

## Obsessive-Compulsive Disorders: A Review of the Literature

BY LEON SALZMAN, M.D., AND FRANK H. THALER, M.D.

*The authors reviewed the studies on obsessive-compulsive disorders published from 1953 to 1978. They report on various theories of the etiology of the disorders and provide an overview of the studies based on these theories. The treatment modalities covered include behavioral modification, drug therapy, psychotherapy, surgery, and experimental therapies. The authors conclude that, although the obsessive-compulsive disorders are widely present, there is a paucity of new data concerning their treatment. The evidence to date, however, suggests that psychotherapy is an essential ingredient in the treatment process. They recommend that further clinical studies be done to elucidate the etiology and treatment of these disorders.*

The history and development of the theory and therapy of obsessive-compulsive states are characterized by the sparsity of theories proposed and the abundance of therapeutic approaches developed. In this overview we will examine the contributions of the literature published from 1953 to 1978 on the theoretical conception and therapeutic handling of the obsessive-compulsive disorders.

The earliest theories concerning these disorders involved the notion of possession by outside forces that necessitated a ritual of exorcism by witch doctors, mystics, or religious leaders to force out the undesirable invaders. The first dynamic and rational hypotheses were developed by Freud, who explained Janet's theories and conceptualized obsessive-compulsive symptomatology in terms of the unconscious, tracing its development from psychosexual roots in the libido theory. Janet viewed the symptoms as arising from psychic fatigue and the diminution of available mental energy, which prevented an individual from controlling his thoughts and actions and brought on obsessional thoughts and compulsive acts.

Freud defined obsessive-compulsive symptoms in terms of compelling impulses of the unconscious and defensive psychological responses to them. Until Freud's psychoanalytic theories were applied to the obsessional disorders, treatment was essentially directed toward liberating or exorcising the agents that possessed a disordered individual. Since the disorder involved behavior and thinking that were beyond one's conscious or willful choice, the concept of the unconscious was uniquely applicable to the understanding of these irrational and incomprehensible behaviors. The psychoanalytic method, designed to elucidate hidden motivating forces, seemed appropriate; however, the difficulties in altering or terminating obsessional thinking or compulsive behavior through psychoanalytic treatment has required newer approaches and a fresh look at the etiology and theoretical conceptions of these disorders.

Freud described the main defenses of obsessive-compulsive states as isolation, displacement, reaction formation, and undoing. His theories explained the roles of these ego defenses and elucidated the symptoms on the basis of a regressive movement to a pre-oedipal, anal-sadistic era of psychosexual development. The earlier literature on these characterological and neurotic developments was composed of clinical studies in which the theories were confirmed, reaffirmed, and verified by many clinical examples and claims of resolution or alteration of the symptoms. Although there were remarkably few challenges to Freud's concepts until the behavioral modification theorists emerged in the last three decades, a survey of the literature from 1953 to 1978 documents the current therapeutic interest in behavioral modification approaches to eliminate both the behavioral and cognitive elements of obsessive-compulsive states.

Later theorists (Sandor Rado, for example) emphasized particular elements such as repressed rage; essentially, however, the idea of the control of hostile or unacceptable sexual impulses dominated these theoretical contributions. The ego psychoanalysts (Horney, Sullivan, and, later, the existential-analytic theorists) focused on security and helplessness, but the essential psychodynamic interpretation remained. The therapy that followed these theories suggested an intensive psychoanalytic experience in order to remove the regressive fixation and to liberate the rigid super-ego.

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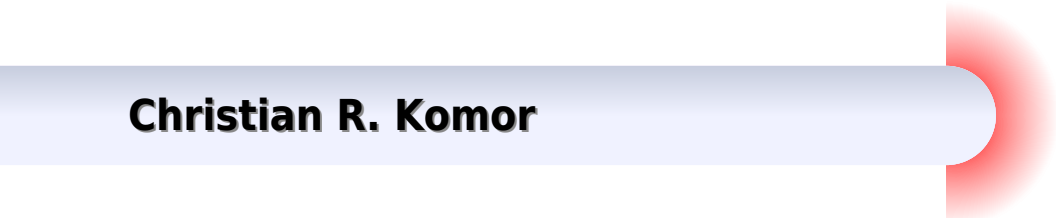
From the Department of Psychiatry, Georgetown University Medical School, Washington, D.C.

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# Obsessivecompulsive Disorders Theory And Mangement

**Christian R. Komor**



## **Obsessivecompulsive Disorders Theory And Mangement:**

**Obsessive-Compulsive Disorder** Richard P. Swinson, Martin M. Antony, S. Rachman, Margaret A. Richter, 2001-10-31 Drawing upon extensive interviews and assessments of school age children who have lost a parent to death this book offers a richly textured portrait of the mourning process in children The volume presents major findings from the Harvard Child Bereavement Study and places them in the context of previous research shedding new light on both the wide range of normal variation in children's experiences of grief and the factors that put bereaved children at risk The book also compares parentally bereaved children with those who have suffered loss of a sibling to death or of a parent through divorce exploring similarities and differences in these experiences of loss A concluding section explores the clinical implications of the findings and includes a review of intervention models and activities as well as a screening instrument designed to help identify high risk bereaved children Obsessive Compulsive Disorders Michael A. Jenike, Lee Baer, William E. Minichiello, 1986

**Obsessive-Compulsive Disorder** Wayne K. Goodman, Matthew V. Rudorfer, Jack D. Maser, 2017-08-25 Obsessive compulsive disorder is now recognized to be a serious and chronic illness affecting more than 2% of the population While the last decade of the twentieth century witnessed many advances on both the pharmacological and the behavioral fronts fewer than 50% of cases benefitted significantly from treatments available at the time In this volume originally published in 2000 leading authorities offer a comprehensive cutting edge overview of etiology diagnosis assessment and the latest cognitive behavioral biological and combined approaches to intervention A special focus is treatment resistant illness Obsessive Compulsive Disorder Contemporary Issues in Treatment will be an indispensable resource for all professionals who seek better solutions to the often seemingly intractable problems of their OCD clients **Essential Papers on**

**Obsessive-Compulsive Disorder** Dan J. Stein, Michael H. Stone, 1997-02-01 Recent advances in the diagnosis and treatment of obsessive compulsive disorder have come from breakthroughs in neurobiologic and cognitive behavioral studies Essential Papers on Obsessive Compulsive Disorder represents the most significant thinkers and the various strands of thought on obsessive compulsive disorder Divided into three sections focusing on classical psychoanalysis psychological research and neuro psychiatric approaches this definitive volume includes contributions by the most experienced and renowned experts on the subject Contributors include Sigmund Freud Karl Abraham Ernest Jones Anna Freud Paul E Sifneos Leonard Salzman Joseph Sandler and Anandi Hazari Lewis L Judd Heinz Hartmann Stanley Rachman Ray Hodgson and Isaac M Marks Paul M Salkovskis Paul Schilder Steven P Wise and Judith L Rapoport Joseph Zohar and Thomas R Insel Michael A Jenike Susan E Swedo Henrietta Leonard Lewis R Baxter Jeffrey M Schwartz Kenneth S Bergman Dan Stein and Eric Hollander

**Obsessive-Compulsive Disorder** Ross G. Menzies, Padmal de Silva, 2003-07-11 Obsessive Compulsive Disorders OCDs involve habitual repetitive behaviours that can be bizarre disruptive and eventually disabling They can destroy lives and relationships and are one of the most common of the emotional disorders The last five years have seen substantive advances

in the state of knowledge of all aspects of OCD and this volume brings together many of the recognised leaders in the field to provide a state of the art account of theory assessment and practice in treatment A comprehensive text for trainees and practitioners Presents current theories as well as treatment focusing mainly on Cognitive Therapy methods of treatment Covers the assessment nature and treatment of a wide range of sub types of OCD Written by an international team of experts Part of the renowned Wiley Series in Clinical Psychology *Obsessive Compulsive Disorder Research* B. E. Ling,2005

People with Obsessive Compulsive Disorder OCD an anxiety disorder suffer intensely from recurrent unwanted thoughts obsessions and or repetitive behaviours compulsions that they feel they cannot control Repetitive behaviours such as hand washing counting checking or cleaning are often performed with the hope of preventing obsessive thoughts or making them go away Performing these so called rituals however provides only temporary relief and not performing them markedly increases anxiety Left untreated obsessions and the need to carry out rituals can take over a person s life OCD is often a chronic relapsing illness The first symptoms of OCD often begin during childhood or adolescence OCD is equally common in males and females OCD is sometimes accompanied by depression eating disorders substance abuse or other anxiety disorders Symptoms of OCD can also coexist and may even be part of a spectrum of other brain disorders such as Tourette s syndrome Appropriate diagnosis and treatment of other co occurring disorders are important to successful treatment of OCD This new volume offers new research from around the world *Clinical Obsessive-Compulsive Disorders in Adults and Children* Robert Hudak,Darin D. Dougherty,2011-02-17

*Clinical Obsessive Compulsive Disorders in Adults and Children* is a complete comprehensive overview of OCD covering its underlying causes manifestations and treatment The book begins by covering the basic science of OCD and its biological basis and mechanisms It discusses the treatment for both adults and children with an emphasis on providing information for clinicians to use in their everyday practice Using the latest information regarding evidence based treatments it takes the reader through medication options including behavioural therapy support groups and recent developments in surgical treatment The clinical manifestations of OCD are covered as well as the differentiation between OCD and other neuropsychiatric disorders with similar presentations Chapters on spectrum illnesses including body dysmorphic disorder impulse control disorders such as trichotillomania and hoarding are also included This book will appeal to all mental health professionals from practitioners to researchers working in the field of compulsive disorders

**Obsessive Compulsive Disorder** Leslie J. Shapiro,2020-07-23 A comprehensive introduction to one of the most common psychiatric disorders a condition that results in intrusive irrational thoughts and or repetitive illogical physical or mental actions Titles in this Health and Psychology Sourcebooks series address psychological physical or environmental conditions that threaten human health and wellbeing This book presents a comprehensive overview of OCD one of the five most common psychiatric disorders Obsessions range from those associated with contamination safety and order or symmetry to scrupulosity or the need the do the right thing Compulsions range from counting touching and tapping

to excessive cleaning washing arranging or even hoarding Written by a therapist among the most experienced in the world in dealing with this disorder this book covers the incidence symptoms diagnosis history development and causes as well as the effects and costs of OCD It also addresses theory research and treatments and offers insight into and case studies illustrating how the disorder displays in society at work and in relationships A glossary of terms suggested further readings and resource websites and organizations listing are included **Obsessive-compulsive disorder (OCD)** Sics Editore,2014-10-01 Age of onset is usually approximately 20 years however in one third of the patients OCD first appears in adolescence The condition is usually chronic Ask about compulsive behaviour and obsessive thoughts particularly if the patient has depression or anxiety Effective treatment forms include cognitive behaviour therapy as well as selective serotonin reuptake inhibitors SSRIs and clomipramine in fairly high doses and with a sufficiently long follow up of response **Obsessive-Compulsive Disorder** Mario Maj,Norman Sartorius,Ahmed Okasha,Joseph Zohar,2003-07-07 Obsessive compulsive disorder is probably the psychiatric disorder for which most significant progress has been made on the last 20 years concerning pharmacologic and psychotherapeutic interventions A number of studies have shown that OCD is much more prevalent than previously thought occurring in an estimated 2% of the adult population around the world A serious discrepancy still exists between research evidence and clinical practice and an update of this evidence and an international debate on it as provided by this volume is long overdue This revised edition provides vital information on a considerably underdiagnosed condition Provides accompanying commentaries by an outstanding line up of contributors Covers developments in diagnosis therapy prognosis economic evaluation and quality improvement Provides an unbiased and reliable reference point **The Value of Psychiatric Treatment** Keith, Lawrence,1996-07 Provides a clear and concise summary of the scientific data on treatment efficacy which can contribute to a better understanding among the general public on the status of the field of psychiatric treatment research for the severely mentally ill Includes efficacy of treatments for schizophrenia bipolar disorder major depression panic disorder obsessive compulsive disorder geropsychiatric patients with severe mental illness psychiatric disorders in children and adolescents and psychiatric rehabilitation Charts and tables **Principles and Practice of Geriatric Psychiatry** Mohammed T. Abou-Saleh,Cornelius L. E. Katona,Anand Kumar,2011-01-04 The renowned Principles and Practice of Geriatric Psychiatry now in its third edition addresses the social and biological concepts of geriatric mental health from an international perspective Featuring contributions by distinguished authors from around the world the book offers a distinctive angle on issues in this continually developing discipline Principles and Practice of Geriatric Psychiatry provides a comprehensive review of geriatric psychiatry spanning both psychiatric and non psychiatric disorders scientific advances in service development specific clinical dilemmas New chapters on genetics of aging somatoform disorders epidemiology of substance abuse somatoform disorders care of the dying patient Continuing the practice of earlier editions the major sections of the book address aging diagnosis and assessment and clinical conditions incorporating an engaging

discussion on substance abuse and schizophrenic disorders Shorter sections include the presentation of mental illness in elderly people from different cultures one of the most popular sections in previous editions Learning and behavioural studies as well as models of geriatric psychiatry practice are covered extensively This book provides a detailed overview of the entire range of mental illness in old age presented within an accessible format Principles and Practice of Geriatric Psychiatry is an essential read for psychiatrists geriatricians neurologists and psychologists It is of particular use for instructors of general psychiatry programs and their residents

*Getting Control* Lee Baer, 2012-06-26 Thoroughly revised and updated the go to book for OCD sufferers who want to master their fears and take charge of their lives The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques Dr Lee Baer's *Getting Control* has been providing OCD sufferers with information and relief for more than twenty years In the same easy to understand format as the original this updated edition includes Cutting edge behavioral therapy techniques Breakthrough advances in neuroscience Brand new material on hoarding Expanded sections on how families can help OCD sufferers The latest diagnostic standards as outlined by the American Psychiatric Association A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms set realistic goals and create specific therapeutic exercises for managing this disorder

**Obsessive-compulsive Disorders** Fred Penzel, 2000 Offers advice on how to choose the most effective therapies and medications and how to avoid relapses

Handbook of Effective Psychotherapy Thomas R. Giles, 2012-12-06 Handbook of Effective Psychotherapy is the culmination of 15 years of personal interest in the area of psychotherapy outcome research In my view this is one of the most interesting and crucial areas in the field it has relevance across disparate clinical disciplines and orientations it provides a measure of how far the field has progressed in its efforts to improve the effectiveness of psychotherapeutic intervention and it provides an ongoing measure of how readily clinicians adapt to scientific indications in state of the art care Regrettably as several of the chapters in this volume indicate there is a vast chasm between what is known about the best available treatments and what is applied as the usual standard of care On the most basic level there appears to be a significant number of clinicians who remain reluctant to acknowledge that scientific study can add to their ability to aid the emotionally distressed I hope that this handbook with its many delineations of empirically supported treatments will do something to remedy this state of affairs

Cognitive Approaches to Obsessions and Compulsions Randy O. Frost, Gail Steketee, 2002-05-31 Cognitive Approaches to Obsessions and Compulsions

**The Oxford Handbook of Obsessive Compulsive and Spectrum Disorders** Gail Steketee, 2012 A review of current literature on obsessive compulsive disorder OCD and its associated spectrum conditions including body dysmorphic disorder BDD hoarding trichotillomania tic disorders and Tourette's Syndrome

**Obsessive-compulsive Disorders** Michael A. Jenike, 1990

**OCD and Other Gods** Christian R. Komor, 2000-12

**Comprehensive Handbook of Psychopathology** Henry E. Adams, Patricia B. Sutker, 2013-04-17 The first edition of Comprehensive Handbook of

Psychopathology was published in 1984 almost a decade ago. In the interim there has been an explosion of information in psychopathology. Proliferation of knowledge has included a widening base of research data and changing or new concepts and theories regarding classification, measurement methods, and etiology of abnormal behaviors and mental disorders. It has been an active and productive period for biological and behavioral scientists and clinicians, particularly in terms of changing notions of the complex interaction of environmental and biological factors in many disorders. For example, with the classic disorders such as anxiety and dissociative disorders, our understanding, while far from perfect, has been greatly enhanced in recent years. Whereas there was almost a vacuum of empirical knowledge ten years ago about the personality disorders, concentrated efforts have been undertaken to investigate classification, comorbidities, and expression of the personality disorders and variants in normal personality traits. In addition, scientific advances in the fields of behavioral medicine, health psychology, and neuropsychology have greatly contributed to our knowledge of psychopathology and the interplay of psychobiological factors. It is now commonly acknowledged that psychopathology is not limited to the traditional mental illness categories; it also plays a significant role in many physical illnesses such as cancer and AIDS. With these developments, it became clear that the first edition of this handbook was outdated and that a revision was needed.

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