

## Psychology – Psychopathology – Obsessive Compulsive Disorder

- 2-3% of the population – more women are sufferers than men;
  - Develops in early adulthood, often following a stressful event;
  - Early onset is more common in men than women;
  - Cleansing obsessions associated with women sufferers;
  - Checking obsessions associated with male sufferers;
  - Can develop during depression;
  - Co-morbidity with other anxiety disorders, panics and phobias, personality disorders, depression;
  - Aside from Tourettes, OCD has no real reliable biological explanation.
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- Obsessions – thoughts consistently intruding the conscious mind. Usually fears.
  - Compulsions – things you are driven to do to overcome the obsessions.

### **Psychodynamic Explanation of OCD**

#### Freud

- OCD a result of a fixation at the anal stage due to harsh toilet training;
- Obsessions and compulsions are id impulses, either sexual or aggressive;
- OCD is a partially successful ego defence mechanism:
  - Reaction formation (doing the opposite of what you want to do);
  - You actually want to soil yourself but reaction formation means you cleanse constantly.

#### Alder

- "Power and competency" rather than sex;
- OCD is due to incompetence brought about by doting and domineering parents;
- OCD is brought about because of a lack of SELF-EFFICACY – the knowledge that you are not out of your depth socially".

### **Behavioural Explanation of OCD**

- Compulsions are an operant escape response – a learned response to reduce anxiety.
- The behavioural model has no explanation of obsessions as that is related to the MIND.

### **Cognitive Behavioural**

- Compulsions are associated with memory deficits.
- Obsessions are the mind's way of suppressing negative thoughts.
- There are significant memory deficits in OCD sufferers, who have a poor memory for actions in general, giving support for this explanation.
- In a state of deep emotional trauma, an individual doubts their ability to cope with negative thoughts arising. Therefore, thoughts are suppressed. An obsession is a repressed negative emotion.