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%).
- Need for symmetry (37%)
- Sexual content (32%)
- ____________________________ (32%).

I just can't stop myself!!

- 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?
- 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, ________________
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?

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 _______________ 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