**Module 9: Obsessive-Compulsive And Related Disorders**

LEARNING OBJECTIVES

**9.1. Clinical Presentation**

* Describe how obsessive compulsive disorder presents.
* Describe how body dysmorphic disorder presents.
* Describe how hoarding disorder presents.

**9.2. Epidemiology**

* Describe the epidemiology of OCD.
* Describe the epidemiology of body dysmorphic disorder.
* Describe the epidemiology of hoarding disorder.

**9.3. Comorbidity**

* Describe the comorbidity of OCD.
* Describe the comorbidity of body dysmorphic disorder.
* Describe the comorbidity of hoarding disorder.

**9.4. Etiology**

* Describe the biological causes of obsessive-compulsive disorders.
* Describe the cognitive causes of obsessive-compulsive disorders.
* Describe the behavioral causes of obsessive-compulsive disorders.

**9.5. Treatment**

* Describe treatment options for OCD.
* Describe treatment options for body dysmorphic disorder.
* Describe treatment options for hoarding disorder.

KEY TERMS

**Body Dysmorphic Disorder**: An obsessive disorder where the individual is preoccupied with perceived defects or flaws in physical appearance, which are not observable or appear slight to others. This disorder involves compulsive behaviors like excessive grooming or mirror checking related to these perceived body imperfections​​.

**Compulsions**: In Obsessive-Compulsive Disorder (OCD), compulsions are time-consuming, repetitive behaviors or mental acts performed in response to an obsession. These behaviors, such as checking, counting, or hand washing, are carried out to alleviate the anxiety associated with obsessive thoughts​​.

**Exposure And Response Prevention (ERP)**: A highly effective treatment for OCD involving repeated exposure to the obsession, causing anxiety, while simultaneously preventing the individual from engaging in compulsive behaviors. This method gradually exposes individuals to their obsessions to manage anxiety and refrain from compulsions​​.

**Hoarding Disorder**: Characterized by the persistent accumulation of possessions without discarding them, regardless of their value or sentiment. Individuals with this disorder often keep items like newspapers, magazines, or clothes, leading to cluttered living spaces and significant distress when asked to discard items​​.

**Insight Specifiers**: Used in clinical settings to describe the level of awareness or understanding a person with a mental disorder has about the accuracy of their beliefs or perceptions.

**Muscle Dysmorphia**: A common type of Body Dysmorphic Disorder (BDD), particularly among males, where individuals believe their body is too small or lacks sufficient muscle definition. This belief can lead to behaviors like substance abuse and is marked by severe distress about body image​​.

**Obsessions**: In OCD, obsessions are defined as repetitive, persistent, and intrusive thoughts, urges, or images that cause significant distress or impairment. Common obsessions include fears of contamination, doubts about daily behaviors, and thoughts of harm or orderliness​​.

**Obsessive-Compulsive Disorder (OCD)**: A mental disorder that involves the presence of obsessions (intrusive, distressing thoughts) and/or compulsions (repetitive behaviors performed to alleviate distress caused by obsessions)​​.

**Operant Conditioning**: A behavioral concept where compulsions in OCD are believed to begin and be maintained. It suggests that compulsive behaviors are reinforced through negative reinforcement, providing temporary relief from the distress caused by obsessions​​.