


CLASS OBJECTIVE:

What is Obsessive-Compulsive Disorder?

Chapter 4-Anxiety Disorders

What is OCD?

- *Obsessive-compulsive disorder* involves unwanted, _____

What Did you see?

- The *obsessions* are unwanted thoughts, images or urges that _____

- These obsessions cause the _____

– Often creating ritualistic behaviors

What's the most common Obsession?

- The most common obsession in a sample of 100 patients was _____ (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 performed by the person to _____
- Compulsions are _____
- The Person feels they "MUST" perform _____



Excessive hand washing helps a person deal with obsessive thoughts.

True or false?

Obsessional thinking helps relieve anxiety



Compulsions

- Compulsions can be behaviors or mental acts.
- Leckman et al. (1997) found that _____
_____ 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





Pack Rat?!

- A small percentage of people with OCD have _____



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 thought- particularly 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 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 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 _____

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 _____
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,

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

Treatment

- The most effective medication seems to be those that specifically inhibit _____

- 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 _____

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
