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!!

- 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, _______________________________
- _______________________________
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.

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________________________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 to 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