

# OCCD



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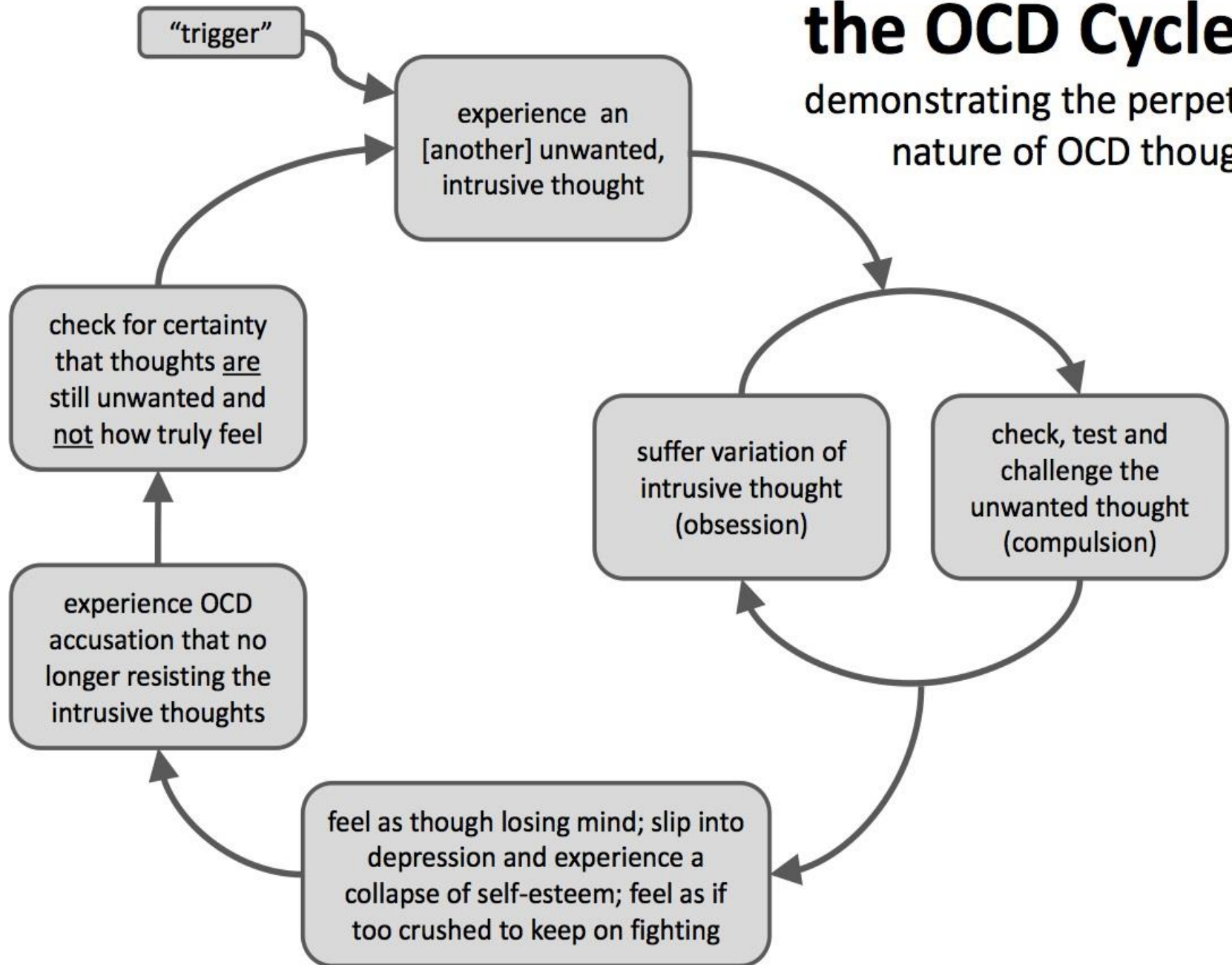
# OBSESSIONS AND COMPULSIONS

**Obsessive–compulsive disorder** (OCD) is a mental disorder wherein an individual experiences recurring and undesirable thoughts, sensations or ideas which is known as obsessions that compels them to carry out behaviour on repetition which is known as compulsions.

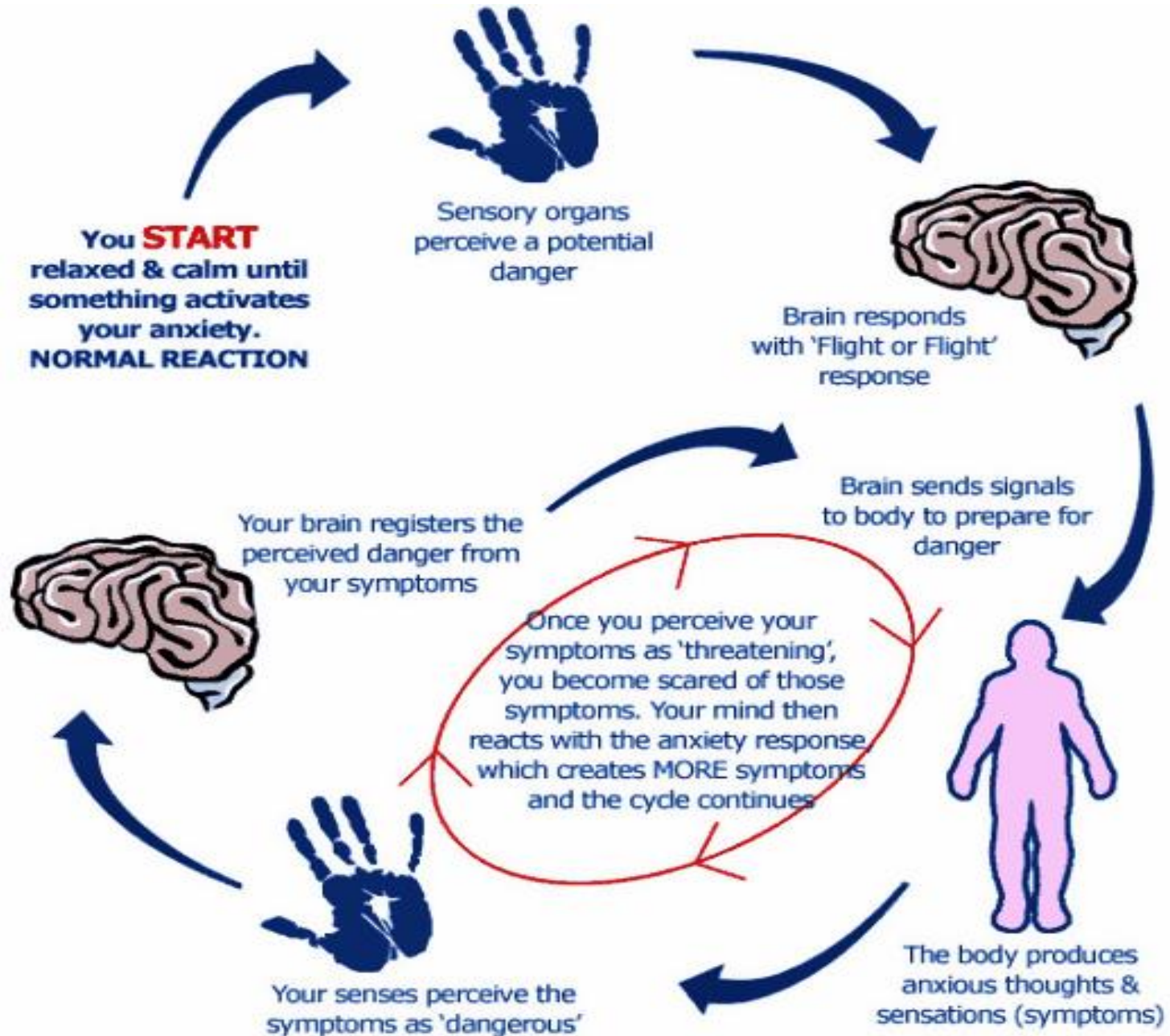
	Obsessions	Compulsions
What are they?	They are thoughts, ideas and impulses.	They are actions.
What do they do?	They cause unwanted feelings, anxiety and distress.	They are performed to cope with obsessions.
Relation	They lead to compulsions. (Cause)	They result due to obsessions. (Effect)
Disruption	They disrupt the mental wellbeing.	They disrupt the physical wellbeing.
Repetition	Repetition in thoughts, ideas and impulses.	Repetition in actions.

# the OCD Cycle:

demonstrating the perpetual nature of OCD thoughts



# BIOLOGICAL IMPLEMENTATION



# Types of OCD

(What might become OCDs)

- ▶ Contaminations
- ▶ Ruminations
- ▶ Intrusive thoughts
- ▶ Hoarding
- ▶ Checking



# CONTAMINATION



# RUMINATIONS

- ▶ **Rumination** is “the compulsively focused attention on the symptoms of one’s distress, and on its possible causes and consequences, as opposed to its solutions.”
- ▶ **Worrying** is focused on what might happen in the **future**; **ruminating** focuses on the **past**.





# INTRUSIVE THOUGHTS

- ▶ An **intrusive thought** is an unwelcome involuntary thought, image, or unpleasant idea that may become an obsession, and it feels difficult to manage or eliminate.
- ▶ Examples include:
  - ▶ pushing someone off a train platform
  - ▶ kicking a dog
  - ▶ yelling in church
  - ▶ jumping out of a moving car
  - ▶ stabbing someone you love



# HOARDING

- ▶ Clinical hoarding is the excessive collection and retention of any materials to the point that it interferes with day-to-day functioning and creates a hazard or potential hazard for the individual or others.
- ▶ Characteristics of hoarding are:
- ▶ Difficulty in discarding
- ▶ Clutter
- ▶ Excessive acquisition



# CHECKING

- ▶ Checking locks
- ▶ Checking stoves, appliances and switches
- ▶ Checking related to harming others
- ▶ Checking related to harming self
- ▶ Checking for mistakes



# Savage Chickens

by Doug Savage



©2010 BY DOUG SAVAGE

OCD SANTA

# COGNITIVE BEHAVIORAL THERAPY

## THOUGHTS

What we **think** affects  
how we feel and act



## EMOTIONS

What we **feel** affects  
how we think and act



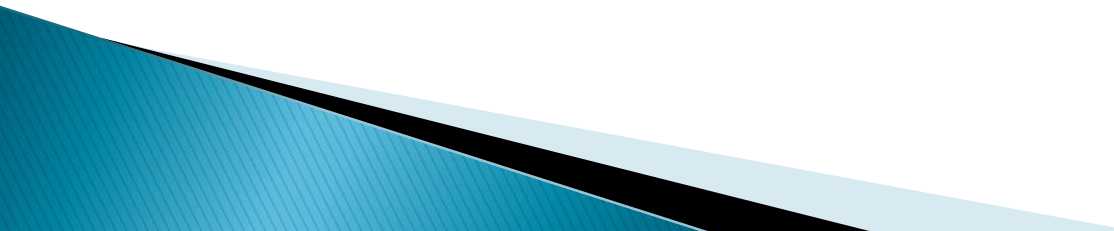
## BEHAVIORS

What we **do** affects  
how we think and feel

# CBT

CHANGING PERCEPTIONS



- ▶ CBT is based on the concept that a person's thoughts, feelings, physical sensations and actions are **interconnected**, and that **negative** thoughts and feelings can trap him/her in a vicious cycle.
  - ▶ In the therapy concerning OCD, the therapist helps to break down problems into separate parts, such as your thoughts, physical feelings and actions.
  - ▶ He encourages the person to face fear and let the obsessive thoughts occur without neutralising them with compulsive behaviours.
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