

OCD
By
Frank Minirth, M.D., Ph.D.
Radio 03/19/09

- Introduction
- Bible Verses
 - Philippians 4:6 – Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
 - I Peter 5:7 – Casting all your care upon him; for he careth for you.
 - Matthew 6:34 – Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.
- Obsession

The term *obsession* is officially used in obsessive-compulsive anxiety disorder (OCD) and obsessive-compulsive personality disorder (OCPD). In the anxiety definition of OCD it refers to persistent, unwanted, recurrent thoughts and worries. In OCPD it refers to maladaptive patterns of behavior such that the individual is preoccupied with rules, regulations, details, and being pedantic, parsimonious, pecuniary, perfectionistic, inflexible, and overly conscious.
- Obsessive-compulsive disorder (OCD)

OCD is an anxiety disorder characterized by recurrent thoughts or repetitive actions. Although the client knows the thoughts are extreme, he or she continues with them. The thoughts may center around a fear of germs, violence, symmetry, or theological issues, for example. The compulsion may center on checking, counting, hand washing, or putting things in order. Some individuals with major depressive disorder have comorbid OCD. It affects at least 2.2 million Americans; 67% have associated major depressive disorder (MDD). A genetic factor is often present. OCD is usually treated with SSRIs (40 to 60 percent response). Other drugs that have been used include clomipramine (Anafranil), SNRI, benzodiazepines, and atypical neuroleptics.

- Obsessive-compulsive disorder (OCD): most common types

The most frequent obsessions and compulsions are:

obsessions:

contaminations – 38%
 harm – 24%
 symmetry – 10%
 somatic (health) – 7%
 religions – 6%
 sexual – 5%
 hoarding – 5%
 unwanted urges – 4%
 other – 12%

compulsions:

checking – 28%
 cleaning – 27%
 repeating – 11%
 mental rituals – 11%
 ordering – 6%
 collecting – 3%
 counting – 2%
 other – 12%

- Obsessive-compulsive personality disorder (OCPD)

Obsessive-compulsive personality disorder is characterized by maladaptive behavior patterns rather than symptoms. These patterns include recurrent thoughts and repetitive actions, which may appear as being detail oriented, perfectionistic, stubborn, rigid, and inflexible.

- OCD spectrum disorder

OCD spectrum disorder includes disorders that may be related to or similar to OCD in some respects. OCD spectrum disorders include hypochondriasis, body dysmorphic disorder, impulse-control disorders such as gambling, compulsive sexual behaviors, Tourette’s disorder, trichotillomania, and eating disorders.

- Conclusion

- Bible Verses

- Philippians 4:6 – Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
- I Peter 5:7 – Casting all your care upon him; for he careth for you.
- Matthew 6:34 – Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.