

## Obsessive-compulsive spectrum disorders

Andrea Allen, PhD; Audrey King, PhD; Eric Hollander, MD



The obsessive-compulsive spectrum is an important concept referring to a number of disorders drawn from several diagnostic categories that share core obsessive-compulsive features. These disorders can be grouped by the focus of their symptoms: bodily preoccupation, impulse control, or neurological disorders. Although the disorders are clearly distinct from one another, they have intriguing similarities in phenomenology, etiology, pathophysiology, patient characteristics, and treatment response. In combination with the knowledge gained through many years of research on obsessive-compulsive disorder (OCD), the concept of a spectrum has generated much fruitful research on the spectrum disorders. It has become apparent that these disorders can also be viewed as being on a continuum of compulsivity to impulsivity, characterized by harm avoidance at the compulsive end and risk seeking at the impulsive end. The compulsive and impulsive disorders differ in systematic ways that are just beginning to be understood. Here, we review these concepts and several representative obsessive-compulsive spectrum disorders including both compulsive and impulsive disorders, as well as the three different symptom clusters: OCD, body dysmorphic disorder, pathological gambling, sexual compulsivity, and autism spectrum disorders.

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**Keywords:** obsessive-compulsive disorder; body dysmorphic disorder; pathological gambling; sexual compulsivity; autism; Asperger's disorder; impulsivity

Obsessive-compulsive disorder (OCD) is characterized by obsessions and compulsions, but it has become clear that there are a significant number of other disorders that have core obsessive and compulsive features. Disorders that include such features cross several diagnostic categories and can be grouped according to the focus of the symptoms: bodily preoccupation, impulse control, or neurological disorders (*Table 1*). In addition to having obsessive and compulsive symptoms, all of these disorders also have some similarities in patient characteristics, course, comorbidities, neurobiology, or treatment response. Thus, an obsessive-compulsive (OC) spectrum has been proposed, for which all of these disorders are candidates.<sup>1-4</sup> Each of these disorders can often be chronic and devastating in terms of the suffering caused, the interference with functioning in important areas of life, and the economic toll to individuals and society.

Individuals with these disorders exhibit repetitive behaviors because they have a defect in the mechanism that enables them to inhibit acting.<sup>5</sup> The disorders vary in the extent to which they are characterized by compulsivity versus impulsivity, and this difference is often discussed in terms of a compulsive-impulsive spectrum.<sup>1-4</sup> They vary in numerous ways beginning with the phenomenology of this inability to resist acting. Compulsive disorders include OCD, body dysmorphic disorder (BDD), hypochondriasis, and anorexia nervosa. Individuals who act compulsively are avoiding risk and seeking safety; these individuals appear to have an exaggerated sense of harm and are driven to avoid harm or reduce anxiety and distress by performing the compulsive behaviors. The impulsive dis-

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# Focus On Obsessive Compulsive Spectrum Disorders

**Johan A. den Boer, Jacques A. den  
Boer, Herman Gerrit Marinus  
Westenberg, Synthesis Publishers**

## **Focus On Obsessive-compulsive Spectrum Disorders:**

Focus on Obsessive-compulsive Spectrum Disorders Johan A. den Boer, Jacques A. den Boer, Herman Gerrit Marinus Westenberg, Synthesis Publishers, 1997      *Obsessive-Compulsive Spectrum Disorders* Eric Hollander, Joseph Zohar, Paul J. Sirovatka, Darrel A. Regier, 2010-05-28 The five year process of preparing for the revision of the Diagnostic and Statistical Manual DSM has been organized around a series of conferences convened by the American Psychiatric Association in collaboration with the World Health Organization and the U S National Institutes of Health to address the future of psychiatric diagnosis *Obsessive Compulsive Spectrum Disorders Refining the Research Agenda for DSM V* is the fruit of one of those conferences and presents the most academically sound thought provoking and timely papers from the proceedings As the conference and book demonstrate recent advances in psychiatric diagnosis suggest a new approach to obsessive compulsive disorder OCD classification Research into the pathogenesis of OCD increasingly supports reclassification out of the anxiety disorders and into a separate group of obsessive compulsive related disorders OCRDs The relationships among OCRDs may be better defined delineated and understood if the current categorical diagnostic approach is supplemented with a dimensional approach which assesses obsessive compulsive symptom domains Obsessive compulsive disorders are believed to be underdiagnosed in patients who complain of broad symptoms of anxiety and reclassification of OCD as an OCRD would promote more careful examination of distinct obsessive compulsive symptoms yield more accurate diagnosis and result in more effective treatments Reclassification may facilitate future research directions in examining the biological underpinnings of these disorders In addition to examining the genetic neurological and ethno cultural bases for OCRDs the book gives special attention to disorders that cross current diagnostic categories including Body dysmorphic disorder BDD Tourette s syndrome and trichotillomania Impulse control disorders The process leading to publication of DSM V is by its nature an exhaustive and complex one and the conferences play a critical role in reviewing relevant research assessing the status of scientific knowledge and advancing that knowledge base *Obsessive Compulsive Spectrum Disorders Refining the Research Agenda for DSM V* represents the cutting edge thinking that will culminate in new diagnoses classifications and standards of practice for this debilitating set of disorders Clinicians and academicians will be fascinated by this glimpse into the next generation of the DSM V      **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     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

*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 to 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     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 Disorder: Subtypes and Spectrum Conditions* Jonathan S Abramowitz,Dean McKay,Steven Taylor,2011-04-28 Researchers and clinicians working with Obsessive Compulsive Disorders OCD and related disorders who need the most current information available will find this volume of great use Obsessive Compulsive Disorder Subtypes and Spectrum Conditions covers contemporary theory research and treatment of the various subtypes of OCD and problems often referred to as OCD spectrum disorders As the mental health field considers the next iteration of the DSM an entire research agenda is being planned to elucidate issues such as how best to understand and classify OCD The questions of subtypes and spectrum disorders are at the heart of this issue and will guide how OCD is conceptualized in DSM V This volume dedicated to such diagnostic theoretical and treatment issues helps informs the field of the most up to date knowledge and what

remains to be resolved Deconstructs OCD into its subtypes Reviews current research and treatment for these problems Considers how OCD will be conceptualized in DSM V Represents an international scope with contributions from field experts in psychology psychiatry and social work Includes critical discussion of the OCD subtype and OCD spectrum concepts

*Obsessive-compulsive Disorder* Christopher Pittenger,2017 Obsessive compulsive disorder OCD affects one person in 40 and can cause great suffering This volume provides the first comprehensive summary of our understanding of this enigmatic condition summarizing current work ranging from genetics and neurobiology through cognitive psychology treatment personal experiences and societal implications **Obsessive Compulsive Disorder and Comorbidity** Ruth

Gross-Isseroff,Abraham Weizman,2006 Obsessive Compulsive Disorder Comorbidity **The Wiley Handbook of Obsessive Compulsive Disorders** Jonathan S. Abramowitz,Dean McKay,Eric A. Storch,2017-06-12 The Wiley Handbook of Obsessive

Compulsive Disorders 2 volume set provides a comprehensive reference on the phenomenology epidemiology assessment and treatment of OCD and OCD related conditions throughout the lifespan and across cultures Provides the most complete and up to date information on the highly diverse spectrum of OCD related issues experienced by individuals through the lifespan and cross culturally Covers OCD related conditions including Tourette s syndrome excoriation disorder trichotillomania hoarding disorder body dysmorphic disorder and many others OCD and related conditions present formidable challenges for both research and practice with few studies having moved beyond the most typical contexts and presentations Includes important material on OCD and related conditions in young people and older adults and across a range of cultures with diverse social and religious norms *Obsessive-Compulsive Disorder* Natalie Rompella,2009-04-23 Obsessive Compulsive

Disorder strikes one in fifty adults However the disorder often remains untreated in young adults despite advances in diagnostics Though so many people suffer from OCD very few seek professional help Obsessive Compulsive Disorder The Ultimate Teen Guide helps teens understand OCD in greater detail The guide explains different forms of OCD checking cleaning scrupulosity and related disorders such as Obsessive Compulsive Personality Disorder Tourette s Syndrome and Asperger s Disorder Author Natalie Rompella voices many common concerns teens have when confronted with OCD including how to deal with school work and friends The book also discusses uncomfortable topics such as obsessions with sexuality and other unwanted thoughts The book features insights from teens who suffer from OCD letting others know they are not alone The book also encourages teens to seek help through treatment and provides details of different treatment options **Rutter's Child and Adolescent Psychiatry** Anita Thapar,Daniel S. Pine,James F. Leckman,Stephen

Scott,Margaret J. Snowling,Eric A. Taylor,2017-12-26 Rutter s Child and Adolescent Psychiatry is the leading textbook in its field Both interdisciplinary and international it provides a coherent appraisal of the current state of the field to help researchers trainees and practicing clinicians in their daily work Integrating science and clinical practice it is a comprehensive reference for all aspects of child and adolescent psychiatry New to this full color edition are expanded

coverage on classification including the newly revised Diagnostic and Statistical Manual of Mental Disorders DSM 5 and new chapters on systems neuroscience relationship based treatments resilience global psychiatry and infant mental health From an international team of expert editors and contributors this sixth edition is essential reading for all professionals working and learning in the fields of child and adolescent mental health and developmental psychopathology as well as for clinicians working in primary care and pediatric settings Michael Rutter has contributed a number of new chapters and a Foreword for this edition I greatly welcome this new edition as providing both a continuity with the past and a substantial new look Professor Sir Michael Rutter extract from Foreword Reviews of previous editions This book is by far the best textbook of Child Adolescent Psychiatry written to date Dr Judith Rapoport NIH The editors and the authors are to be congratulated for providing us with such a high standard for a textbook on modern child psychiatry I strongly recommend this book to every child psychiatrist who wants a reliable up to date comprehensive informative and very useful textbook To my mind this is the best book of its kind available today Journal of Child Psychology and Psychiatry Trichotillomania, Skin Picking, and Other Body-Focused Repetitive Behaviors Jon E. Grant, Dan J. Stein, Douglas W. Woods, Nancy J. Keuthen, 2012-09-24

Underestimated under researched and often poorly understood the body focused repetitive disorders nevertheless cause human suffering that is serious persistent and pervasive These disorders can occur in both adults and children and manifest themselves as hair pulling trichotillomania pathologic skin picking thumb sucking and nail biting Although these disorders are common very few medical students and residents hear them addressed in lectures or know where to begin when confronted with a patient presenting with these behaviors Trichotillomania Skin Picking and Other Body Focused Repetitive Behaviors seeks to remedy this situation by synthesizing the latest research on body focused repetitive disorders and presenting it in a systematic easy to grasp manner Much has changed in the more than a decade since the last book on this topic was published This new volume reflects the most current and substantive research into the etiology and symptoms of body focused repetitive disorders and therapeutic options Organized in logical fashion it begins with a review of the clinical characteristics moves on to diagnosis and evaluation and concludes with a full review of treatment options Special features include Extensive material to help clinicians and patients understand the underlying purpose of engaging in these behaviors which include reducing tension regulating strong emotion and alleviating boredom Separate chapters on adults and children who may have a different presentation and a different set of treatment options An additional chapter focuses on the role of the child patient's family in the diagnosis and treatment of the disorder Thorough coverage of the full range of treatments including psychotherapy medication and alternative treatments which provides the clinician with an evidence based approach to treating patients Discussion of the psychobiology of hair pulling and skin picking which allows the reader to understand and contextualize the disorder from a neurological perspective and offers clues that may assist in optimizing treatment A presentation style that is detailed enough for clinicians yet accessible enough for a lay audience including

patients with the disorder and the families who seek to understand and support them Trichotillomania Skin Picking and Other Body Focused Repetitive Behaviors fills a critical gap in the literature by addressing this common and frequently debilitating disorder in an utterly current highly practical and wholly compassionate manner

**Advances in Psychiatry and Behavioral Health, Volume 3, E-Book** Deepak Prabhakar, 2023-08-03 Advances in Psychiatry and Behavioral Health reviews the year's most important findings and updates within the field in order to provide psychiatrists and primary care physicians with the current clinical information they need to improve patient outcomes A distinguished editorial board led by Dr Deepak Prabhakar identifies key areas of major progress and controversy and invites preeminent specialists to contribute original articles devoted to these topics These insightful overviews in psychiatry and behavioral health inform and enhance clinical practice by bringing concepts to a clinical level and exploring their everyday impact on patient care Contains 24 articles on such topics as OCD in sport eating disorders in athletes during times of transition treatment of misophonia crisis management in psychiatry physician wellness and more as well as current topics in geriatrics child and adolescent psychiatry women's health psychotherapeutics neurosciences and more Provides in depth clinical reviews in psychiatry and behavioral health providing actionable insights for clinical practice Presents the latest information in the field under the leadership of an experienced editorial team Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews

**Treatment Plans and Interventions for Obsessive-Compulsive Disorder** Simon A. Rego, 2016-04-20 Providing clinicians with evidence based therapeutic techniques that they can tailor to the needs of individual clients this state of the art treatment planner is filled with case examples and clinical tools Simon A Rego presents the latest thinking on obsessive compulsive disorder OCD and explains how it has been reclassified in DSM 5 He shows how to combine exposure and ritual prevention therapy with other cognitive and behavioral interventions based on a comprehensive case formulation and describes proven strategies for enhancing motivation and overcoming common obstacles in treatment In a large size format for easy photocopying the book includes 10 reproducible handouts and forms Purchasers get access to a Web page where they can download and print the reproducible materials

**Comprehensive Behavioral (ComB) Treatment of Body-Focused Repetitive Behaviors** Charles S. Mansueto, Suzanne Mouton-Odum, Ruth Goldfinger Golomb, 2023-09-21 More common than was previously believed body focused repetitive behaviors BFRBs affect as many as 1 in 20 people Written by the experts who created and developed the ComB Model it provides a practical and user friendly manual for therapists on an effective individualized treatment approach for BFRBs It features the most up to date information on BFRBs and guides clinicians from conceptualization of the problem through all aspects of clinical treatment The internal and external influences for hair pulling and skin picking disorders are addressed thoroughly and from a functional analytical perspective A valuable case example illustrates exactly how specific concepts and techniques are implemented in therapy Chapters cover preparing the client for treatment encouraging healthy approaches to hair skin care

preventing relapse dealing with co morbidities trouble shooting impediments to therapy and modifying treatment for children adolescents and their families This book is the best single resource available for mental health professionals for conceptualizing and treating BFRBs

**Managing Tic and Habit Disorders** Kieron P. O'Connor, Marc E. Lavoie, Benjamin Schoendorff, 2018-03-19 A pioneering guide for the management of tics and habit disorders Managing Tic and Habit Disorders A Cognitive Psychophysiological Approach with Acceptance Strategies is a complete client and therapist program for dealing with tics and habit disorders Groundbreaking and evidence based it considers tics and habit disorders as part of the same spectrum and focuses on the personal processes that are activated prior to a tic and habit rather than the tic or habit itself By drawing on acceptance and mindfulness strategies to achieve mental and physical flexibility in preparing action individuals can release unnecessary tension expend less effort and ultimately establish control over their tic or habit The authors explain how to identify the contexts of thoughts feelings and activities that precede tic or habit onset understand how self talk and language can trigger tic onset and move beyond unhelpful ways of dealing with emotions particularly in taking thoughts about emotions literally They also explore how individuals can plan action more smoothly by drawing on existing skills and strengths and overcome shame by becoming less self critical and more self compassionate They conclude with material on maintaining gains developing new goals and creating a more confident and controlled lifestyle Managing Tic and Habit Disorders is a thoughtful and timely guide for those suffering from this sometimes all consuming disorder and the professionals who set out to help them

*The American Psychiatric Association Publishing Textbook of Anxiety, Trauma, and OCD-Related Disorders* Naomi Simon, Eric Hollander, Barbara O. Rothbaum, Dan J. Stein, 2020-04-02 Designed for clinicians at every level The American Psychiatric Association Publishing Textbook of Anxiety Trauma and OCD Related Disorders addresses the origin assessment diagnosis and treatment of these disorders in a comprehensive up to date and compelling manner Fresh voices are everywhere in this authoritative revision of the classic text as more than 60% of the contributors are new They join stalwarts from the previous edition experts who bring stellar credentials and a discerning eye to the task of revising the text to reflect cutting edge scholarship and evidence based clinical knowledge Following a comprehensive overview of core principles the book provides detailed coverage of specific DSM 5 diagnoses generalized anxiety disorder obsessive compulsive and related disorders panic disorder and agoraphobia social anxiety disorder specific phobia and trauma and stressor related disorders Each section presents the latest thinking on phenomenology and pathogenesis then provides evidence based clinical recommendations for pharmacotherapy and psychotherapy New and noteworthy material includes the following Two new chapters focus on the features phenomenology and course of acute and integrated grief as well as the epidemiology clinical features evaluation and pathophysiology of complicated grief CG which affects a significant minority Proper treatment of CG is critical because once it persists beyond 6 months impairment may last for years if not a lifetime Accordingly a separate chapter is devoted to treatment options including a hybrid of cognitive



behavioral interpersonal motivational interviewing and psychodynamic methods The Unified Protocol UP for Transdiagnostic Treatment of Emotional Disorders is examined in a fascinating new chapter The UP is a promising treatment with empirical support for reduction of both symptoms and higher order temperamental changes such as changes in neuroticism an underlying mechanism associated with onset and maintenance of emotional disorders The chapter on anxiety disorders in late life is completely new and emphasizes the prevalence of anxiety in this population and its likelihood of remaining undetected and untreated The epidemiology diagnosis and treatment of these disorders are examined in detail so that the reader will recognize the clinical features be able to differentiate them from depression and can identify appropriate treatment whether pharmacological or psychotherapeutic Each chapter features a concise list of key clinical points to help the reader focus on the most important material for study as well as a list of recommended reading for those who wish to learn more Grounded in the latest research clinically rich and pedagogically strong The American Psychiatric Association Publishing Textbook of Anxiety Trauma and OCD Related Disorders is the go to text for mental health clinicians looking for evidence based knowledge and support

**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

Schizo-Obsessive Disorder Michael Poyurovsky, 2013-01-17 This is the first book to address the clinical and neurobiological interface between schizophrenia and obsessive compulsive disorder OCD There is growing evidence that obsessive compulsive symptoms in schizophrenia are prevalent persistent and characterized by a distinct pattern of familial inheritance neurocognitive deficits and brain activation This text provides guidelines for differential diagnosis of schizophrenic patients with obsessive compulsive symptoms and patients with primary OCD alongside poor insight psychotic features or schizotypal personality Written by a leading expert in the coexistence of obsessive compulsive and schizophrenic phenomena Schizo Obsessive Disorder uses numerous case studies to present diagnostic guidelines and to describe a recommended treatment algorithm demystifying this complex disorder and aiding its effective management The book is essential reading for psychiatrists neurologists and the wider range of multidisciplinary

mental health practitioners

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