

# OCD

## ( Obsessive Compulsive Disorder)



### Learning Objective:

1. To define OCD
2. To distinguish between obsessions and compulsions
3. To discuss the behavioural, cognitive and emotional characteristics of OCD

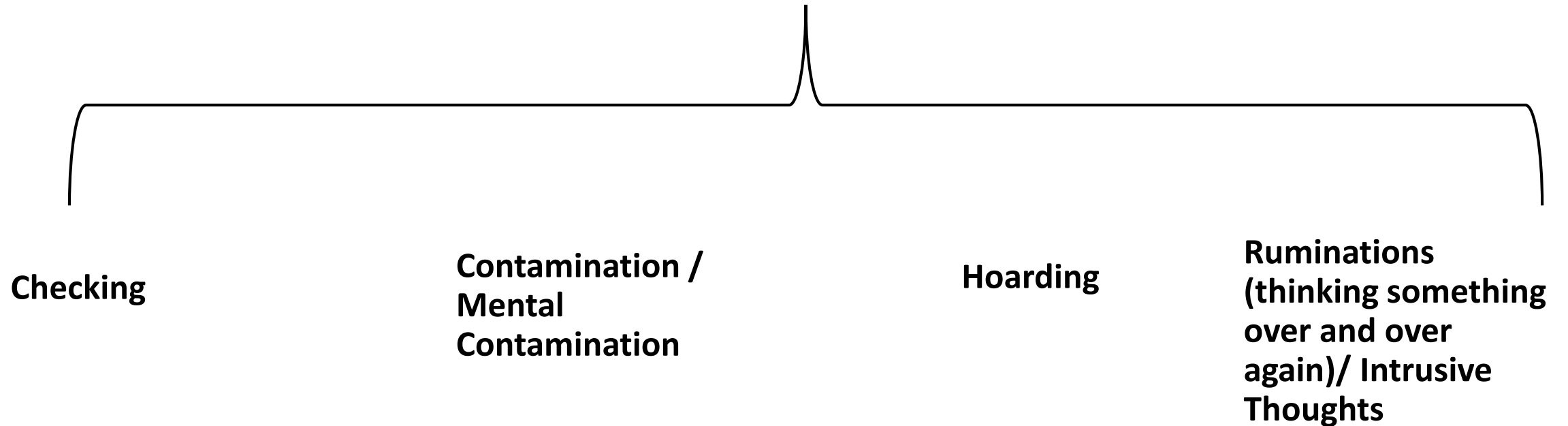
# Obsessive Compulsive Disorder- OCD

A serious anxiety-related condition where a person experiences frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions, impulses or urges.



# OCD

Typically a person's OCD will fall into one of the four main categories:



# DSM categories of OCD

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graph TD; A[DSM categories of OCD] --- B[OCD]; A --- C[Trichotillomania]; A --- D[Hoarding disorder]; A --- E[Excoriation disorder];
```

## OCD

Either obsession (recurring thoughts/ images etc) and/ or compulsions (hand washing)

Most people have both compulsions and obsessions

## Trichotillomania

Compulsive hair pulling

## Hoarding disorder

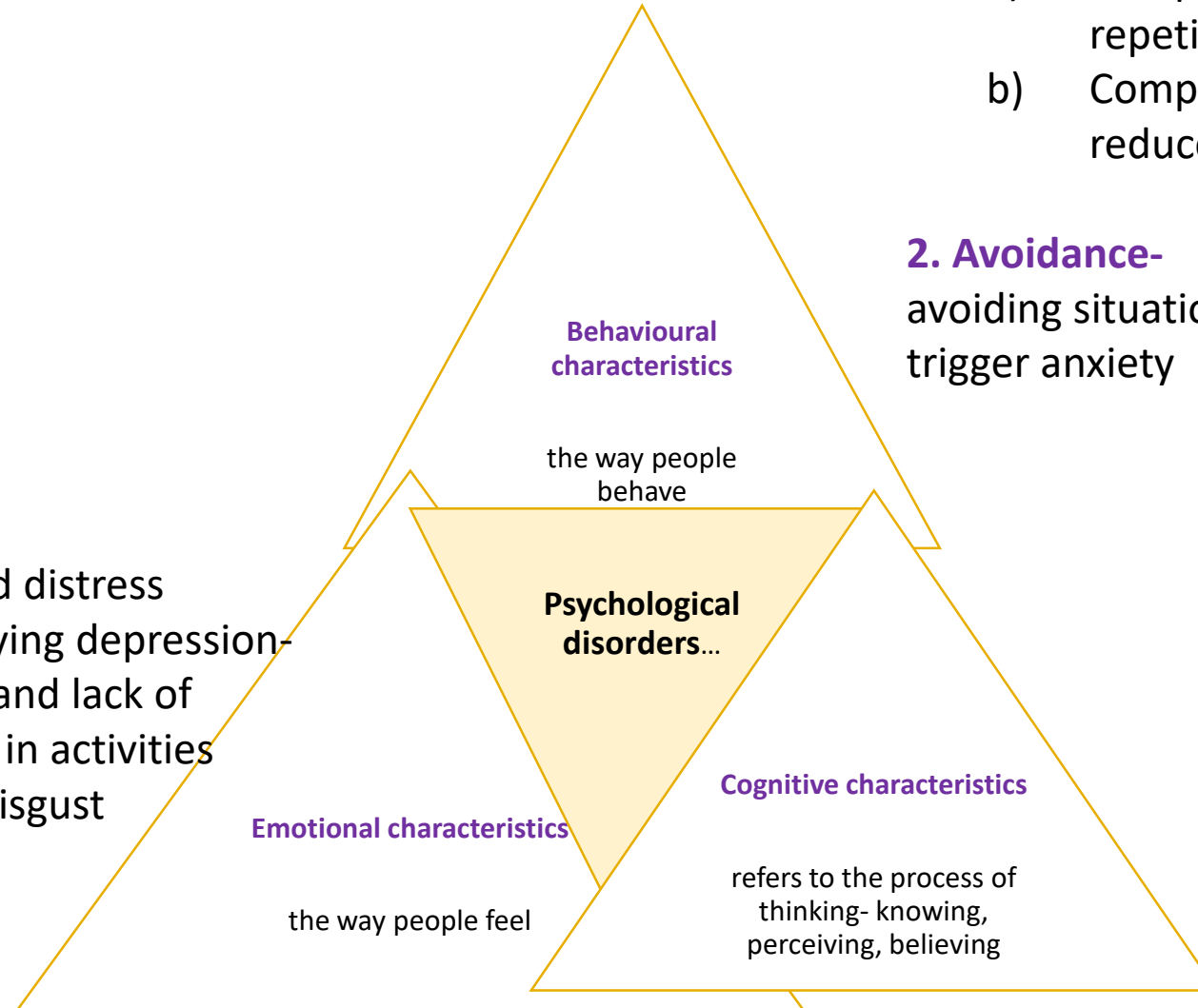
The compulsive gathering of possessions and the inability to part with anything regardless of its value

## Excoriation disorder

Compulsive skin picking

# Outline... of OCD

- Anxiety and distress
- Accompanying depression- low mood and lack of enjoyment in activities
- Guilt and disgust



## 1. Compulsions/ compulsive behaviour

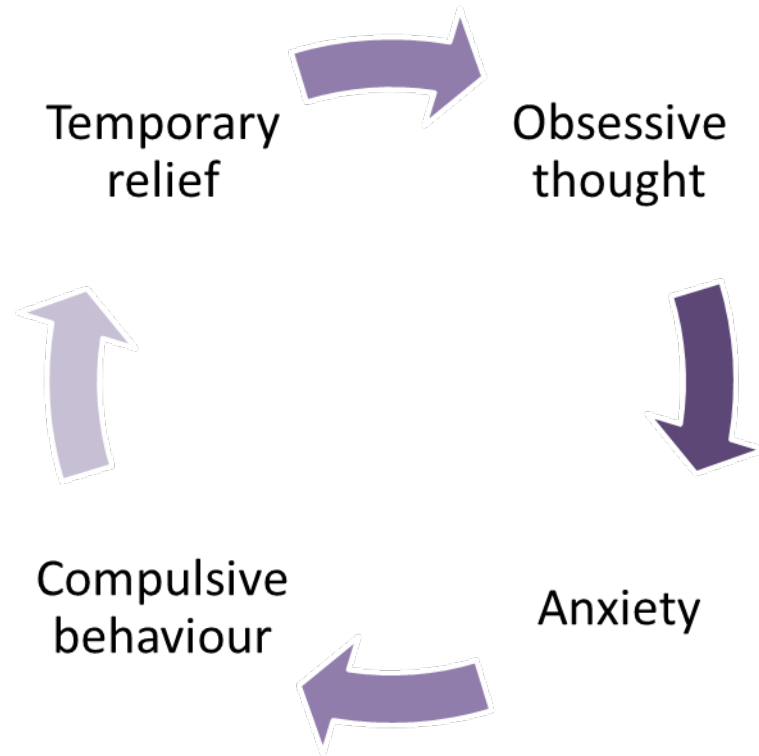
- a) Compulsions are repetitive
- b) Compulsions reduce anxiety

## 2. Avoidance-

avoiding situations that trigger anxiety

- Obsessive thoughts- thoughts recur over and over
- Cognitive strategies to deal with obsessions
- Insight into excessive anxiety- hypervigilant, highly alert and focused attention on potential hazards

# OCD



[https://www.youtube.com/watch?v=EikwZZnO\\_hY#t=162.5803172](https://www.youtube.com/watch?v=EikwZZnO_hY#t=162.5803172)

AfL:

What is 'obsessive-compulsive disorder'?

**[3 marks]**

# AO1 = 3 marks

## ***What is 'obsessive-compulsive disorder'?***

- Award up to three marks for describing 'obsessive-compulsive disorder'.
- Award 1 mark for a definition of 'obsession': a persistent/recurrent/unwanted thought.
- 1 mark for a definition of 'compulsion': a repetitive behaviour/ritual.
- 1 more mark for additional information, such as: it is a form of anxiety disorder; maladaptive/disrupts daily life; recognition by individual that obsession/compulsion is excessive; general/physiological symptoms of anxiety eg panic; underlying theoretical principles; mark can be awarded for an example that illustrates both aspects.
- A mark can be awarded for an example of that illustrates both aspects.



# Homework

1. Consolidation cards:

What is OCD?

Incl behavioural, cognitive and emotional characteristics