

Obsessive-compulsive Disorder



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Obsessive-compulsive disorder is a relatively common psychological problem, whose symptoms can be seriously disabling to the sufferer. These symptoms can include excessive hand-washing or other cleaning rituals, repeated checking, extreme slowness and unwanted, repugnant intrusive thoughts. This book, written by two clinical psychologists with extensive clinical and research experience in this field, gives a lucid account of the nature of obsessive-compulsive problems. It is intended for sufferers and their families as well as general readers interested in finding out about the disorder. This new third edition gives up-to-date information about the nature, symptoms, causes and theories of obsessive-compulsive disorder. It also discusses the treatments that are available and provides valuable practical advice to those who may need help. Numerous case histories are given throughout the book, highlighting various aspects of the disorder and its treatment. New to this edition are sections on scrupulosity, on culture and OCD, and on mental pollution as well as a new chapter on obsessive-compulsive disorder in children and on the similarities and differences between childhood OCD and autistic disorder. There is also expanded coverage of many other topics, including new developments in the understanding and treatment of obsessional thoughts, and a new table detailing drugs used for the disorder.

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