualistic behaviors.




True or false?

Obsessional thinking helps relieve anxiety

What are the most common obsessions?

❖ The most common obsession in a sample of 100 patients was _____

- Aggressive impulses (50%)
- Need for symmetry (37%)
- Sexual content (32%)
- Somatic concerns (32%).



I just can't stop myself!!

❖ Compulsions are repetitive and _____

- Or according to a ritualistic or stereo-typed set of rules


❖ Compulsions are performed by the person to _____



Compulsions

❖ _____


❖ Leckman et al. (1997) found that checking and re-ordering and washing and cleaning were the most common categories of rituals.



What are the most common Compulsions?

☒ The most common compulsions involve the repetition of a specific behavior:

- _____
- Checking and rechecking items
- _____
- Counting rituals
- _____
- Requesting assistance




Obsessions	Commonly Associated Compulsions
Fear of contamination	Washing, cleaning
Need for symmetry, precise arranging	Ordering, arranging, balancing, straightening until "just right"
Unwanted sexual or aggressive thoughts or images	Checking, praying, "undoing" actions, asking for reassurance
Doubts (eg, gas jets off, doors locked)	Repeated checking behaviors
Concerns about throwing away something valuable	Hoarding

Pack Rat?!

In the compulsion known as _____

People who hoard have an uncontrollable urge to keep items that have no utility or value.



Changes coming in the DSM 5

❖ OCD will move to its own category along

- Body Dysmorphic Disorder
- Hoarding Disorder
- Trichotillomania

Compulsive behaviors can take many forms and are seen in other psychological disorders.

The following video clip examines a client with



Many clients with OCD are weighed down with intrusive thoughts that impact their ability to function each day

'Getting dressed in the morning was tough, because I had a routine, and if I didn't follow the routine, I'd get anxious and would have to get dressed again. I always worried that if I didn't do something, my parents were going to die. I'd have these terrible thoughts of harming my parents. I knew that was completely irrational, but the thoughts triggered more anxiety and more senseless behavior. Because of the time I spent on rituals, I was unable to do a lot of things that were important to me.'



Common Intrusive Thoughts

- **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
- **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

Steketee and Barlow, *Anxiety and its disorders* (2002)

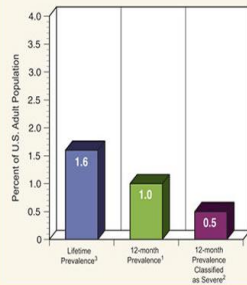
Statistics

- OCD has a lifetime prevalence of _____

- OCD is a spectrum disorder and symptoms can be viewed on a continuum.

Prevalence

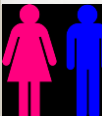
- **12-month Prevalence:** 1.0% of U.S. adult population¹
- **Severe:** 50.6% of these cases (e.g., 0.5% of U.S. adult population) are classified as "severe"²



Is Gender a Factor?

- The majority of people with OCD are _____
- The sex ratio is reversed when studying _____

- 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 (Leonard, 2007).

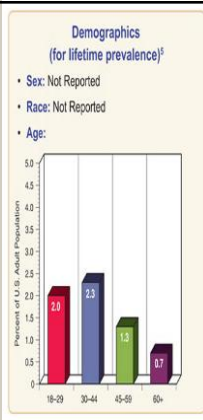






When does OCD develop?

■ Average age onset ranges from _____

However, once OCD develops it tend to be chronic.

- Boys: 13-15 years
- Girls: 20-24 years



What Causes OCD?

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

- Brain scans show heightened levels of activity in the motor control centers of basal ganglia and frontal lobes (Cocchi et al., 2012).

Is Biology a Risk-factor for 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.

- 70% chance among identical twins.
- 50% chance among fraternal twins.




Growing research is examining the relationship between neurobiological and environmental factors.



How Can OCD be Treated?

- Research suggests that medication is effective in treating OCD. _____
- _____
- _____
- These drugs benefit approximately 60% of patients with OCD
- The fact that OCD patients respond well to medications that affect the neurotransmitter serotonin suggests the disorder has a _____



Psychological Treatments for OCD

- *Cognitive Behavioral therapy* proposes that _____ contribute to the development and maintenance of OCD symptoms.
- To decrease symptoms, we must _____



Treatment

Behavioral therapy focuses on changing specific actions and uses several techniques to decrease or stop unwanted behavior.

The most effective treatment seems to be exposure and ritual prevention (ERP), which is similar to CBT.

Results are somewhat better than medication alone



Watch the following video that illustrates effective treatment for OCD.



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



What's Next?

PTSD

