



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 *obsessions* 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!!



Excessive hand washing helps a person deal with obsessive thoughts.

- ◆ *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?



Checking and rechecking to make sure the doors are locked is an example of a common compulsion

- ◆ Certain kinds of obsessions are associated with certain kinds of compulsions.
- ◆ Aggression and sexual obsessions seem to lead to checking rituals.

Pack Rat?!

- ◆ A small percentage of people with OCD have hoarding rituals, _____



Statistics

- ◆ About ____% 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:
 - Idea of swearing at your boss
 - Hoping someone doesn't succeed
 - Thought of sexual acts
- ◆ Contamination/Disease:
 - Thought of catching a disease from a public place
 - The thought that dirt is always on my hand
- ◆ Doubts of safety:
 - I don't think I locked up my house
 - I think I left the oven on
- ◆ 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 _____ cases of OCD, more males than females.
- ◆ 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. 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
- ◆ 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



Treatment

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

- Treatment often includes drugs such as Anafrinil, Prozac, or Zoloft
- ◆ These drugs benefit approximately _____ of patients with OCD, showing no particular advantage to one drug or another.
- ◆ 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

Treatment

- ◆ Highly structured psychological treatments

- The most effective treatment seems to be exposure and ritual prevention (ERP)

- _____
- ◆ ERP is a process in which the rituals are 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
