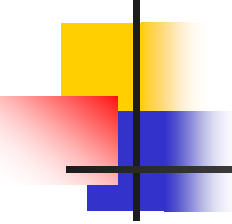
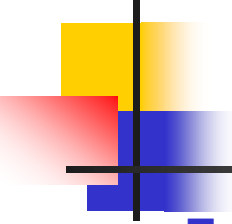


Obsessive Compulsive Disorder OCD and Phobia



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- Obsession: Is unwanted repetitive thoughts that lead to marked anxiety or distress such as of being contaminating with germs.
 - Compulsion: are behaviors used to decrease the anxiety or distress associated with obsessive thought such as frequent of washing hands, pray.

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- Almost all people have experienced a mild form of OCD.
 - Of women, 90% are compulsive cleaners
 - Male OCD sufferers are more likely to experience compulsive checking behavior
 - Types of obsession: fear of dirt, germs, Constant doubting, sexual thoughts.
 - Types of compulsion: washing hands, cleaning personal space, checking doors.



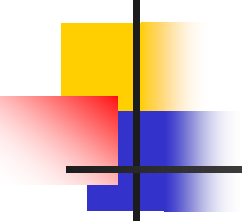
Characteristics of OCD

- 1.irrational shame
- 2.fear of being discovered
- 3.feeling tense
- 4.helplessness that the situation will never improve.



Care plan:

1. Work with client to determine type of situation that increase anxiety.
2. Encourage independent behavior.
3. Don't be judgmental or verbalized disapproval of the behavior.
4. Support client effort explore the meaning of behavior

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5. Schedule activities for client including compression of rituals.
 6. Give positive reinforcement for non ritualistic behavior
 7. Help client learn ways of interrupting obsessive thought & and ritualistic behavior (relaxation, exercise).



Phobic disorder

Phobias:

are behavior patterns characterized by: intense, persistence, irrational recurrent fear of a specific object, activity, or situation that result in a compelling desire to avoid the phobic stimulus as defense against anxiety.



20-45 of the general population have some form of phobic behavior.

5-15 of the population have phobic disorder.

There are many phobic disorders but all have 4 features in common: ■

1. there are un reasonable behavior response Both to the sufferer and to observer.

2.The fear are persistent.

3.The sufferers demonstrate avoidance behavior.

4. This behavior may become disabling to the sufferer.

Types of Phobia



1. specific phobia: is a fear of only one object or situation.

The most common specific phobias are old danger:

Closing spaces, heights, snakes, spiders
very seldom: guns, knives, speed cars.

It usually began early in life

It experience as often by men as by women.

People with S.phobia experience anxiety that is become anxious even thinking about the object.



Social Phobia

Is a fear of social situations:

Using public bath room.

Eating in public.

Being observed at work.

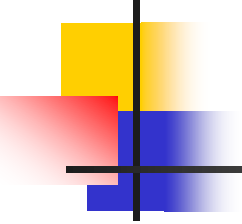
Being in crowd of people.



Agora phobia:

a fear of being away from home and of being alone in public spaces when assistance needed.

A person will avoid group of people whether on busy streets or in crowded stores, on public transportation or at town beaches or elevators.



In addition to panic attack the following may occur: multiple phobias, chronic anxiety, secondary depression, multiple somatic complaint, alcohol and barbiturate or anti anxiety medication abuse may occur. ■

Care plan for client with phobic disorder

1. Reassure client that he or she is safe.
2. Explore client perception of the threat to physical integrity or threat to self concept.
3. Discuss reality of the situation with client.





....Care plan for client with phobic disorder

4. Include client in making decision related to alternative coping strategies.
5. Encourage client to explore underlying feeling that may be contributing to fears



Thanks

for

listening