

Obsessive Compulsive Disorder

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OCD

- OCD is a serious anxiety-related condition
- a person experiences frequent intrusive and unwelcome obsessional thoughts
- followed by repetitive compulsions, impulses or urges

- 1-2 % of the population
- 20% have some symptoms!

- OCD is diagnosed when the obsessions and compulsions:
 - Consume excessive amounts of time (approximately an hour or more)
 - Cause significant distress and anguish
 - Interfere with daily functioning at home, school or work, including social activities and family life and relationships

Also

- Social phobia
- Depression
- Health Anxiety
- Body Dysmorphic Disorder
- Tourette's Syndrome

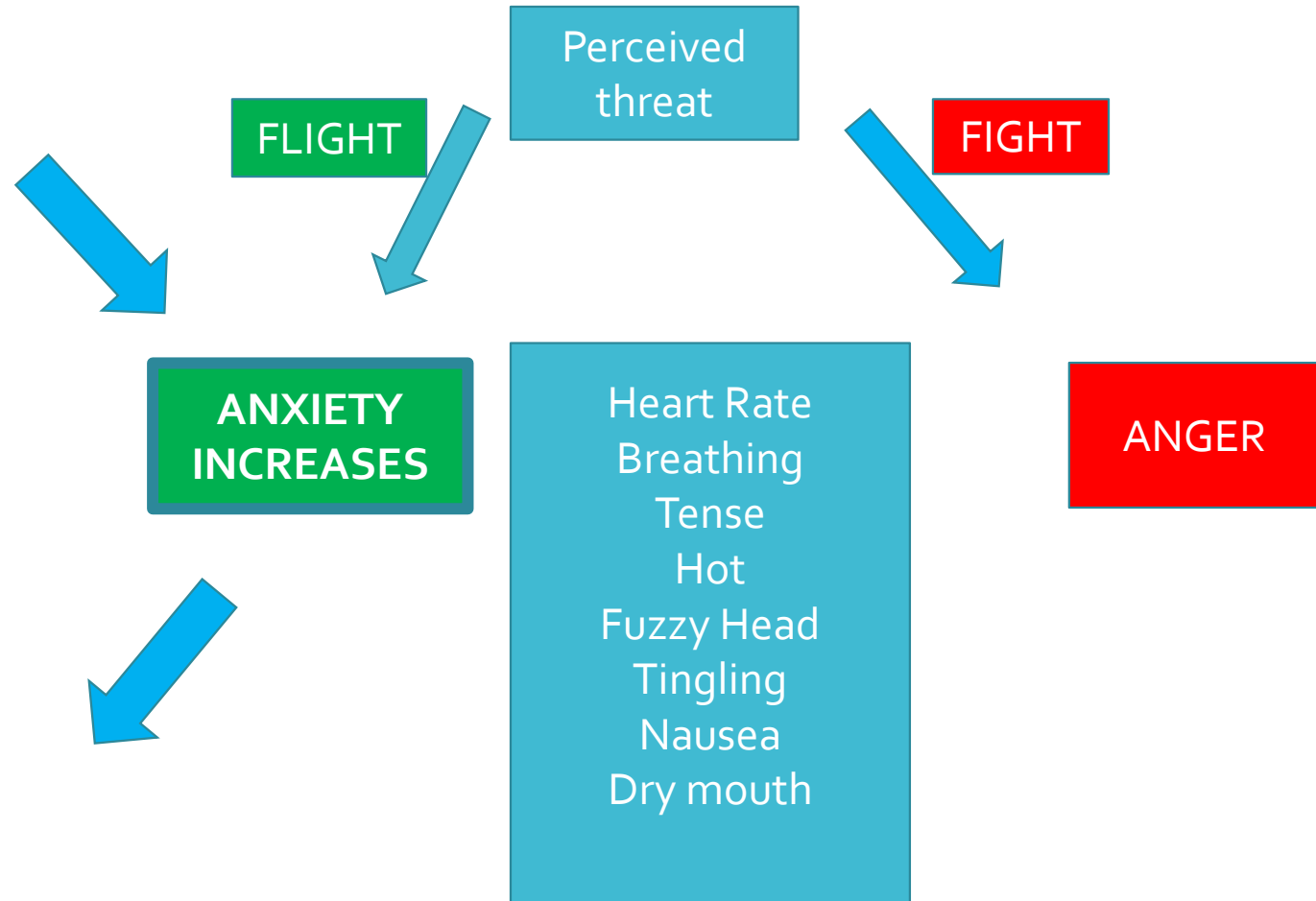
OCD and Autism

- Similar behaviours
- Both perform repetitive or ritualistic behaviours, such as ordering, arranging, counting, or touching/tapping
- ASD are not likely to think (“obsess”) about their rituals and are more likely to simply act upon their urges.
- Limited insight into the “reason” behind their compulsions
- Not used to “neutralize” fear or anxiety and/or “keep bad things from happening”
- Compulsions associated with ASD may satisfy other needs, such as modifying sensory input, gaining reinforcement from the environment, or preserving “sameness” in their daily lives.

OCD or ADHD

- Both lead to lack of concentration
- Stress – anxiety - anger
- Compulsive
 - Driven by anxiety
 - controlling
- Impulsive
 - lack of thought
- Medication for ADHD worsens OCD
- OCD – ADHD - TS

Anxiety



Thinking

ANXIETY

P

The PRIMATIVE Brain
Black and White
Safe or Dangerous
Right or wrong
0-----100

Thinking Errors

- **Black and White**
- **Intolerance of Uncertainty:** You feel as if you *must* have a 100% guarantee of safety or absolute certainty. Any hint of doubt, ambiguity, or the possibility of negative outcome (however small) is unacceptable. This is the core distortion of OCD.
- **Overestimation of Threat:** You exaggerate the probability that a negative outcome will occur
 - It will be awful
- **Overestimation of Responsibility:** You believe that because you think about harmful consequences, you are therefore responsible for preventing harm from coming to yourself or others. Failure to prevent (or failure to try to prevent) harm is the same thing as causing harm.

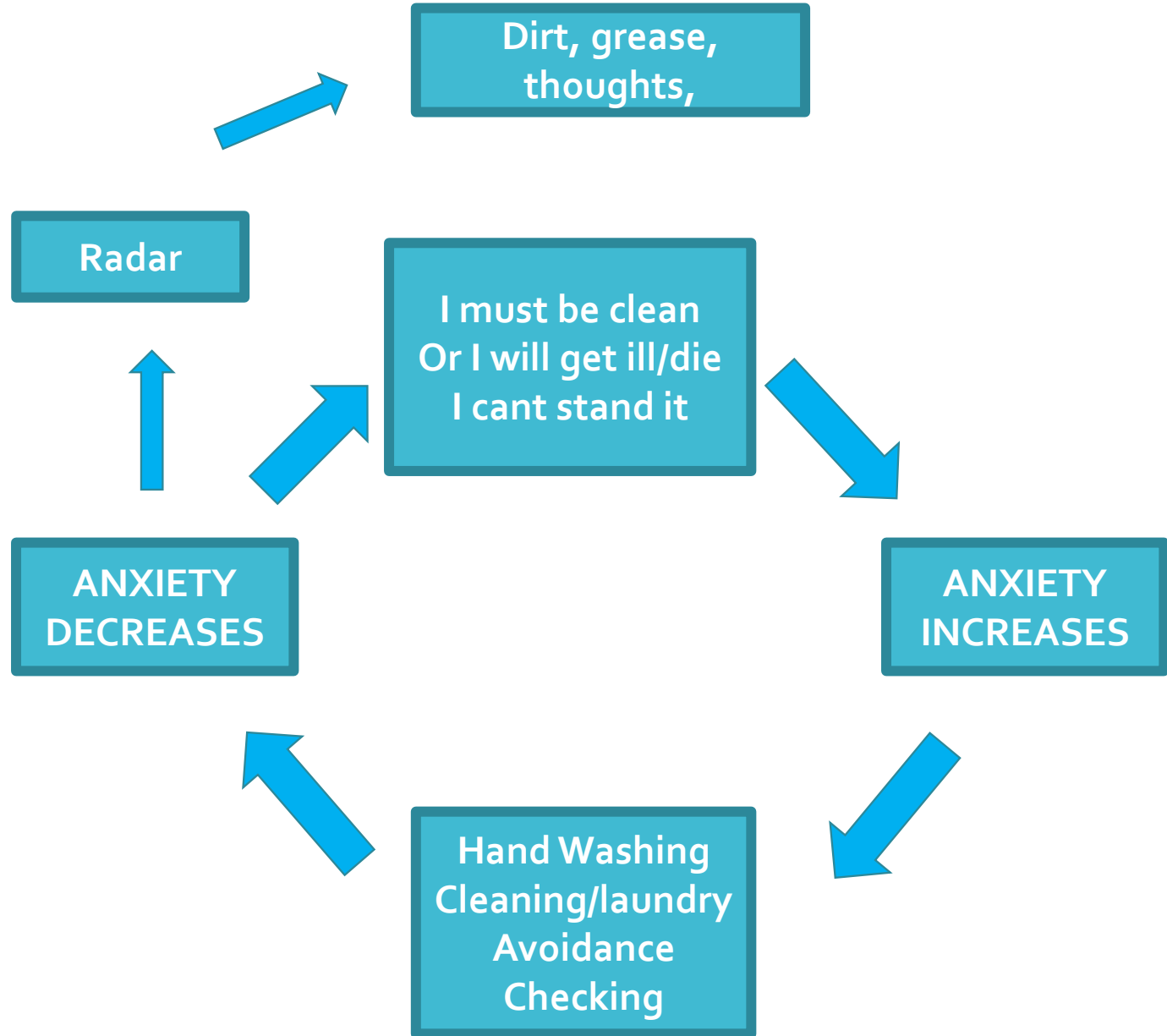
Thinking Errors

- **Significance of Thoughts:** You believe that your negative obsessional thoughts are overly important or very meaningful. For example, the idea that there is something seriously wrong with your brain because you have senseless thoughts.
- **Moral Thought-Action Fusion:** You believe that your unwanted thoughts are morally equivalent to performing a terrible action. Therefore, you think you are an awful, immoral, or disgraceful person for thinking these thoughts.
- **Magical Thinking:** You believe that thinking certain thoughts increases the chance that something terrible will happen. For example, “If I think about death, someone will die.”

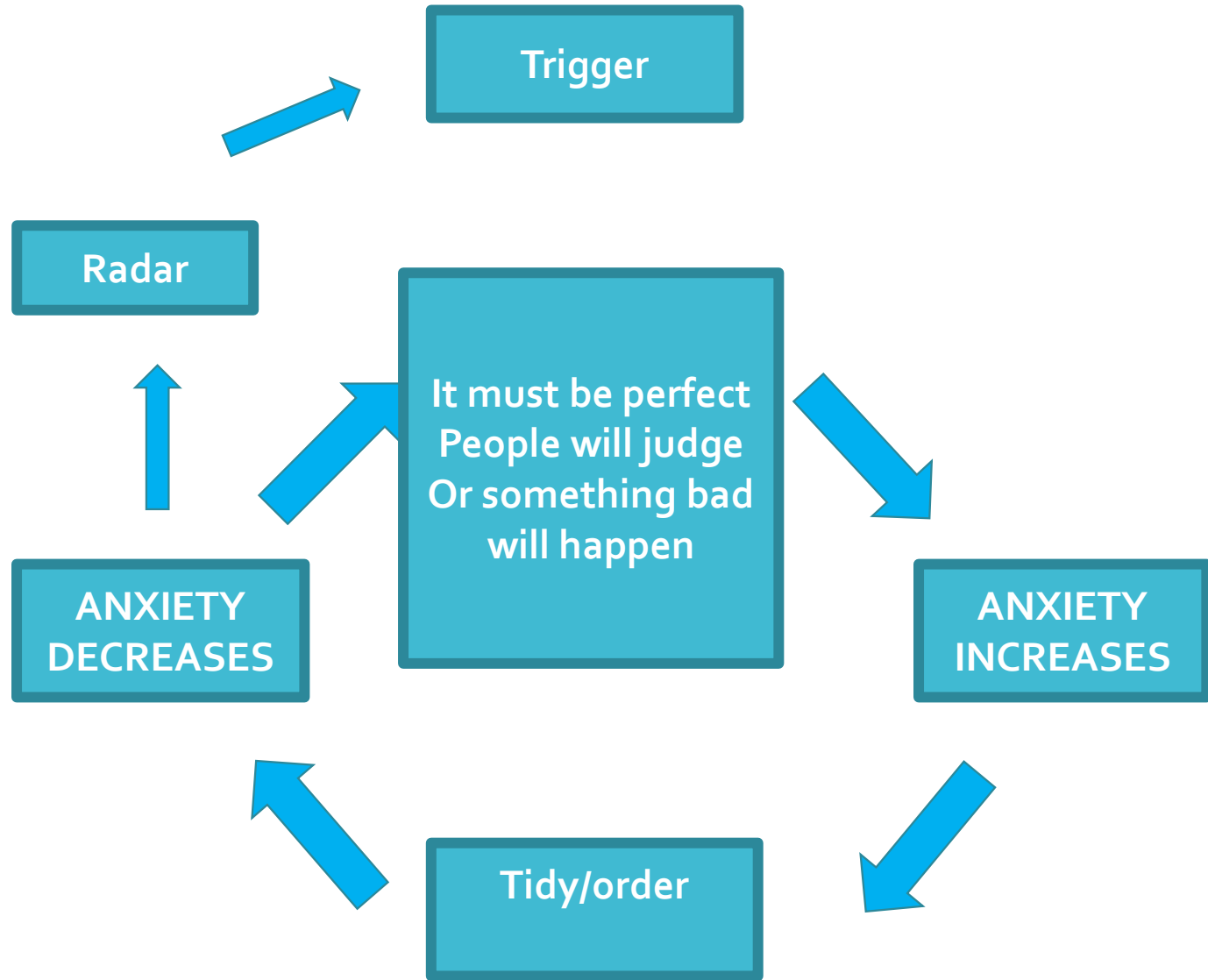
Thinking Errors

- **Need to Control Thoughts:** Beliefs about the significance of thoughts lead you to feel the need to control your obsessional thoughts (and actions). You worry that if you don't control (or try to control) unwanted thoughts, something terrible could happen that you could have prevented. Some people worry they will act on their unwanted thoughts unless the thoughts are suppressed.
- **Intolerance of Anxiety:** You feel that anxiety or discomfort will persist forever unless you do something to escape. Sometimes the fear is that the anxiety or emotional discomfort will spiral out of control or lead to "going crazy," losing control, or other harmful consequences.
- **The "Just Right" Error (Perfectionism):** You feel that things must be "just right" or perfect in order to be comfortable. A related belief is the feeling that things need to be "evened out" or symmetrical or else you will always feel uncomfortable.
- **Emotional reasoning:** You assume that danger is present based simply on the fact that you are feeling anxious.

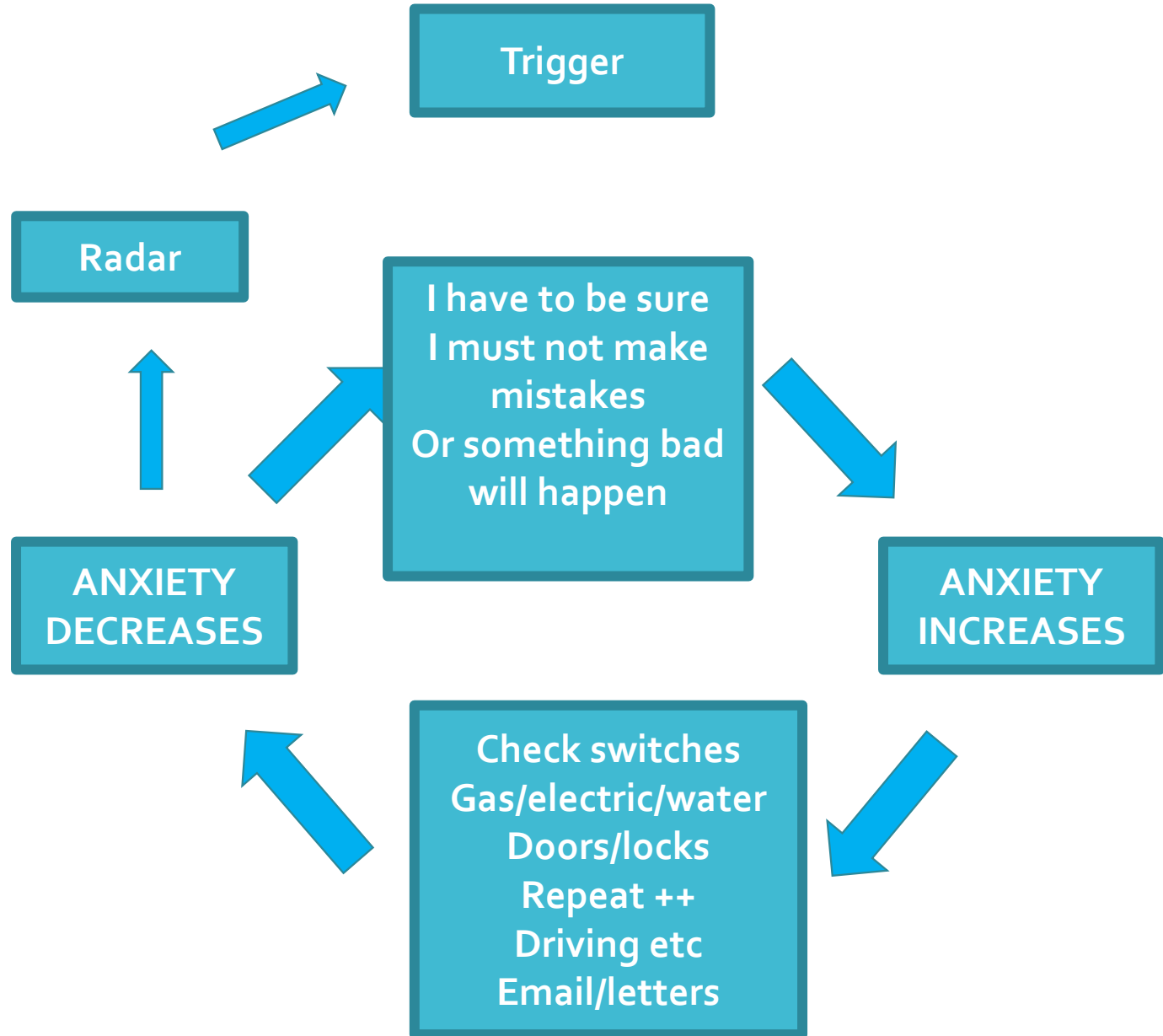
Contamination



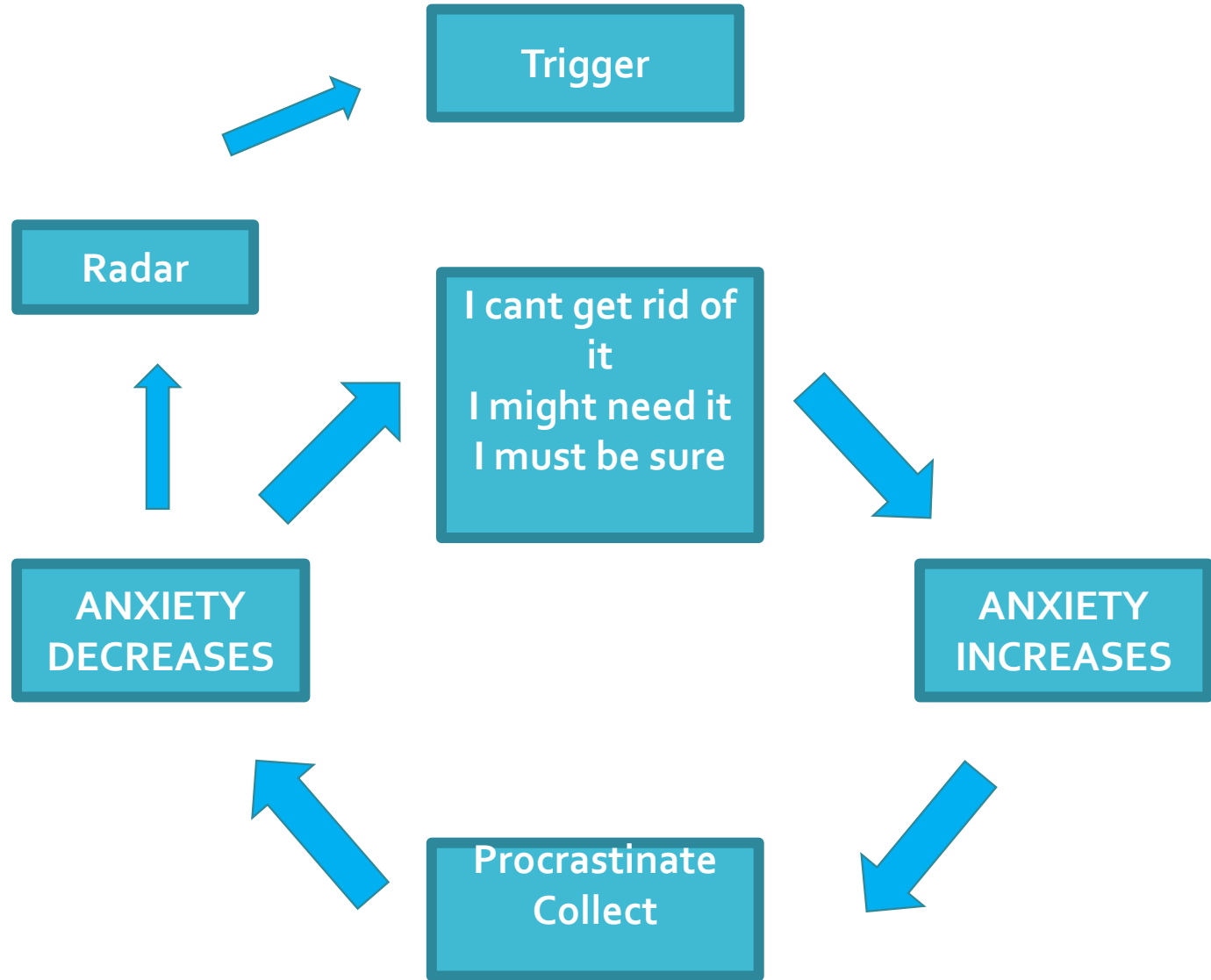
Order & Symmetry



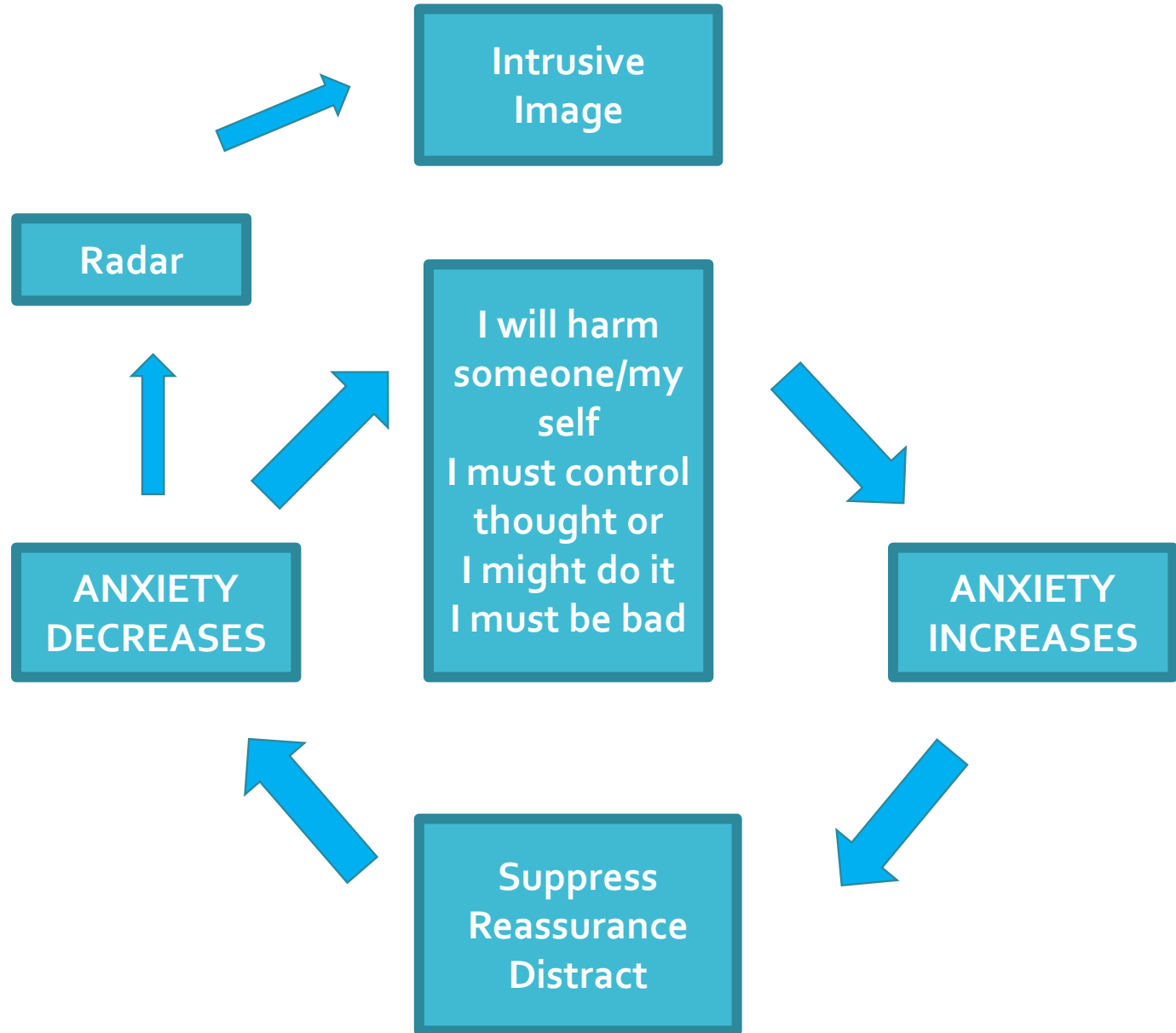
Checking



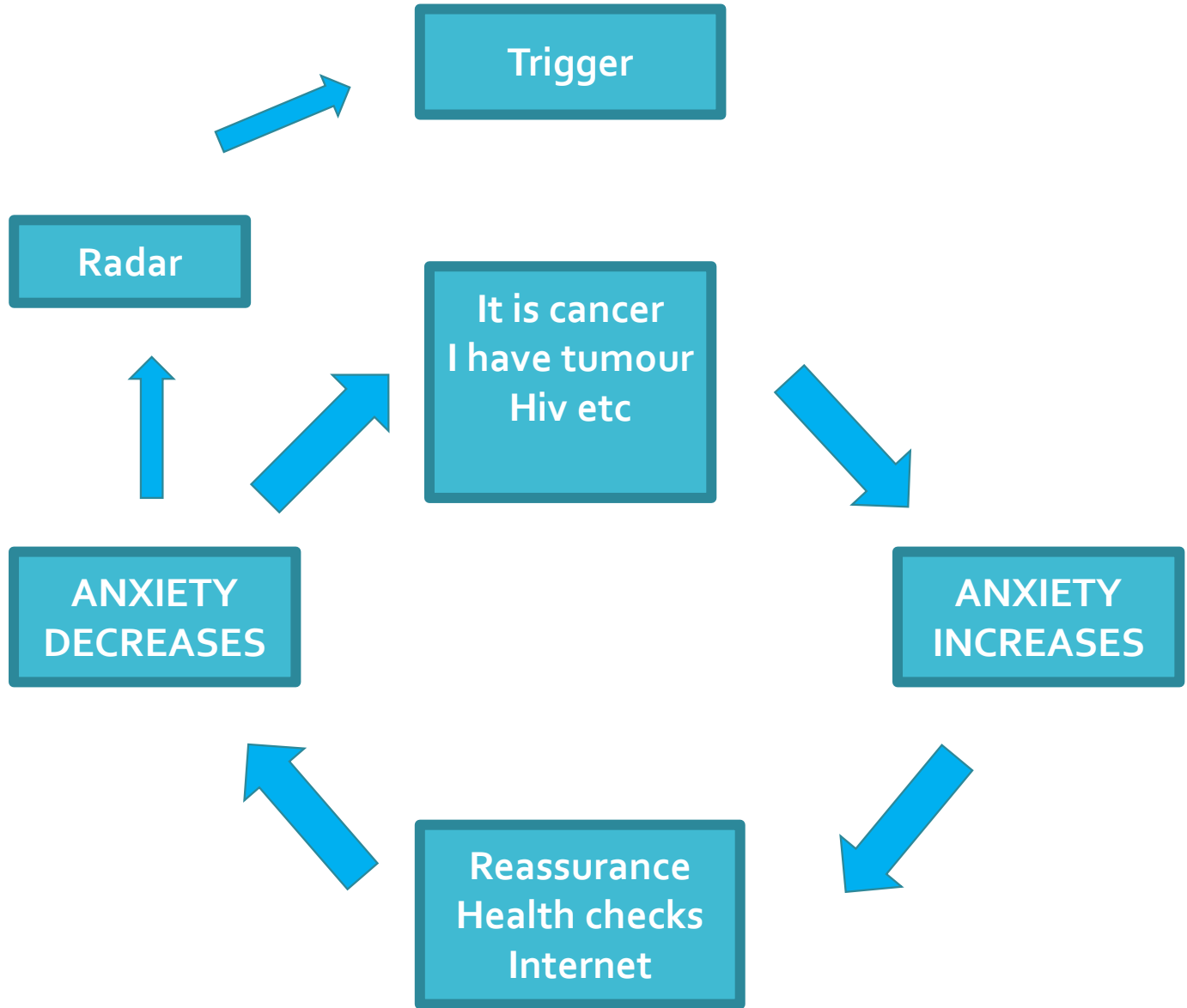
Hoarding



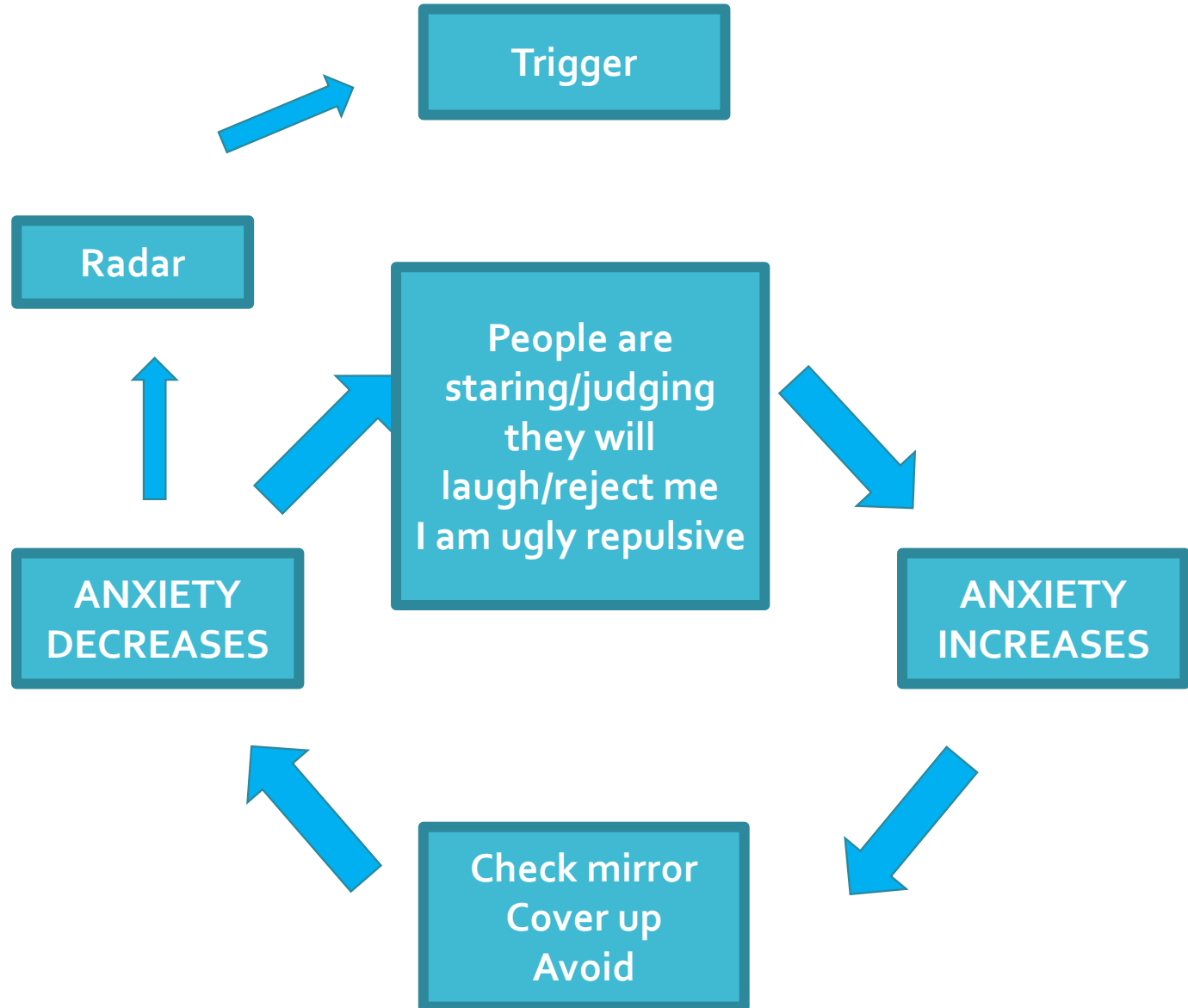
Intrusive Thoughts – Pure O



Health Anxiety



Body Dysmorphic Disorder

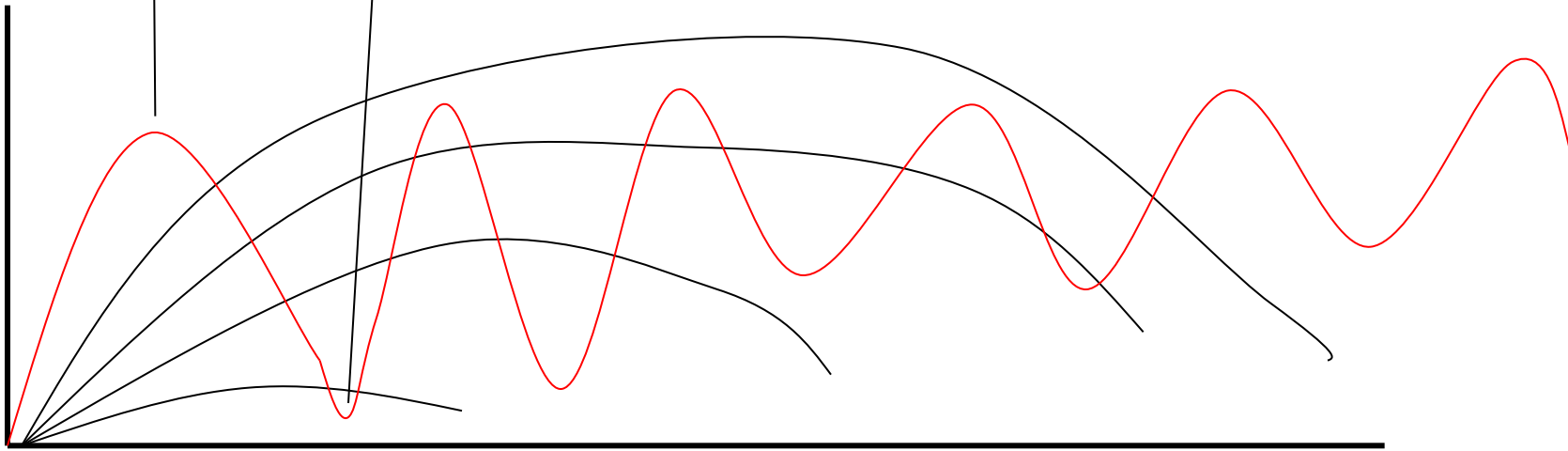


Treatment

- Education
- Anxiety
- Normalise
- OCD bully
- Challenge negative thoughts
- Evidence
- Delay compulsion
- Exposure and Response Prevention
- Mindfulness
- Disengaging from the thoughts

Avoidance

Trigger



Exposure

- **Graded**
 - progressing step by step through confronting increasingly difficult tasks until they become manageable
- **Prolonged**
 - staying in the situation long enough for your anxiety levels to reduce
- **Repeated**
 - the more you practice each task the more likely it is that you will become accustomed to it and less anxious

- Nothing fixes a thing so intensely in the memory as the wish to forget it.
 - - Montaigne
- Depend on the rabbit's foot if you will, but remember, it didn't work for the rabbit.
 - R. E. Shay

Contact

- david@manchestercbt.co.uk

- <http://www.ocduk.org/sites/default/publications/Flip-ChildrensGuide/>