

Screening and Correctly Diagnosing OCD

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SCAFP Summer Break Away & Annual
Assembly
June 12, 2022



OCD: The Doubting Disease

What if it is wrong?

What if I don't check and miss something?

What if this isn't real love?

What if I have cancer and don't catch it in time?

What if I left it open?

What if looking at that child's butt means I am a pervert?

What if I mess up?

What if someone breaks in?

What if it wasn't cooked enough?

What if it is not clean?

What if I said _____?

What if my error causes something bad to happen?

What if I didn't tell the truth?

What if that is unlucky?

What if I leave it, and someone gets hurt?

What if they don't know what I meant?

What if I said that thought aloud?

What if I hurt someone?

What if I was negligent?

What if It is uneven?

What if I didn't do it just right?

What if I was staring?

What if I am a sinner?

What if I am contaminated?

What if it wasn't straight?

What if I wasn't careful?

What if it's not locked?

What if that number means something bad will happen?

What if I offend God?

What if these feelings and urges mean my identity is different than what I want it to be?

What if they get sick?

What if that thought means that is what I really want to happen?

What if I am sexually attracted to _____?

What if I need it and don't have it?

What if I swerve and hit them?

What if I didn't turn it off?

What if something bad happened?

What if lose control?

What if I lose control?

What if I am not good?

What if I counted wrong?

OCD



1. Obsessions
 2. Compulsions
 3. Time consuming and/or cause distress or impairment
- 1 in 100 adults
 - 1-2 in 100 kids
 - **On average, takes 14-17 years before diagnosis**

DSM Classifications of Anxiety Related Disorders

Anxiety Disorders

- Panic disorder with and without agoraphobia
- Specific phobia
- Social anxiety disorder
- Generalized anxiety disorder
- Separation anxiety disorder*

Obsessive-Compulsive Disorders

- Obsessive-compulsive disorder
- Excoriation disorder
- Trichotillomania
- Body dysmorphic disorder
- Hoarding

Somatic Symptom and Related Disorders

- Somatic symptom disorder
- Illness anxiety disorder

Trauma and Related Disorders

- Posttraumatic stress disorder (PTSD)
- Acute stress disorder

NOT in the DSM: PANDAS and PANS

- Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep (PANDAS) defined in 1998
- In 2010, NIH researchers found that while strep seems to be a trigger, it may not be the only trigger and sudden onset OCD can be triggered by other diseases, including Lyme, Mono, Mycoplasma, and the flu
- Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) is when the severe onset is not linked to strep
- Sudden onset with change occurring within a day or a week
- Often overlooked by medical professionals

EFFECTS OF BASAL GANGLIA INFLAMMATION

“Seeing Your First Child with PANDAS/PANS” by Margo Thienemann, MD and
The PANDAS Physicians Network Diagnostics and Therapeutics Committee

**Basal ganglia is a relay station through
which run neurons that control:**

Inflammation may cause:

Mood and emotion

OCD, Mood lability, Anxiety

Behavior

OCD, Rage, Developmental regression

Procedural learning

Handwriting changes, Clumsiness

Motor Movements

Tics, Choreiform Movements

Cognition

**Slow processing speed, Memory issues
specific Sensory learning deficits
(often Math)**

Sensory

**Sensitivity to light, sounds, smells,
tastes, textures**

PANS and PANDAS

- No age limitation, typical during grade-school
- Abrupt, sudden onset of OCD or severely restricted food intake
- At least 2 neuropsychiatric symptoms that also have a sudden and severe onset:
 - Anxiety
 - Emotional lability and/or depression
 - Irritability, aggression, oppositional behaviors
 - Behavioral (developmental) regression
 - School performance deterioration
 - Motor or sensory abnormalities
 - Somatic symptoms including sleep disturbance, enuresis, urinary frequency
- Symptoms evident between age 3 and puberty
- OCD and/or tics, particularly multiple, complex, or unusual tics
- Acute onset and relapsing-remitting course
- Association with Group A Streptococcal (GAS) infection
- Association with neurological abnormalities



**If you suspect
PANS/PANDAS, go to
PANDAS Physician
Network and IOCDF**

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Fear Cue: Intrusive thoughts, feelings, sensations, impulses, or urges with or without situational cue



Misperception: Fear cue is highly significant and equivalent to actions; sense of inflated responsibility



Maladaptive Coping Response: avoidance, compulsive rituals, accommodations, reassurance seeking

Obsessions:

- recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted
- cause marked anxiety and distress
- the individual attempts to ignore or suppress the thoughts, urges, or images
- The individual attempts to neutralize the thoughts, urges, or images with some other thought or action





Compulsions

- Repetitive behaviors OR mental acts that the individual feels driven to perform in response to an obsession or rule that must be applied rigidly
- The behaviors or mental acts are aimed at preventing or reducing anxiety or distress, or preventing some dreaded event or situation (but are not connected in a realistic way to what they are designed to neutralize or prevent, or are clearly excessive)

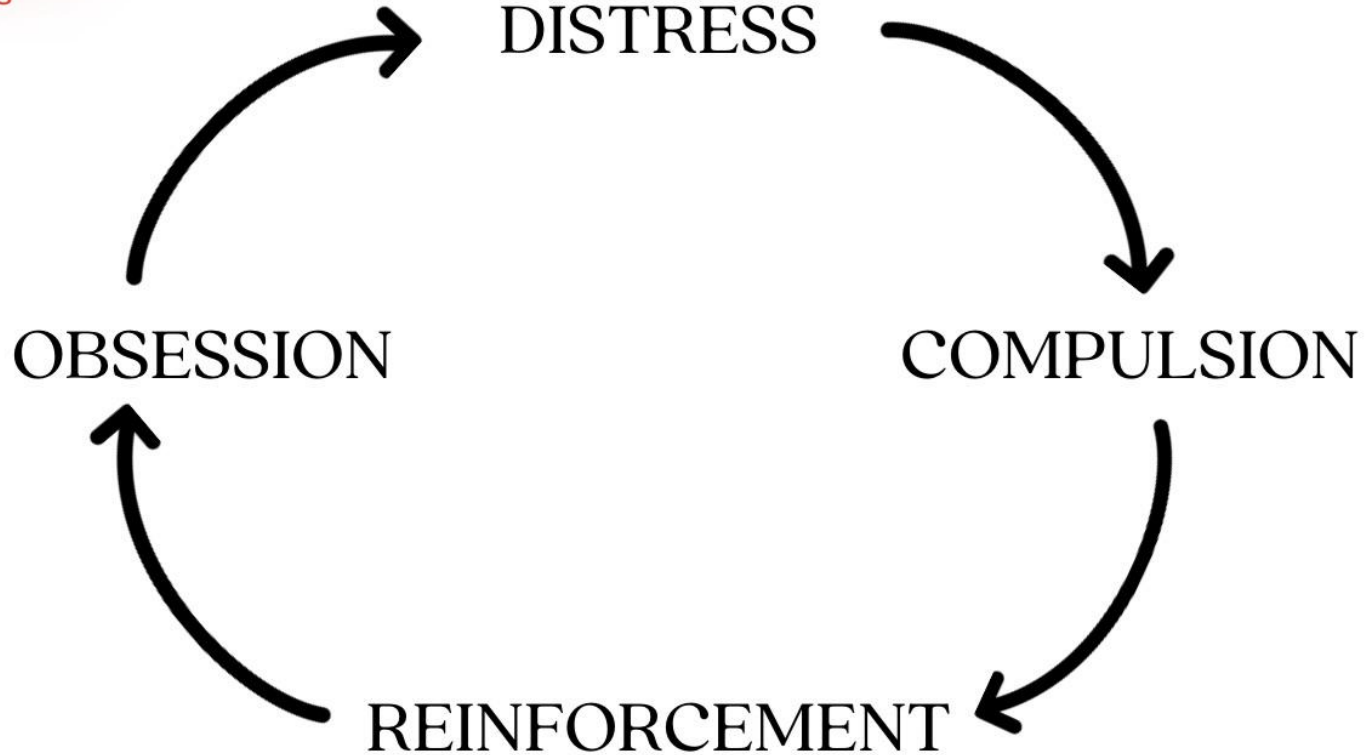
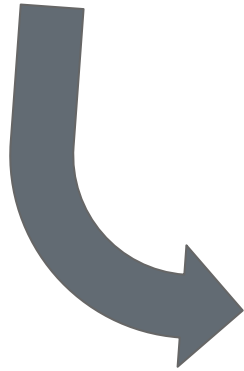


SIMPRESS

In my day we didn't have Google—we had unanswered questions.

INTRUSIVE

thoughts feelings urges
impulses sensations



How many themes can my OCD generate?

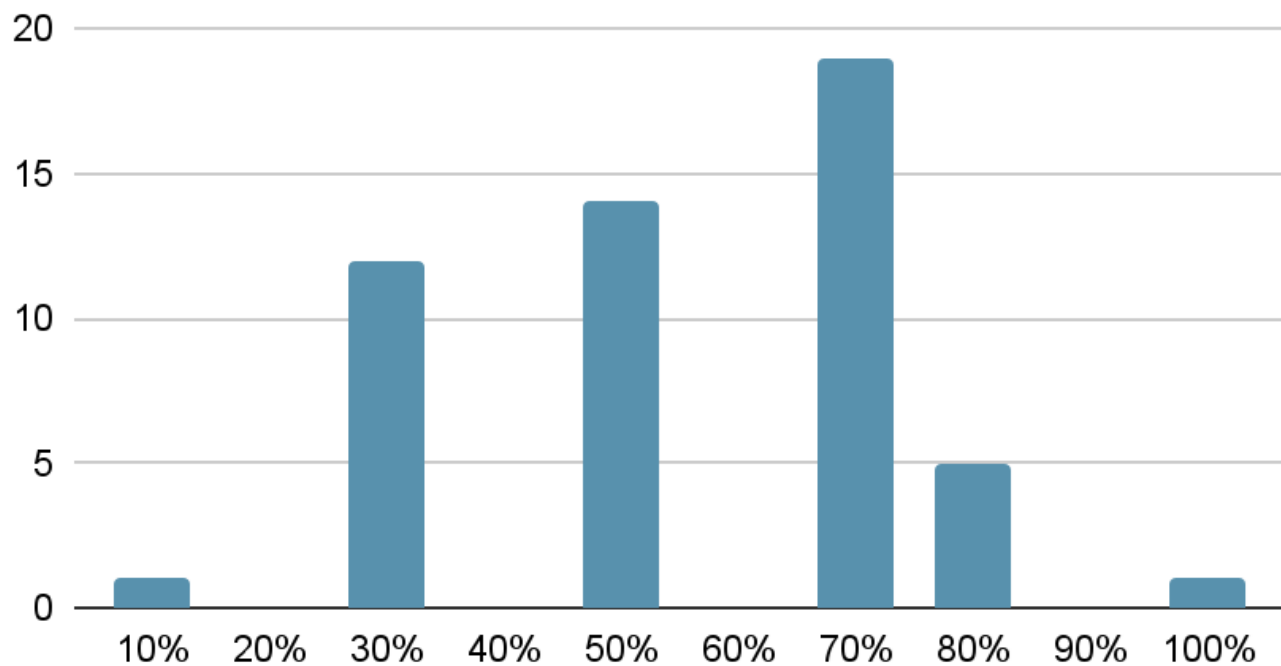


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- Contamination
- Symmetry
- Ordering
- Just Right
- Fear of losing control or going crazy
- Health
- Harm
- Scrupulosity
- Unwanted sexual thoughts
- Existential
- Real Event
- Relationship

- How many stars are in the sky?

Percentage of cases with "hidden" OCD



Assessment Measures

- Patient Health Questionnaire (PHQ-9) for depression
- General Anxiety Disorder (GAD-7) for general anxiety

- Obsessional Beliefs Questionnaire (OBQ-44)
- Yale Brown Obsessive Compulsive Scale (YBOCS I or II, clinician administered or self report)
- Freedom from OCD Obsessive Concerns Checklist
- Freedom from OCD Compulsive Activities Checklist



Anxiety and Depression Association of America (ADAA)

[Screening Tools | Anxiety and Depression
Association of America, ADAA](#)



Treatment For OCD

1. CBT/**ERP**/ACT
2. Medication
3. Reduce family accommodation

Evidence-based CBT/ERP

- You cannot control your *thoughts*
- You cannot control your *feelings*
- You can control your *behavior*
- As you change your *behavior*, your *thoughts* and *feelings* change

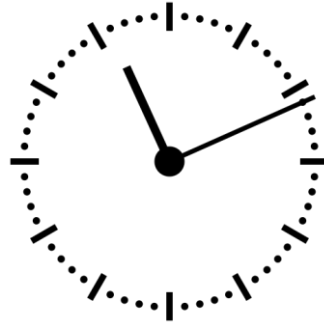
Old model was habituation, new model is inhibitory learning



Therapists can include OCD in the conditions they treat, when they really *might not* have specialized training or experience

[Psychology Today searching Charleston, SC selecting CBT and OCD](#)

[IOCDF searching Charleston, SC within 50 miles](#)



OCD is super sneaky!!!

With all the best of intentions, someone can be “in therapy” for OCD...

But some of the common core elements of psychotherapy might be ineffective or harmful (see [IOCDF expert opinion](#))

Thought
stopping

Relaxation
therapy

Energy
therapy

Life
coaching

Some aspects
of cognitive
therapy

Psychodynamic/
psychoanalytic

Interpersonal
therapy

Equine
therapy

What to Ask and Search for...



- “What techniques do you use to treat OCD?”
- “What is your training and background in treating OCD?”

- Membership in IOCDF
- Completed training through IOCDF, especially the Behavioral Therapy Training Institute (BTTI)
- Ongoing peer and professional consultation

Resources and Finding Help

- International OCD Foundation (IOCDF) always first
 - Clinician and referral directory
 - Articles
 - Videos
 - In person and virtual conferences
 - Training opportunities
 - Peace of Mind FB livestreams
 - Community Conversations on select Tuesdays, 7-8pm (2 in June)
 - Town Halls, 1st Tuesday of the month, 7-8:30pm
 - Ask the Experts, select Wednesdays, 12-1pm (3 in June)
 - Lunch and Learn, 4th Wednesday, 12-1pm
 - Faith and OCD Roundtable, 3rd Tuesday every other month, 7-8pm
 - Research Roundtable, select Thursdays, 12-1pm

Resources and Finding Help

- OCDSC, ocdsc.org
- NOCD, treatmyocd.com
- OCD Stories podcast
- Your Anxiety Toolkit podcast
- FearCast podcast

- BFRBs: TLC Foundation for BFRBs, bfrb.org
- BDD: Body Dysmorphic Disorder Foundation, bddfoundation.org and bdd.iocdf.org
- Hoarding: hoarding.iocdf.org

Thank You!

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