

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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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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*Basic Pharmacology for Nurses*16 Bruce D. Clayton,Michelle Willihnganz,2013-01-01 Basic Pharmacology for Nurses is a modern classic nursing pharmacology textbook known for its impeccably accurate drug content and its practical applications of the nursing process A consistent emphasis on health promotion through monitoring and patient education is a hallmark of the book Introductory units ground the reader in basic principles of pharmacology and medication administration Subsequent body system units apply the nursing process to every major disorder and appropriate nursing implications are discussed for every drug class to promote safe medication administration Provides an overview of relevant pathophysiology with an application of the nursing process in each drug chapter followed by nursing implications for each applicable drug class Covers the pharmacology of all major classes of drugs emphasizing side effects to expect side effects to report drug interactions and more Emphasizes patient education and health promotion with easy to recognize Patient Teaching boxes and reproducible Patient Self Assessment forms on the Evolve site Provides need to know coverage of herbal therapies and dietary supplements with an Herbal and Dietary

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Pharmacology and Therapeutics for Dentistry - E-Book Frank J. Dowd, Bart Johnson, Angelo Mariotti, 2016-09-03 Gain a complete understanding of drugs affecting patient care Pharmacology and Therapeutics for Dentistry 7th Edition describes how to evaluate a patient s health and optimize dental treatment by factoring in the drugs they take It explores the basic principles of pharmacology the ways that drugs affect the body and the potential for adverse drug interactions Developed by Frank Dowd Barton Johnson and Angelo Mariotti with chapters from a team of expert contributors this is the only book written by dental pharmacologists for the dental market 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 Concise comprehensive coverage helps you provide safe and effective dental care exploring the fundamentals of pharmacology and clearly explaining actions of specific drug groups on systems in the human body in addition to covering special topics such as pain control fear and anxiety and oral complications of cancer therapy An emphasis on the dental applications of pharmacology shows how to evaluate a patient s health and optimize dental treatment by factoring in any medications the patient may be taking Practical appendices provide easy access to essential information summarizing topics such as drug interactions in clinical dentistry antiseptics and disinfectants herbs controlled substances protein biopharmaceuticals drugs used to treat glaucoma and abbreviations Clinical Rationale for and Significance of Prescription Writing chapter and two appendices on drug prescribing cover both the medications that a patient may already be taking and drugs that a dentist may prescribe for treatment Nearly 50 expert contributors represent a diverse authoritative panel of authors from many of the major dental schools NEW Reorganized content is more concise more relevant and more visual with a stronger focus on what you need to know for clinical practice NEW Case studies at the beginning of chapters and case discussions at the end help you connect pharmacologic concepts and principles with clinical practice NEW summary tables and boxes provide quick reference to vital information and include all new tables on drug indications and mechanisms NEW Full color design and illustrations are added to this edition enhancing realism and visual learning NEW companion website provides references linked to PubMed NEW Bullet points list key information at the

beginning of each chapter highlighting need to know concepts **Brenner and Stevens' Pharmacology E-Book** Craig W. Stevens, 2022-04-06 More detailed than an outlined review but less overwhelming than an encyclopedic reference Brenner and Stevens Pharmacology 6th Edition focuses on the essential principles you need to know in a concise easy to understand manner Authored by Craig W Stevens PhD this highly illustrated introductory text helps you learn and retain key information in pharmacology taking you from course exams and the USMLE Step 1 right through to clinical practice New and extensively revised content keeps you up to date with the latest pharmacologic mechanisms and applications Teaches the fundamental aspects of pharmacology using full color illustrations detailed explanations and a consistent format to present classification of drugs for each system disease Helps you understand both the basic science foundations and clinical applications of pharmacology with useful tables drug classifications boxes case studies and self assessments in each chapter to help you review and prepare for course exams and Step 1 Includes the latest drugs and therapeutic indications more than 100 are new to this edition along with an entirely new chapter on recent developments of immunopharmacology drugs including antivirals and vaccinations Addresses key topics such as antiviral and monoclonal drugs to treat COVID 19 the opioid epidemic and gene therapy Features more than 700 new and updated images with many revised figures focused on clearing presenting the mechanism of action of drugs Includes access to bonus eBook content such as animations an additional glossary chapter by chapter summaries and case studies a full list of featured drugs 150 USMLE style self assessment questions and more Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices **Clayton's Basic Pharmacology for Nurses - E-Book** Michelle J. Willihnganz, Samuel L. Gurevitz, Bruce D. Clayton, 2019-03-01 Master the basic principles of pharmacology and safe medication administration with Clayton's Basic Pharmacology for Nurses 18th Edition Known for its impeccably accurate and up to date drug content this best selling text consistently underscores medication safety as it guides you in applying pharmacology information to the nursing process Introductory units acquaint you with the basic principles of pharmacology and medication administration while subsequent body system units prepare you to apply the nursing process to every major disorder Clear guidelines cover safe drug handling the types of drugs used for disorders or to affect body systems injection and enteral administration and patient education From a respected author team this full color text also provides an excellent review for the pharmacology questions on the NCLEX examination Medication safety is underscored through Medication Safety Alerts and Clinical Pitfall boxes as well as Do Not Confuse and High Alert icons Unit on medication administration clearly and visually outlines assessment techniques procedures and documentation for safe administration of percutaneous enteral and parenteral drugs Application of the nursing process offers an overview of general principles of nursing care for each disorder as well as specific nursing considerations for the drug treatment Lifespan Considerations boxes for children and for older adults draw attention to information that would be especially important when giving a specific drug to patients

of those age groups Drug tables clearly outline generic and brand names availability and dosage ranges for key medications for each disorder Clinical Goldmine boxes focus on best practices in the clinical setting Get Ready for the NCLEX Examination section at the end of each chapter covers key points from the chapter as well as review questions to help prepare for course assessments and the NCLEX Examination Video clips on medication administration procedures provide a visual reference for safe medication administration Key terms with phonetic pronunciations and text page references are listed at the beginning of each chapter NEW Chapter on Neurodegenerative Disorders covers drugs for dementia and Alzheimer s Disease NEW Updated guidelines on diabetes heart failure asthma COPD and cancer ensure readers are versed in the latest treatment protocols NEW Accurate and up to date coverage includes the most recent FDA approvals withdrawals therapeutic uses and content on cultural considerations related to each drug class

Behavioral Pharmacology of 5-HT Paul Bevan,2013-05-13 This volume reviews the current state of research within the behavioral pharmacology of 5 HT The book opens exciting new approaches to the interdisciplinary study of behavior and pharmacology with special reference to ethology endocrinology neuroanatomy and comparative aspects of drug action and notes new developments in therapeutic drugs of the future

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 Tollenaere 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

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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 Pharmacology for Women's Health Second Edition is a unique text that discusses pharmacology as it specifically relates to women's health Completely updated and revised to reflect the changing field of pharmacology it includes new pharmacological agents for common conditions changes in indications the use of vaccines updated guidelines from the Centers for Disease Control and Prevention CDC for treatment of sexually transmitted infections and the effects of the Affordable Care Act It also includes new resource boxes in each chapter for easy access to more information Lilley's

Pharmacology for Canadian Health Care Practice - E-Book Kara Sealock, Cydnee Seneviratne, 2024-07-11 Let Canada's 1 pharmacology text guide you in mastering the complicated world of nursing pharmacology Now in its fifth edition Lilley's Pharmacology for Canadian Health Care Practice covers all the key pharmacology content needed by today's Canadian nurses Known for its vibrant design abundance of visuals and wealth of helpful feature boxes this engaging text brings important pharmacology concepts to life The book's popular and unique key drug approach focuses on the drug information you need to know to safely and effectively administer drugs Providing exam preparation and insightful learning strategies this complete and proven pharmacology text helps you succeed in school clinicals and professional practice **The**

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 **Index Medicus** ,2002 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings

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

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