

Guest Editorial

The Pharmacologic and Psychological Treatment of Obsessive–Compulsive Disorder

Gilbert Pinard, MD, FRCPC¹

Obsessive–compulsive disorder (OCD) continues to present a particular challenge to clinicians. As opposed to other anxiety disorders and, to some degree, to depression, the results of therapies, be they pharmacologic or psychological, are at best less than optimal. Indeed, when one reads articles reporting randomized controlled trials, patients are said to be responders when a 35% reduction of symptoms occurs (as if reducing rituals from 6 to 4 hours were clinically meaningful). Moreover, when one takes into account those who drop out of studies because of medication side effects or because of fear in the exposure–response prevention (ERP) studies—often in the 25% to 30% range—and add to those numbers the nonresponders, then we are looking at a 35% to 50% response in about 50% of patients. Additionally, few patients attain full remission—hardly satisfactory outcomes! The one redeeming finding is that most gains achieved by cognitive-behavioural therapy (CBT) seem to be stable. The longest study to date spans 7 years but has few subjects (1). In it, the 41% improvement was maintained (45% at follow-up). Hence the continued effort to develop new strategies.

Foa reports an intensive regimen of daily, prolonged exposure sessions (over 2 hours) for 3 weeks (2). The dropout rate was extremely high in the New York site (over 40%), as opposed to the Philadelphia site, which may indicate that in Foa's clinic the cognitive preparation for treatment reduced apprehension and induced better compliance. Dr Foa's comparator to ERP was clomipramine, which we know has a high side effect profile that may explain patient resistance. The ERP therapy was superior to clomipramine alone, and the combination of behaviour therapy and medication did not, in that study, improve outcome. Foa feels that ERP was so powerful that there was little room for the medication to show added

improvement. However, in children and adolescents, the combination of CBT and sertraline has been shown to be superior to either treatment alone (3). Another strategy has been to add the components sequentially. For example, Kampman added 12 sessions of CBT to continued treatment with fluoxetine in nonresponders (defined as those showing less than 25% improvement after 12 weeks of medication) (4). There was a 41% improvement rate in these resistant patients. A recent review and 2 case illustrations have outlined in which patients the combinatory approaches may be best indicated (5).

In his review in this issue, Abramowitz summarizes the comparative results of CBT and ERP and shows that the indispensable component of the psychological approaches seems to be exposure, even in the so-called "pure" cognitive group (individuals often expose in imagination and indeed, at times, spontaneously in vivo without therapist intervention).

Abramowitz also mentions that cognitive therapists have developed strategies that look more deeply into the schemas of patients—a core belief of enhanced responsibility for the patient's own and others' well-being (6), an increased sense of vulnerability (7), and thought–action fusion ("If I think it, it means I want to do it") (8). Integrating ERP, traditional CBT, and schema-focused cognitive therapy has been proposed as a strategy to enhance response in treatment-resistant patients (9). Subtypes identified according to symptoms (such as checking, washing, or symmetry) may also explain some of the differential responses encountered in treatment (10).

Augmenting regimens have also been proposed in pharmacology: in Hiler's review, he states that the most promising approach seems to employ the atypical antipsychotics. Could this observation be explained by the fact that some OCD

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George M. Kapalka



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Psychological Therapy in a Pharmacological World James E. Campbell, 2011-08-17 Psychological Therapy in a Pharmacological World has been written to encourage an alternative look at current day approaches to psychiatric therapy and to share with my colleagues insights I have gained over 40 years of practice Understanding the psychological world from a different vantage point Show how accurate speech helps to understand and resolve many psychiatric problems Show how and why immediate relief from psychological pain is possible See how your thinking actually creates your psychological pain Why some depressions are better off not being treated as depression Teach your patients how to get rid of anger forever Understand the childhood belief system that generates adult psychopathology Learn how a better definition of responsibility can help solve problems in therapy New ways to look at guilt and shame Learn to use psychological language to treat psychological problems Learn how education could extinguish many psychiatric problems **Pharmacology and**

Therapeutics for Dentistry - E-Book John A. Yagiela, Frank J. Dowd, Bart Johnson, Angelo Mariotti, Enid A.

Neidle, 2010-03-12 Use your knowledge of pharmacology to enhance oral care Pharmacology and Therapeutics for Dentistry 6th Edition describes how to evaluate a patient's health and optimize dental treatment by factoring in the drugs they take It explores the basic fundamentals of pharmacology special topics such as pain control fear and anxiety and oral complications of cancer therapy and most importantly the actions of specific drug groups on the human body Whether you're concerned about the drugs a patient is already taking or the drugs you prescribe for treatment this book helps you reduce risk and provide effective dental care An emphasis on the dental applications of pharmacology relates drugs to dental considerations in clinical practice Dental aspects of many drug classes are expanded to include antibiotics analgesics and anesthetics The Alternative Medicine in Dentistry chapter discusses chemicals used as alternative medicines and assesses their potential benefits and risks The Nonopioid Analgesics chapter groups together non opioid analgesics nonsteroidal anti inflammatory drugs and antirheumatic and gout drugs making these easier to locate and study Coverage of the endocrine system includes four separate chapters for the most comprehensive coverage Drug Interactions in Clinical Dentistry appendix lists potential interactions between drugs a patient is taking for nondental conditions and drugs that may be used or prescribed during dental treatment including effects and recommendations Glossary of Abbreviations appendix includes the most common abbreviations used for drugs or conditions New Pharmacogenetics and Pharmacogenomics chapter covers the effects of genetic traits of patients on their responses to drugs A NEW introductory section offers tips for the study of dental pharmacology and relates pharmacology to dental considerations An updated discussion of drug drug interactions covers the harmful effects of mixing medications Coverage of adverse effects and mechanisms of COX 2 inhibitors antibiotic prophylaxis and antiplaque agents explains the dental risks relating to common drug treatments Pharmacology for Pharmacy

Technicians - E-Book Kathy Moscou, Karen Snipe, 2024-01-18 Build a solid foundation in pharmacology with this all in one

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Concise Guide to Anxiety Disorders Eric

Hollander,Daphne Simeon,2008-05-20 Concise Guide to Anxiety Disorders summarizes the latest research and translates it into practical treatment strategies for the best clinical outcomes Designed for daily use in the clinical setting it serves as an instant library of current information quick to access and easy to understand Running the gamut of anxiety related illnesses panic disorder obsessive compulsive disorder generalized anxiety disorder posttraumatic stress disorder social phobia and specific phobia this comprehensive handbook includes Comprehensive information in a single source The discussion of each disorder includes information on etiology diagnosis and differential diagnosis course and prognosis biological and psychological theories medications and interventional treatments psychotherapeutic treatments and combined treatments all in a single user friendly resource to save you time Fast easy access to information With the detailed table of contents and index you ll pinpoint the facts you need in seconds Convenient tables help you comprehend information quickly Strategies and methods reflecting the latest research Consult Concise Guide to Anxiety Disorders and you ll know that you re making the best decisions based on up to the minute research findings Every clinician who diagnoses and treats patients with anxiety disorders including psychiatrists residents and medical students psychologists and mental health professionals will find Concise Guide to Anxiety Disorders invaluable for making informed treatment decisions

Oxford Handbook of Anxiety and Related Disorders Martin M. Antony,Murray B. Stein,2009 This handbook reviews research and clinical developments through synthetic chapters written by experts from various fields of study and clinical backgrounds It discusses each of the main anxiety disorders and examines diagnostic criteria prevalence rates comorbidity and clinical issues

Handbook of Assessment and Treatment Planning for Psychological Disorders Martin M. Antony,David H. Barlow,2011-10-20 Widely regarded as a premier clinical reference this book provides state of the science tools for conducting effective assessments

and using the results to plan and monitor evidence based interventions Leading authorities present proven approaches to screening and assessment for specific psychological problems They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes Recommended instruments and procedures are described including applications for managed care and primary care settings Many of the chapters feature detailed tables that compare and contrast relevant measures New to This Edition Thoroughly updated with new instruments and research findings Chapter on the role of assessment in evidence based treatment Additional disorder specific chapter impulse control disorders Chapter explaining how to evaluate the reliability and validity of a measure

Discoveries in Pharmacology - Volume 1 - Nervous System and Hormones Clive Page, Jacques Bruinvels, Michael J. Parnham, 2022-09-09 Discoveries in Pharmacology Volume 1 Nervous system and hormones 2nd Ed presents selected articles from the historic Discoveries in Pharmacology series enhanced with commentary from contemporary scholars about the reception and importance of the chapter along with an updated bibliography on the subject with contributions from a Nobel Prize winner and other pioneers in Pharmacology The Discoveries in Pharmacology series brought acknowledged experts in their fields together to provide first hand accounts of important pharmacological discoveries discussing the scientific background and stories behind these pivotal moments They allow a true understanding of the means by which pharmacological discoveries are made This volume brings forth discussions on key discoveries in psycho and neuro pharmacology haemodynamics and hormones including chapters on antipsychotic agents by Nobel winner Anders Carlsson Willy Haefely on benzodiazepine and butyrophenone type neuroleptics by P A J Janssen and J P Tollenare Academic and industry researchers in pharmacology and medicine as well as advanced students in the area will find this series a useful teaching tool and launch to new discoveries Chapters can also be used to supplement course material in pharmacology and medical courses It will also be of interest to those who are interested in the history of medicine Contains primary source documents currently unavailable Presents the science behind major pharmacological breakthroughs by those who discovered them Includes commentary that contextualizes the importance of discoveries and related readings

New Oxford Textbook of Psychiatry John R. Geddes, Nancy C. Andreasen, Guy M. Goodwin, 2020-03-25 Over its two editions The New Oxford Textbook of Psychiatry has come to be regarded as one of the most popular and trusted standard psychiatry texts among psychiatrists and trainees Bringing together 146 chapters from the leading figures in the discipline it presents a comprehensive account of clinical psychiatry with reference to its scientific basis and to the patient's perspective throughout The New Oxford Textbook of Psychiatry Third Edition has been extensively re structured and streamlined to keep pace with the significant developments that have taken place in the fields of clinical psychiatry and neuroscience since publication of the second edition in 2009 The new edition has been updated throughout to include the most recent versions of the two main classification systems the DSM 5 and the ICD 11 used throughout the world for the diagnosis of mental disorders In the years

since publication of the first edition many new and exciting discoveries have occurred in the biological sciences which are having a major impact on how we study and practise psychiatry In addition psychiatry has fostered closer ties with philosophy and these are leading to healthy discussions about how we should diagnose and treat mental illness This new edition recognises these and other developments Throughout accounts of clinical practice are linked to the underlying science and to the evidence for the efficacy of treatments Physical and psychological treatments including psychodynamic approaches are covered in depth The history of psychiatry ethics public health aspects and public attitudes to psychiatry and to patients are all given due attention **Clinical Pharmacology E-Book** Peter N. Bennett, Morris J. Brown, 2007-12-04

This book is for students doctors and indeed for all concerned with evidence based drug therapy A knowledge of pharmacological and therapeutic principles is essential if drugs medicines are to be used safely and effectively for increasingly informed and critical patients Doctors who understand how drugs get into the body how they produce their effects what happens to them in the body and how evidence of their therapeutic effect is assessed will choose drugs more skilfully and use them more successfully than those who do not The principles involved are neither so numerous nor so difficult to understand as to deter any prescriber including those whose primary interests lie elsewhere than in pharmacology All who use drugs cannot escape either the moral or the legal duty of care to prescribe in an informed and responsible way Introductory first three sections cover general principle of clinical pharmacology five subsequent sections cover drug treatment of disease organised by body system Retains approachable style set by the original author Professor Laurence Emphasis throughout is on evidence based and safe drug prescribing New colour design Increased use of graphics Slightly shorter by removal of out of date material **Pharmacology for Women's Health** Mary C. Brucker, Tekoa L. King, 2015-09-10

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Pathology and Pharmacology of Mental Illness Mark Wilbourn, Sylvia Prosser, 2003 Specifically drawing physiology and pharmacology together in relation to client care this text explores the major pharmacological treatments available Information is continually referenced to case scenarios Mental health nursing students and their lecturers should find the book of use

Pediatricians and Pharmacologically Trained Psychologists George M. Kapalka, 2011-01-20 Many factors affect treatment options for children and adolescents with mental health problems including age severity of symptoms financial and time constraints and access to qualified professionals With the limitations of managed care plans and the shrinking pool of pediatric psychiatrists the trend is toward pediatricians prescribing psychotropic medicines Pharmacologically trained psychologists can offer valuable assistance to pediatricians caught in this predicament Tackling fundamental questions of when to treat as well as when and why to refer young patients the *Pediatricians and Pharmacologically Trained Psychologists* examines commonly occurring pediatric conditions requiring joint treatment reviews theoretical models of consultation and collaboration and spotlights professional issues typically arising from these team efforts With pertinent clarity and detail this volume offers in depth discussion in these key areas Collaborative treatment of mental health conditions including mood disruptive anxiety and eating disorders Collaborative treatment of medical conditions focusing on gastrointestinal disorders and diabetes Changing clinical procedures in states that have enacted prescriptive authority for psychologists Expanding roles for pharmacologically trained psychologists practicing in states that have not enacted prescriptive authority for psychologists Medical psychology in the pediatric hospital Integrative care in rural settings and on the reservation The collaborative future brain marker technology training paradigms and more *Pediatricians and Pharmacologically Trained Psychologists* is a must have reference for a broad range of researchers professionals and graduate students including psychologists pediatricians and other child mental health clinicians as well as nonphysician prescribers such as nurses physician assistants and pharmacists

Cognitive Behavioral Therapy for Social Anxiety Disorder Stefan G. Hofmann, Michael W. Otto, 2017-12-14 Cognitive Behavioral Therapy CBT has proven to be the most effective form of treatment for social anxiety disorder This revision of a highly regarded treatment manual presents an original treatment approach that includes specifically designed interventions to strengthen the relevant CBT strategies This extensively revised volume builds upon empirical research to address the psychopathology and heterogeneity of social anxiety disorder creating a series of specific interventions with numerous case examples and four new chapters on working with patients on medication cultural factors individual therapy and monitoring on track outcomes

Rang & Dale's Pharmacology E-Book James M. Ritter, Rod J. Flower, Graeme Henderson, Yoon Kong Loke, David MacEwan, Emma Robinson, James Fullerton, 2023-05-13 Rang and Dale's *Pharmacology* is internationally acknowledged as the core textbook for students of pharmacology and has provided accessible up to date information on drugs and their mechanism of action for more than 30 years Now in its tenth edition it has been updated to include important new drugs such as gene therapies

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Cardiopulmonary Pharmacology for Respiratory Care Jahangir Moini,2012 *Cardiopulmonary Pharmacology for Respiratory Care* is included in the 2015 edition of the essential collection of Doody's Core Titles *Cardiopulmonary Pharmacology for Respiratory Care* provides a reliable complete resource and reference on cardiopulmonary pharmacology including an overview of the structures and functions of the cardiopulmonary system as well as recent scientific advancements Written in an easy to read student friendly style this text covers areas crucial to respiratory care and relates these important concepts to the day to day duties of cardiac technicians and respiratory care therapists Helpful appendices focus on the most commonly prescribed drugs for respiratory care common sound alike drug names a drug identification guide and respiratory therapy techniques Review questions are included in each chapter for reinforcement and self evaluation Filled with over 100 full color figures tables and photos this text is a vital and comprehensive resource on cardiopulmonary pharmacology for respiratory therapy students Each new text includes an online code to access the Student Resources available on the Companion Web Site Electronic versions and eBooks do not include access to the companion website content Pharmacology And Pharmacotherapeutics (New Revised 21 St Ed.) R. S. Satoskar,S. D. Bhandarkar &nirmala N. Rege,1988 Integrating Psychotherapy and Psychopharmacology Irismar Reis de Oliveira,Thomas Schwartz,Stephen M. Stahl,2013-12-04 *Integrating Psychotherapy and Psychopharmacology A Handbook for Clinicians* is a practical guide for the growing number of mental health practitioners searching for information on treatments that combine psychopharmacology psychotherapy and psychosocial rehabilitation Research shows that combined approaches are among

the most effective ways to treat an increasing number of psychiatric disorders. However, though these combined treatments are becoming the everyday practice of psychiatrists, psychologists, and other mental health professionals, identifying the right treatment plan can be notoriously difficult, and clinicians are often left scrambling to answer questions about how to design and customize their treatment strategies. In *Integrating Psychotherapy and Psychopharmacology*, readers will find these questions fully addressed and the answers explained, and they will come away from the book with a toolbox full of strategies for helping their patients improve symptoms, achieve remission, and stay well using a combination of drug and psychological treatments.

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Phobia Psychological Pharmacologic**

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