


MODULE OBJECTIVE:

What is Obsessive-Compulsive Disorder?

Chapter 5
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 *obsessions* are unwanted thoughts, images or urges that cause distress and interfere with daily life.

- These obsessions are usually nonsensical



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



I just can't stop myself!!

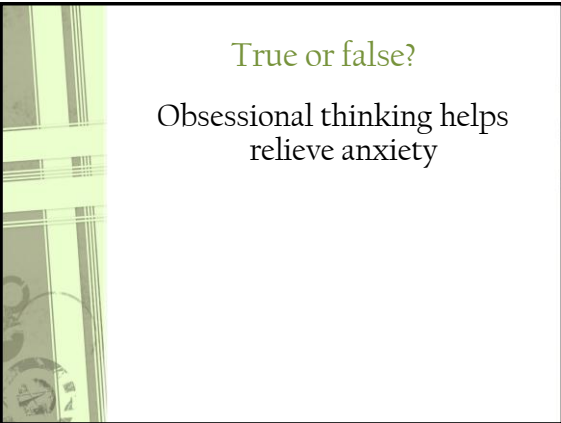


Excessive hand washing helps a person deal with obsessive thoughts.

- ❖ Compulsions are performed by _____
- _____
- ❖ Compulsions are repetitive, ritualistic, and time-consuming.
- The Person feels they "MUST" perform

True or false?

Obsessional thinking helps relieve anxiety



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?

- excessive hand washing
- germ preoccupation
- fear of contamination
- counting rituals
- checking and rechecking items



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?!

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



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.

It's not unusual to have an occasional intrusive thought- particularly if they are bored.

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

Common Intrusive Thoughts

- 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
- 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 _____

- The sex ratio is reversed when studying childhood cases of OCD, more males than females (Hanna, 1995).
- ❖ 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 tend to be chronic.
- Boys: _____
- Girls: _____



What Causes OCD?

Growing evidence supports that

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 _____

❖ Like other mental illnesses, it is more prevalent among identical twins than fraternal.

-70% chance among identical twins.

-50% chance among fraternal twins.

Was my childhood to blame?

❖ OCD is no longer associated solely with _____

- Growing research is examining the relationship between neurobiological and environmental factors,



How Can OCD be Treated?

Medication Therapy

Research suggests that medication is _____




Treatment

- The most effective medication seems to be those that specifically inhibit the reuptake of _____
- Treatment often includes drugs such as Anafrinil, Prozac, or Zoloft
- These drugs benefit approximately 60% 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?

Behavioral therapy focuses on changing _____

Treatment



- The most effective treatment seems to be _____
- Work somewhat better than medication
- Similar to CBT
- ERP prevents _____ 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
 - 85% ERP alone versus 50% Drug alone

What's Next?

- ❏ Mood Disorders
