

Chapter 5: Anxiety: OCD

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Abnormal Psychology

As Good As It Gets 1997

Count & Wash

Touching & Cracks

Howie Mandel

Howard Hughes

Aviator

Book: Gene Wilder

Kiss Me Like a Stranger

My Search For Love and Art

[Chapter 4: The Demon Arrives](#)

OCD - Statistics

- 1-2% of the world in a given year
- 2-3% develop sometime in their life
- Equal men & women
- Equal among different races & ethnic groups
- Young Adulthood typical onset
- Symptoms fluctuate over time
- Only 40% seek treatment

OCD – Obsession Features

- Wishes
 - Spouse to die
- Impulses
 - Urges to yell out obscenities at work or church
- Images
 - Fleeting visions of forbidden sexual scenes
- Ideas
 - Germs lurking everywhere
- Doubts
 - Worry make wrong decision

OCD – Compulsion Features

- Rituals – dozens or hundreds of times a day
 - Cleaning
 - Checking
 - Order or Balance
 - Touching
 - Verbal
 - Counting
- Do not usually lead to Violence or Immoral Behavior!

OCD –Causes/Treatments

- Psychodynamic - Unconscious Anxiety
 - Isolation - Disown Unwanted Thoughts & Experience them as a foreign Intrusion
 - Undoing - acts that are meant to cancel out their undesirable impulses
 - Reaction Formation – Lifestyle directly opposes their unacceptable impulses. Kindness to counter Aggression
- Freud: Anal Stage – Negative Toilet Training experiences
- Others – Insecurities
- **Treatment: Uncover & Overcome Unconscious Reasons – Not found as helpful!**

OCD – Causes/Treatment

- Behavioral - Reward of Reducing Anxiety
- **Treatment: Exposure & Response (Ritual) – Asked to resist when come in contact with thought or need to be compulsive.**
 - ¼ fail to improve & many just don't start!
- Cognitive – Neutralizing Thoughts
 - Behaviors to make Thoughts right
- **Treatment: Psychoeducation & Habituation Training**

OCD – Causes/Treatment

- Biological p 157
 - Genetic: Identical Twin 53%
 - Low Serotonin, Glutamate, GABA & Dopamine
 - Orbitofrontal Cortex
 - Caudate Nuclei
 - Cingulate Cortex
 - Amygdala
- **Treatment: Anafranil, Prozac & Luvox 50-80% helped. Usually Combination of treatment methods the best result!**