



# Obsessive Compulsive Disorder

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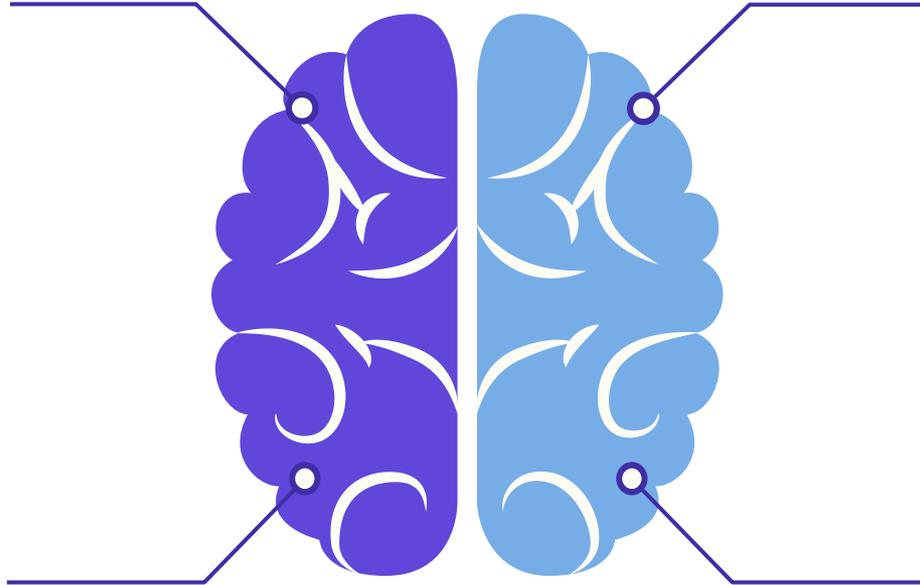
# What is Obsessive Compulsive Disorder (OCD)?

## Definition

“Recurrent and persistent thoughts, urges or images that are experienced, at some time during the disturbance, as intrusive, unwanted, and that in most individuals cause marked anxiety or distress.”

## Key Components

Must have obsessions, compulsions or both that are time consuming.



## Obsessions

Constant urges, thoughts, and/or mental images that cause the person anxiety.

## Compulsions

Behaviors the person has the urge to do in regards to the obsessive thought(s).

# Diagnosis Criteria



Thoughts are intrusive and unwanted, causing stress and anxiety in the person.



Obsessions/compulsions are time-consuming, usually an hour or longer per day.



Their signs/symptoms cannot be better described with symptoms of another mental disorder.



Behaviors done in response to reduce distress and performed with rigid rules, but not connected to the obsession realistically.



These symptoms cannot be caused by physiological effects of a substance or another medical condition.

# Examples of S/S

## Obsessions

- Fear of germs/contamination
- Repeated doubts
- Taboo thoughts of sexual, religious, or aggressive nature

## Compulsions

- Excessive hand washing
- Checking if the oven is on or door is locked repeatedly
- Compulsive counting
- Seeking reassurance
- Ordering/arranging in a certain and precise way

## Important Note

Individual DOES NOT get pleasure but may have brief relief from anxiety



(Fenske & Petersen, 2015)

# Prevalence

- Obsessive–compulsive disorder (OCD) that affects about 0.5%–3% of children and adolescents (Tanir et al., 2020).
- 2%-3% of the entire population reports a lifetime prevalence of OCD (Banerjee, 2020).



# Risk Factors

Women are 1.6 times more likely to experience OCD compared to men (Fawcett et al. 2021).

Environmental factors such as birth complications and traumatic events.



Genetics can increase the risk for developing OCD.

Older teens or young adults are at an increased risk for developing OCD.

The presence of other mental health disorders can increase the risk of developing OCD.

# Theorists

## Pierre Janet (1856-1947)

- In interviews with patients he found that the obsessives were reluctant to divulge the content of their obsession.
- The obsessions and compulsions of his patients often involved forbidden thought and acts of sacreligious, violent or sexual nature (Pitman, 1984).

## Sigmund Freud (1856-1939)

- According to Freud obsessions are recurrent intrusive and unwanted thoughts or impulses experienced by an individual that lead to distress or anxiety (Olivas, 2016).
- The symptoms of OCD may not be recognizable by others, the compulsions are behaviors utilized to subside the obsessive thoughts.

# Interventions and Labs



## Cognitive Therapy

Helps you understand that the brain is sending error messages and focuses on the experience of negative thoughts.



## Paroxetine (Paxil)

Type of antidepressant for adults only. This medicine increases the activity of serotonin in the brain.



## Sertraline (Zoloft)

Type of serotonin reuptake inhibitor that helps manage rituals, repetition, and senseless behavior.



## Labs

CBC, screening for alcohol and drugs, and thyroid function.

# References

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