

What is Obsessive-Compulsive Disorder?



Anxiety Disorders

How would you describe OCD?

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



What is OCD?


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

- intrusive thoughts and repetitive




that cause distress and interfere with daily life.

These obsessions are usually nonsensical thoughts, images or urges that the individual tries to resist or eliminate.




What intrusive thoughts (*obsessions*) did you observe in the videos?




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 **contamination** (55%) (Jenike et. al, 1986).
- Aggressive impulses (50%)
- Need for symmetry (37%)
- Sexual content (32%)
- Somatic concerns (32%).



I just can't stop myself!!

- ❏ Compulsions are repetitive and seemingly purposeful behavior

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


- ❏ Compulsions are performed by the person to _____



Compulsions

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

- _____
- _____
- Washing and re-washing
- 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

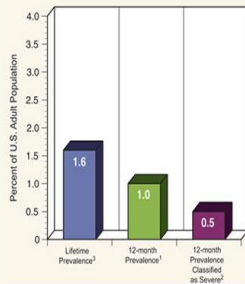
Statistics

■ OCD prevalence:
 -12-month - _____
 -Lifetime - _____

■ 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






Category	Percent of U.S. Adult Population
Lifetime Prevalence ¹	1.6
12-month Prevalence ¹	1.0
12-month Prevalence Classified as Severe ²	0.5

Is Gender a Factor?

■ The majority of people with OCD are _____

■ The sex ratio is reversed when studying childhood cases of OCD, _____

■ 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.

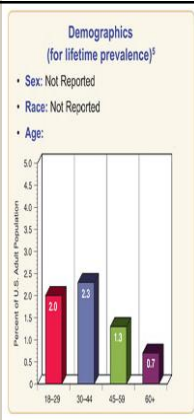




When does OCD develop?

❖ Average age onset ranges from early adolescence to mid-twenties. However, once OCD develops it tend to be chronic.

-Boys: _____

-Girls: _____



Hoarding Disorder

People who hoard have an uncontrollable urge to keep items that have no



Hoarding Disorder

❖ A compulsion in which people have persistent difficulties discarding things, even if they have little value.

❖ They believe these items to have utility, to have aesthetic or sentimental value, but in reality the items often consist of old newspapers, bags, or left over food

Trichotillomania

(Hair-Pulling Disorder)

- ❖ The compulsive, persistent urge to pull out one's own hair.

- ❖ _____

Excoriation (Skin-Picking) Disorder

- ❖ Recurrent picking at one's own skin which can be healthy skin, or skin with mild irregularities.

- ❖ When they are not picking their skin, they _____

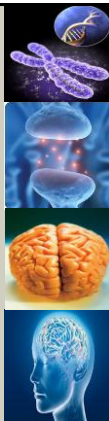
- Prevalence is estimated at least 1.4% of adults, three-quarters of whom are female

What Causes OCD?

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

- ❖ The symptoms are attributed to by a failure of the prefrontal cortex to inhibit unwanted _____

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



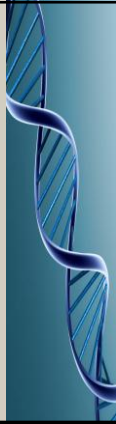
Biology and OCD?

❏ Although there is no clear genetic evidence, obsessive-compulsive disorder

-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.

- _____ % chance among identical twins.
- _____ % chance among fraternal twins.



OCD is no longer associated solely with attitudes learned in childhood

Growing research is examining the relationship between



How Can OCD be Treated?

❏ Research suggests that medication is effective in treating OCD.)

❏ Anafrinil, Prozac, or Zoloft are very commonly used in treatment.



Psychological Treatments for OCD

- Cognitive Behavioral therapy proposes that maladaptive thought patterns contribute to the development and maintenance of OCD symptoms.



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

-ERP prevents compulsive rituals while the patient is gradually exposed

-Results are somewhat better than medication alone



Watch the following video that illustrates effective treatment for OCD.

-How does this therapy address the client's OCD behaviors?



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?

Mood Disorders