



ISD Virtual Learning

Psychology: Obsessive Compulsive Disorder (OCD)

April 17, 2020



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Lesson: April 17, 2020

Objective/Learning Target:

The student will be able to define OCD and discuss the signs & symptoms of the disorder.

Warm-Up

Read through each of the following lists of questions and answer yes or no to each on a piece of paper.

LIST 1

1. Are you overly concerned with keeping objects in a perfect order or arranged exactly?
2. Have you always had concerns about contamination (germs, dirt, chemicals, etc.) which could lead to an illness?
3. Do you constantly worry about losing something valuable like jewelry, car, etc?
4. Have you worried about acting on an unwanted sense or impulse like stealing something or causing harm to another person?
5. Are you repeatedly worried about something happening to your house (fire, flood, theft, etc.)?

LIST 2

Have you felt driven to perform the following acts over & over again:

1. Excessive or ritualized washing, cleaning, or grooming?
2. Checking light switches, locks, faucets, stove?
3. Counting, arranging, evening-up (making sure things are same height or length)
4. Repeating routine actions a certain way or certain number of times until it feels right?
5. Needing to confess or ask for reassurance that you did something correctly?

Warm-Up Follow-Up

The items from List 1 are frequent **Obsessions** (recurring thoughts, urges, or images that are experienced as intrusive and unwanted and, for most people, cause anxiety or distress) while List 2 deals with **Compulsions** (repetitive behaviors or mental acts that one feels compelled to do in response to an obsession or based on strict rules).

These are both the major components of Obsessive-Compulsive Disorder, better known as OCD.

Obsessions

According to the Diagnostic and Statistical Manual of Mental Disorder - 5th Edition (DSM-5), an obsession is defined by:

1. Recurrent and persistent thoughts, urges, or impulses that are experienced, at some time during the disturbance, as intrusive and unwanted, and that in most individuals cause marked anxiety or distress.
2. The individual attempts to ignore or suppress such thoughts, urges, or images, or to neutralize them with some other thought or action (i.e., by performing a compulsion).

[Click here to read a short article that lists Common Obsessive Behaviors Among People with OCD.](#)

Compulsions

According to the DSM-5, a compulsion is defined by:

1. Repetitive behaviors (e.g., hand washing, ordering, checking) or mental acts (e.g., praying, counting, repeating words silently) that the individual feels driven to perform in response to an obsession or according to rules that must be applied rigidly.
2. The behaviors or mental acts are aimed at preventing or reducing anxiety or distress, or preventing some dreaded event or situation; however, these behaviors or mental acts are not connected in a realistic way with what they are designed to neutralize or prevent, or are clearly excessive.

The DSM-5 further states the following when it comes to compulsions:

- The obsessions or compulsions are time-consuming (e.g., take more than 1 hour per day) or cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- The obsessive-compulsive symptoms are not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition.
- The disturbance is not better explained by the symptoms of another mental disorder.

[Click here to learn more about common Compulsions in OCD.](#)

Practice

After you have finished the lesson, click on the following link to play a review game over OCD:

[Quizizz: Obsessive-Compulsive Disorder](#)

Reflection

When it comes to OCD, remember the following:

OBSESSION = THOUGHT

COMPULSION = ACTION

“There's a difference between being a perfectionist — someone who requires flawless results or performance, for example — and having OCD. OCD thoughts aren't simply excessive worries about real problems in your life or liking to have things clean or arranged in a specific way. If your obsessions and compulsions are affecting your quality of life, see your doctor or mental health professional.” ([MayoClinic.org](https://www.mayoclinic.org))

Additional Resources

Check out these resources if you'd like to learn more about OCD!

ARTICLE: [Treatments for OCD \(WebMD\)](#)

VIDEO: [Crash Course Psychology: OCD & Anxiety Disorders](#)