

Index

- acne, skin picking and, 148–9
- acts of commission
 - fear of harm to self and others, 28–32, 228–38
 - inappropriate speech *vs.* Tourette syndrome, 234–5
 - key points, 238–9
 - violent thoughts and, 231–2
- acts of omission
 - case studies, 225–7
 - fear of harm to self and others and, 26–8, 223–7
 - key points, 227
- addiction pathways, drug action in, hair-pulling disorder (trichotillomania), 145–7
- addictive properties of OCD medications, 53–4
- adolescents with body dysmorphic disorder, 129
- adolescents with OCD
 - incidence and prevalence, 98–9
 - key points, 110–11
 - overview of, 106–8
 - signs of, 107–8
- age of onset, OCD prevalence and, 11–12
- alcohol/drug misuse
 - OCD and, 41–2
 - OCD management and, 197–9
 - skin picking and, 148–9
- anxiety disorders
 - compulsions and, 69
 - contamination fears and, 75–6
 - ERP and, 208
 - OCD and, 40
- Anxiety Management Training, 168–71
- Asperger's syndrome, 41
- autism spectrum disorder (ASD)
 - glial cell involvement in, 112–14, 119–20
 - OCD and, 41, 269–72
 - symmetry OCD, 34–5, 269–71
- autoimmune response
 - glial cell involvement in, 119–20
 - OCD and, 108–10
- avoidance, contamination fears and, 206–7
- awareness training
 - hair-pulling disorder (trichotillomania) treatment, 147
 - tic disorder and Tourette syndrome, 144–5
- basal ganglia, dopamine blocker and, 56–8
- beta-haemolytic streptococcus group A (strep), OCD and, 108–10
- black-and-white thinking
 - OCD and, 8
 - perfectionism and, 32
 - religion and, 18
- blame, families of OCD patients and avoidance of, 159
- blasphemous thoughts, OCD and, 246–8
- body, fear of losing, 256–60
- body dysmorphic disorder
 - case study, 128
 - classification of, 40
 - depression and, 129
 - incidence and prevalence, 129
 - key points, 155–6
 - OCD and, 123
 - signs and symptoms of, 128–33
 - skin picking and, 148–9
 - treatment, 129–33
- Body Mass Index (BMI), OCD management and, 194–5
- brain surgery
 - OCD and, 112–17
 - precision in, 115–17

- breastfeeding, medication for OCD and, 55
 Bunyan, John, 18
- caffeine, OCD management and, 197-9
- capsulotomy, 115-17
- caregivers for OCD patients, guidelines for
 OCD management for, 157-67
- Care Quality Commission, 115-17
- case studies
- acts of commission, fear of harm to self or others, 28-32, 233-7
 - acts of omission, fear of harm to self or others, 26-8, 225-7
 - body dysmorphic disorder, 128
 - children with OCD, 100-3
 - compulsive rituals, 16
 - contamination fears, 23-6, 75-6, 78-82, 220-2
 - families of OCD patients in, 16, 160-4
 - fear of harm, acts of omission, 225-7
 - fear of losing body or mind, 256-60
 - fear of losing information, 251
 - health anxiety, 149-56
 - hoarding disorder, ERP treatment, 90-2, 139-40
 - loss of objects, 32-4, 250-64
 - in OCD, 3-5, 7-8
 - paedophilia obsession and, 241-6
 - perfectionism, 86-8, 268-71
 - reassurance-seeking, ERP therapy, 77-8
 - religion and, 11-19
 - ruminations OCD, 37-8, 88-90, 273-6
 - slowness and, 35-7
 - symmetry OCD, 34-5
 - tic disorder and Tourette syndrome, 144-5
- chance programmes, perfectionism
 treatment, 268
- children of parents with OCD, risks for, 164-5
- children with OCD
- ERP therapy response in, 92-3, 102-3
 - incidence and prevalence, 11-12, 98-9
 - key points, 110-11
 - medication guidelines, 104-6
 - parenting issues and, 104
- China, OCD in, 18-19
- cingulotomy, 115-17
- citalopram, safety of, 54
- clomipramine
- children with OCD, 104-6
 - dopamine blocker and, 56-8
 - efficacy of, 51-3
 - failure of, 55-6
 - key points, 63-4
 - OCD therapy with, 47-9
 - personality impact of, 54
 - for pregnant patients, 55
 - safety of, 54
- clozapine, OCD and use of, 62
- cognitive behaviour therapy (CBT)
- body dysmorphic disorder, 129-33
 - OCD and, 58-63, 96
 - skin picking and, 148-9
- competing response practice
- hair-pulling disorder (trichotillomania)
 treatment, 147
 - tic disorder and Tourette syndrome
 treatment, 144-5
- compulsions
- checking treatment for, 84-8, 223-7
 - defined, 2
 - incidence and prevalence, 5-8, 11-12
 - key points, 9
 - as magical thinking, 69
- confusion, ruminations OCD, 38
- constipation, contamination fear and, 38-9
- contamination fears
- characteristics, 23-6
 - dangers of, 207-8
 - exposure and response prevention case studies, 75-6, 78-82
 - first week programme example, 182-4
 - guidelines for treatment and management of, 205-22
 - human defence mechanisms and, 211-12
 - mental contamination, 211
 - overview, 206-7
 - pandemic and, 209-10
 - treatment programme development for, 213-15
 - treatment resources for, 176-7
- control by OCD patients, of families, 16, 160-4
- coping mechanisms for OCD, 168-73

- COVID-19 pandemic
 contamination fears and, 209–10
 risks of ERP and, 82–3
 culture, OCD and, 18–20
- daily activities programme, 184
- dangerous acts, fear of harm to self and others and, 237–8
- decontamination compulsions,
 contamination fears and, 206–7
- deep brain stimulation, OCD and, 112–14,
 117–18
- depression
 body dysmorphic disorder and, 129
 hair-pulling disorder (trichotillomania)
 treatment, 147
 OCD and, 39–40
- Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, 124–5
 hoarding disorder and, 260–4
- diet management
 gut bacteria in OCD and, 120
 OCD and, 38–9, 192–6
- diverticular disease, OCD and, 38–9
- DNA, fear of losing, 251
- dopamine blockers
 hair-pulling disorder (trichotillomania),
 145–7
 hoarding disorder treatment with, 135–40
 OCD treatment and additions, 56–8
 drug treatment for OCD, history of, 46
- eating disorders, OCD and, 42
- Ebola, 209–10
- efficacy assessment
 ERP therapy, 92–3
 medications for OCD, 51–3
- electroshock treatment (electroconvulsive therapy), OCD treatment with, 46
- escitalopram, safety of, 54
- exercise, OCD management and, 196–7
- exposure and response prevention (ERP)
 abnormal exposure tasks, 76–7
 body dysmorphic disorder, 129–33
 children with OCD, 101–3
 cognitive behaviour therapy vs., 96
 contamination fear case studies, 75–6,
 78–82
- COVID-19 pandemic and, 209–10
 efficacy of, 92–3
 exposure principle, 70–6
 exposure task performance, 180–2
 extremes and risk assessment, 184–6
 family involvement in, 165–6
 first week programme example, 182–4
 guidelines for, 168–71
 hoarding disorder treatment, 90–2, 135–40
 key points, 97, 281
 lack of success with, 93–6
 mood and anxiety and, 208
 OCD and, 47, 65–97
 outcomes with, 277–81
 pandemic and, 209–10
 patient's rejection of, 162–4
 perfectionism and slowness case studies,
 86–8
 reassurance-seeking, 77–8
 reduction in anxiety levels with, 188
 risks associated with, 82–3, 208–21
 ruminations OCD, 88–90, 273–6
 self-reinforcement and, 188–9
 exposure principle, 70–6
- failure, OCD and fear of, 8
- family of OCD patient
 children with OCD, 100–3
 guidelines for OCD management for,
 157–67
 impact on, 16
 key points in guidelines for, 167
 OCD genetics and, 120–1
 parents with OCD, risks to children, 164–5
 treatment in support of, 162–4
 treatment protocol and role of, 165–6
- family therapy
 children with OCD and, 101–3
 hair-pulling disorder (trichotillomania)
 treatment, 147
 health anxiety management and, 149–56
 OCD and, 96–7
- fear of harm to self and others
 acts of commission, 28–32, 228–38
 acts of omission, 26–8, 223–7
 inappropriate speech, 234–5
 key points, 238–9
 violent thoughts and, 233–7

- fitness, OCD management and, 196–7
 fluid intake, OCD management and, 192–9
 *Freeman, 115
- gender, OCD prevalence and, 5–8, 11–12
 generalisation training
 hair-pulling disorder (trichotillomania)
 treatment, 147
 tic disorder and Tourette syndrome
 treatment, 144–5
 genetics, OCD and, 13–14, 120–1
 glial cells
 inflammation of, OCD and, 119–20
 OCD and, 112–14
 glutamate system
 hair-pulling disorder (trichotillomania),
 145–7
 medications for OCD and, 61–2
 OCD and, 112–14
 graded exercises, health anxiety
 management and, 149–56
 gut bacteria, OCD and range of, 120
- habit control motivation, hair-pulling
 disorder (trichotillomania) treatment,
 147
 habit reversal treatment
 hair-pulling disorder (trichotillomania)
 treatment, 147
 skin picking and, 148–9
 tic disorder and Tourette syndrome,
 140–5
 habituation
 contamination fear ERP therapy and, 73–6
 memory and, 224–5
 hair-pulling disorder (trichotillomania), 40,
 145–7
 health anxiety, OCD and, 123, 149–56
 heart cycle, clomipramine impact on, 49, 54
 heinous crimes, fear of harm to self and
 others and, 237–8
 hierarchy of compulsions
 abnormal exposure tasks, 76–7
 anxiety/distress over, 184
 contamination fear ERP therapy, 73–6
 contamination fears treatment
 programme, 220–1
 ERP treatment, 277–81
 ladder hierarchy of fears, 178–82
 reassurance-seeking, ERP therapy, 77–8
 HIV/AIDS, contamination fears and, 25–6,
 209–10
 hoarding disorder, 40
 exposure and response prevention
 treatment for, 90–2
 health risks of, 39–43, 260–4
 key points, 155–6
 loss of objects and, 260–4
 OCD and, 123, 134–40
 overview, 134–40
 resources for managing, 260–4
 treatment, 135–40
 hormones, OCD and, 112–14
 human defence mechanisms,
 contamination fears and, 211–12
- impact definition chart, 282–5
 impulse control disorders, hair-pulling
 disorder (trichotillomania) as, 145–7
 Increasing Access for Psychological Therapy
 (IAPT), 168–71
 infection
 human defence mechanisms against,
 212–13
 OCD and, 108–10
 inflammation, OCD and, 119–20
 information, fear of losing, 251
 inpatient treatment for OCD, 162–4
International Classification of Diseases
 (ICD), 124–5
 Israeli ultra-Orthodox Jews, OCD and, 18–19
 job performance, OCD impact on, 17–18
 kidney damage, OCD and, 38–9, 192–6
 ladder hierarchy of fears, 178–80
 anxiety/distress over, 184
 contamination fears treatment
 programme, 220–1
 exposure task performance, 180–2
 life goals chart, 176–7
 limbic leucotomy, 115–17
 loss of objects, OCD and, 32–4, 250–64
 fear of losing mind or body, 256–60
 hoarding disorder, 260–4

- loss of objects, OCD and (cont.)
 key points, 264
 loss of information, 251
 Lucky Dip programme, perfectionism
 treatment, 267
- magical thinking, 44
 compulsions and, 69
 OCD and, 30-1
- mastery, OCD management and role of,
 200-1
- maternal OCD, 12-13
 contamination fears, 23-6
- medications for OCD. *See also* specific drugs
 addictive properties, 53-4
 in children, 104-6
 commonly used drugs, 51
 dopamine blocker additions, 56-8
 efficacy of, 51-3
 failure of, 55-6
 family involvement in treatment with,
 165-6
 glutamate system and, 61-2
 hoarding disorder and, 135-40
 newer atypical drugs, 58-60
 overview of, 46-7
 personality changes and, 54
 in pregnant patients, 55
 safety of, 54
 skin picking and, 148-9
 Tourette syndrome treatment, 140-5
 weight fluctuation and, 192-6
- memory, habitual behaviours and, 224-5
 mental contamination, 211
- Middle Eastern Respiratory Syndrome
 (MERS), 209-10
- mind, fear of losing, 256-60
- modern society, OCD and, 18-20
- mood shifts, ERP and, 208
- morbidity and mortality with OCD, 38-9
- multifactorial inheritance, OCD risk and,
 13-14
- N-Acetylcystein*, hair-pulling disorder
 (trichotillomania) treatment, 146-7
- National Institute for Health and Care
 Excellence, 168-71
- National Treatment Centre for OCD, 168-71
- obesity, OCD and, 42
- obsessions
 covert compulsions with, 88-90
 defined, 2
 incidence and prevalence, 5-8
 key points, 9
 list of common obsessions, 67-8
 overcoming 'taboo' thoughts, 240-9
- obsessive compulsive disorder (OCD)
 in adolescents, 98-111
 autism and, 41, 269-71
 body dysmorphic disorder and, 123, 128-33
 brain surgery for, 114-17
 case studies, 3-5, 7-8
 in children, 98-111
 commonly used medications for, 51
 comparison of treatments for, 112-14
 compulsive ritual case study, 16
 contamination fears, 23-6
 coping mechanisms for, 168-73
 deep brain stimulation, 117-18
 defined, 5
 drug treatment of, 46
 efficacy of medications for, 51-3
 exposure and response prevention, 47
 genetics and, 13-14, 120-1
 hair pulling and, 123-4, 147
 health anxiety and, 123-4, 149-56
 history of, 18-20
 hoarding disorder and, 123-4, 134-40
 incidence and prevalence, 5-8
 infection and, 108-10
 inflammation and, 119-20
 key points, 9
 list of common obsessions, 67-8
 loss of objects, 32-4
 maternal OCD, 12-13
 medication overview, 46-7
 organisations for help and support, 171-3
 perfectionism, 32
 physical risks with, 38-9, 44
 population studies of, 11-12
 psychological disorders and, 39-44
 ruminations, 37-8, 44, 273-6
 self-help resources, 171
 similar conditions, 123-56
 skin picking and, 123-4, 148-9
 slowness OCD, 35-7, 266

- symmetry OCD, 34–5, 269
- symptoms, 2
- themes of, 22–3
- therapeutic overview, 121–2
- Tourette syndrome and, 123–4, 140–5
- transcranial magnetic stimulation, 118–19
- treatment and recovery outcomes, 15–18
- typology of, 23–38
- wellbeing and, 191–204
- overdose risk, clomipramine, 49
- oxytocin, OCD and, 120–1
- paediatric autoimmune neuropsychiatric disorders associated with streptococcal infection (PANDAS), 99, 108–10
- paediatric/childhood acute-onset neuropsychiatric syndrome (PANS/CANS), 99, 108–10
- paedophilia, OCD and
 - overcoming ‘taboo’ thoughts, 241–6
 - ruminations and, 88–90
 - treatment for, 177–8, 235–7
- pandemic, ERP therapy during, 209–10
- parenting skills
 - children with OCD and, 104
 - parents with OCD, 164–5
- Parkinson’s disease, deep brain stimulation and, 117–18
- perfectionism, 32
 - contamination fears and, 206–7
 - slowness and, 35–7
 - treatment case studies, 86–8, 266–8
- personality changes, medications for OCD and, 54
- personality disorders, OCD and, 43
- physical risks with OCD, 38–9, 44
- physician-patient relationship, health anxiety management and, 149–56
- Pilgrim’s Progress* (Bunyan), 18
- pleasure activities, OCD management and role of, 200–1
- police, OCD and involvement with, 28
- post-traumatic stress disorder (PTSD), OCD and, 40–1
- prefrontal leucotomy, 115
- pregnancy and childbirth
 - maternal OCD and, 12–13
 - medications for OCD and, 55
- pre-puberty, OCD development in, 13–14
- Principles of Treatment, 282–5
- Prolactin, OCD medication and, 56–8
- prolonged QTc interval, clomipramine impact on, 49, 54
- psychological disorders, OCD and, 39–43
- psychological treatment for OCD
 - cognitive behavioural therapy, 96
 - exposure principle for, 70–6
 - family therapy and, 96–7
 - guidelines for using, 168–71
 - hoarding disorder treatment, 135–40
 - tic disorder and Tourette syndrome treatment, 140–5
- Pure O, defined, 275
- reassurance-seeking, ERP therapy, 77–8
- recovery from OCD, 15–18, 21
- religion
 - blasphemous thoughts and, 246–8
 - case studies in OCD and, 11–19
- resilience
 - children with OCD and, 104
 - heritability of, 120–1
 - OCD development and, 13–14
- risk assessment, ERP therapy, 82–3, 184–6
- rituals
 - ladder hierarchy of fears for, 178–80
 - OCD case studies of compulsive rituals, 16, 88–90
- ruminations OCD, 37–8, 44
 - key points, 276
 - non-obsessive ruminations, 275–6
 - treatment of, 88–90, 273–6
- safety issues with OCD
 - family and caregivers of OCD patients and, 158–9
 - medication safety and side effects, 54
- schizophrenia, OCD and, 42–3
- Scottish Intercollegiate Guidelines Network (SIGN), 168–71
- second opinion appointed doctor (SOAD), brain surgery for OCD and, 115–17
- sedative drugs, OCD treatment with, 46
- selective serotonin reuptake inhibitors (SSRIs)
 - children with OCD, 104–6

- selective serotonin reuptake inhibitors (SSRIs) (cont.)
 - dopamine blocker and, 56–8
 - efficacy of, 51–3
 - failure of, 55–6
 - glutamate system and, 61–2
 - guidelines for using, 168–71
 - hair-pulling disorder (trichotillomania), 145–7
 - health anxiety treatment, 149–56
 - higher than licenced dosages, 58–60
 - hoarding disorder treatment with, 135–40
 - key points, 63–4, 155–6
 - maternal OCD and risk of, 12–13
 - OCD treatment, 49–51
 - personality impact of, 54
 - for pregnant patients, 55
 - safety of, 54
- self-assessment charts, 282–5
- self-exposure programme guidelines, 189–90
- self-help resources for OCD patients, 171
 - downloadable charts and reminders, 282–5
 - treatment sources, 175–6
- self-imposed response prevention,
 - contamination fear ERP therapy, 72–3
- self-neglect, OCD and, 38–9
- self-reinforcement, ERP programmes and, 188–9
- serotonin neurotransmitter system (5HT),
 - clomipramine effect on, 47–9
- sertraline
 - children with OCD and, 101
 - higher than licenced dosages, 58–60
 - safety of, 54
- set-backs in treatment of OCD, 187
- Severe Acute Respiratory Syndrome (SARS), 209–10
- shifting responsibility in treatment of OCD, 186–7
- side effects of OCD medication
 - clomipramine, 47–9
 - dopamine blocker and, 56–8
 - SSRIs, 49–51
- skin defence mechanisms, contamination
 - fears and, 211–12
- skin picking
 - classification of, 40
 - OCD and, 123
 - treatment, 148–9
- sleep hygiene, OCD management and, 200
- slowness, OCD and
 - case studies, 35–7, 86–8
 - key points, 271–2
 - management of, 266
- smoking, OCD management and, 197–9
- stress, hair-pulling disorder (trichotillomania) and, 145–7
- subcaudate tractotomy, 115–17
- Sydenham's chorea, 108–10
- symmetry OCD, 34–5, 269
 - key points, 271–2
- 'taboo' thoughts, OCD and, 240–9
- thought-action fusion, 30–1, 229–31, 238–9
- tic disorders, treatment for, 140–5
- Tourette syndrome
 - classification of, 40
 - fear of harm to self and others vs., 234–5
 - infection and, 108–10
 - key points, 155–6
 - OCD and, 123
 - treatment of, 140–5
- transcranial magnetic stimulation (TMS),
 - OCD and, 112–14, 118–19
- treatment of OCD, 15–18, 21
 - contamination fears treatment programme, 213–15
 - ERP treatment, 277–81
 - families of OCD patients and, 160–4
 - general principles of, 174–90
 - goals development in, 177–8
 - hoarding disorder, 260–4
 - inpatient treatment, 162–4
 - ladder hierarchy of fears, 178–80
 - loss of objects OCD, 250–64
 - patient's rejection of, 162–4
 - perfectionism, 266–8
 - Principles of Treatment, 282–5
 - resources for, 168–71
 - set-backs in, 187
 - taking responsibility in, 186–7
 - troubleshooting, 187–8

- Treatment Pendulum, 184–6
- trichotillomania. *See* hair-pulling disorder (trichotillomania)
- tricyclic antidepressants (TCAs),
 - 47–9
 - SSRIs combined with, 61–2
- troubleshooting OCD treatments, 187–8
- violence
 - OCD patients and families and risk of, 158–9, 166
 - overcoming ‘taboo’ thoughts about, 240–9
 - thoughts of, fear of harm to self and others, 231–2
- vitamin deficiency, OCD and, 38–9
- weight fluctuation
 - eating disorders and OCD, 42
 - OCD and, 38–9, 192–6
- wellbeing, OCD and, 191–204
 - key points in, 202–4
- work environment, OCD in, 17–18
- Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), 92–3