

 CASE-STUDIES – COMPONENTS OF OCD

handout number

5.10
a,b

Activity type Application

This handout is designed to enable students to apply their understanding of the three characteristics of OCD. It provides case studies of three very different instances

of OCD and requires students to list the behavioural, emotional and cognitive components of each one in the table provided on 5.10b.

Practical use

Small group activity

Additional notes

The case studies provide real-life examples of OCD and the exercise helps students to appreciate the three types of characteristics by applying them to these particular cases.

References for source of case studies (adapted):

Sue, D. Sue, D. and Sue, S. (1990) *Understanding Abnormal Behaviour*. Boston, MA: Houghton Mifflin.

Davison, G. and Neale, J. (2001) *Abnormal Psychology*. New York, NY: John Wiley & Sons, Inc.

Answers**Mark**

Behavioural:

- Compulsions: checking homework.
- Checking things obsessively, e.g. tracing the wiring.

Emotional:

- Anxiety and doubt.
- Low mood inferred.

Cognitive:

- Ruminations.
- Mistrust of perceptions.

Louise

Behavioural:

- Compulsive rituals:
 - Washing for hours
 - Scraping outer layer of soap
 - Eating 3 bites at a time
 - Chewing 300 times.
- Avoidance – she does not leave the house, do housework or talk on the phone.

Emotional:

- Anxiety – about touching wood, canned goods, etc.

Cognitive:

- Obsessive fear of contamination.
- Belief that actions can decontaminate food.

Adele

Behavioural:

- Compulsions:
 - Not stepping on cracks.
 - Reciting hymns in a certain way.
 - Hiding dressing gown cords.
- Sleeplessness.

Emotional:

- Extreme anxiety of harming others.
- Low mood.

Cognitive:

- Irrational beliefs:
 - Belief that she will kill her children.
 - In childhood, the belief that treading on cracks will cause her mother to have car accident, etc.

 THE CYCLE OF OCD

handout number

5.11

Activity type Application

Four new case studies of OCD are given. Students should use the diagram in the textbook (and on the handout) to illustrate the cycle of OCD using the obsessive thoughts

and compulsive behaviours from actual examples of OCD.

Practical use

Ideally this should be done as individuals to check understanding but could be used in pairs or small groups where some need the extra support.

Additional notes

Teachers may need to do one as an example (although the more astute students would not need this help!).

Answers**Johnny:**

Obsessive thought is that if he gets up at any time other than when the digital clock reads the same forwards as backwards, a member of his family will be seriously hurt during the day.

Compulsive behaviour is only getting up at these times.

Lewis:

Obsessive thought is his belief that if the toilet roll is not in the correct position he will be contaminated by faeces.

Compulsive behaviour is spending hours adjusting the toilet roll in the lavatory until its position is exactly in parallel with the lines on the wall tiles.

Mary:

Obsessive thought is the feeling that a disaster will happen if everything is not neat and tidy.

Compulsive behaviour is any example of excessive neatness such as lining up her books in a precise order, placing clothes hangers an exact distance apart, arranging things very neatly in her drawers.

Chris:

Obsessive thought is that harm will be done if she leaves lights on in the house.

Compulsive behaviour is touching every single light switch in the house every time she enters or leaves it.