

Obsessive compulsive disorder

in children and adolescents

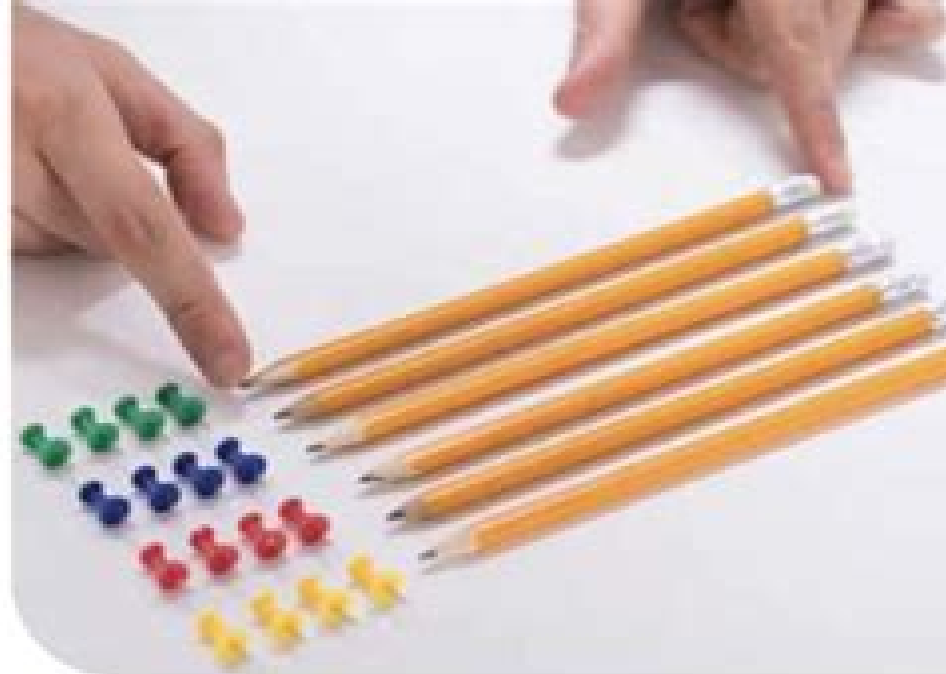
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GPs are uniquely placed to detect and begin management – including exposure and response prevention therapy – of obsessive compulsive disorder in young people, guided by validated self-report measures and with the aim of achieving sustained remission.



Obsessive compulsive disorder (OCD) is estimated to occur in one in 50 Australian children and is often chronic and impairing. The prevalence of 2 to 3% holds across the lifespan, with the illness remitting in some children while new cases emerge in adolescence.¹ This pattern is reflected in the bimodal distribution of OCD, with peaks of onset around 11 and 18 years of age.¹ OCD is characterised by obsessions (repetitive unwanted thoughts, urges or images) and compulsions (repetitive actions that the person feels driven to perform), either or both of which may be present (Box 1).

As with other neurodevelopmental disorders, paediatric OCD often presents with comorbidities, such as attention deficit hyperactivity disorder (ADHD), and is more common in boys than girls.² However, OCD in adults is reasonably equally distributed between the sexes.³ A subgroup of OCD with tics has a characteristically prepubertal onset in boys and is frequently associated with ADHD.^{3,4}

OCD in children and adolescents often interrupts educational, social, emotional and cognitive development. It can also have a profound impact on home life, and family members may 'accommodate' OCD (the facilitation or justification in circumstances

Obsessive Compulsive Disorder In Children Adolescents A Guide

Tara S. Peris, Eric A. Storch, Joseph F. McGuire



Obsessive Compulsive Disorder In Children Adolescents A Guide:

Handbook of Child and Adolescent Obsessive-Compulsive Disorder Eric A. Storch, Gary R. Geffken, Tanya K. Murphy, 2007-01-29 Previously considered a rare condition among children and adolescents recent research on obsessive compulsive disorder OCD has indicated an increased prevalence among this age group insofar as it is now considered one of the most common of all psychiatric illnesses affecting youth *Handbook of Child and Adolescent Obsessive Compulsive Disorder* is the definitive book on OCD in children and adolescents It provides a comprehensive review of the existing literature on pediatric OCD and is a welcome contribution to the extant literature which otherwise lacks a text detailing the state of knowledge in this area Emphasizing developments made in recent years this new volume serves to disseminate information regarding effective treatments etiology and accurate assessment and guides practitioners to formulate new questions that will further elucidate this condition Distinct in its thorough coverage of various issues in pediatric OCD *Handbook of Child and Adolescent Obsessive Compulsive Disorder* features detailed biological and genetic chapters including chapters on PANDAS psychopharmacology and neurobiology discussions of assessment and pharmacological and psychological treatment research relevant to the settings of the family school and primary care and dialogue on OCD spectrum disorders and co morbidities This significant work is intended for clinical psychologists and psychiatrists school psychologists graduate students and all other mental health professionals Primary care physicians will also consider this text useful as will school counselors

Obsessive Compulsive Disorder in Children and Adolescents Hugh F. Johnston, J. Jay Fruehling, John H. Greist, 1997-01-01 *A Clinician's Guide to Childhood Obsessive-Compulsive and Related Disorders* Andrew G. Guzick, Ph.D., Eric A. Storch, Ph.D., 2025-02-12 This book provides mental health clinicians and trainees with an overview of the new category of obsessive compulsive and related disorders as they apply to youth These disorders are highly impairing but can typically be overlooked in children and adolescents when they most often onset This book draws attention to these disorders and provides an up to date review on the classification and development of these conditions in youth Chapters explore the arguments for and against the new obsessive compulsive related disorder DSM 5 category provide reviews of transdiagnostic factors believed to underly these disorders as well expert overviews of the clinical disorders that make up this category An international team of contributors focuses on a range of topics such as pediatric acute onset neuropsychiatric syndrome early onset and tic related OCD common comorbid psychiatric conditions in youth developmental neurobiology and more This book is an essential read for clinicians who specialize in OCD and related disorders and treat children It is also applicable to clinicians trainees and students across mental health disciplines such as psychology psychiatry social work mental health and counselling

The Handbook of Child and Adolescent Clinical Psychology Alan Carr, 2015-12-24 The third edition of the hugely successful *Handbook of Child and Adolescent Clinical Psychology* incorporates important advances in the field to provide a reliable and accessible resource for clinical psychologists Beginning

with a set of general conceptual frameworks for practice the book gives specific guidance on the management of problems commonly encountered in clinical work with children and adolescents drawing on the best practice in the fields of clinical psychology and family therapy In six sections thorough and comprehensive coverage of the following areas is provided Frameworks for practice Problems of infancy and early childhood Problems of middle childhood Problems of adolescence Child abuse Adjustment to major life transitions Thoroughly updated throughout each chapter dealing with specific clinical problems includes cases examples and detailed discussion of diagnosis classification epidemiology and clinical features New material includes the latest advances in child and adolescent clinical psychology developmental psychology and developmental psychopathology assessment and treatment programmes This book is invaluable as both a reference work for experienced practitioners and as an up to date evidence based practice manual for clinical psychologists in training The Handbook of Child and Adolescent Clinical Psychology is one of a set of 3 books published by Routledge which includes The Handbook of Adult Clinical Psychology An Evidence Based Practice Approach Second Edition Edited by Carr McNulty and The Handbook of Intellectual Disability and Clinical Psychology Practice Edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh and John McEvoy **Handbook of Child and Adolescent Anxiety Disorders** Dean McKay, Eric A. Storch, 2022-11-29 The Second Edition of the handbook incorporates notable research advances throughout its comprehensive up to date examination of this diverse and maturing field Integrative state of the art models document the complex interplay of risk and protective factors and other variables contributing to normal and pathological development New and updated chapters describe current refinements in assessment methods and offer the latest research findings from neuroscience In addition the Second Edition provides readers with a detailed review across the spectrum of salient topics from the effects of early deprivation to the impact of puberty As the field continues to shift from traditional symptom based concepts of pathology to a contemporary dynamic paradigm the Second Edition addresses such key topics pertinent to childhood anxiety as Early childhood disorders including failure to thrive and attachment disorders Aggression ADHD and other disruptive conditions Developmental models of depression anxiety self injury suicide and OCD The autism spectrum and other chronic developmental disorders Child maltreatment and trauma disorders The Handbook of Child and Adolescent Anxiety Disorders Second Edition of the handbook is a discipline defining forward looking essential resource for researchers clinicians scientist practitioners and graduate students in such fields as developmental psychology child and adolescent psychiatry social work child and school psychology educational psychology and pediatrics **Clinical Handbook of Obsessive-Compulsive and Related Disorders** Eric A. Storch, Adam B. Lewin, 2015-07-03 This handbook examines evidence based treatment of obsessive compulsive and related disorders for a broad clinical audience Focusing on both children and adults with these conditions it discusses various manifestations of OCD e g contamination perfectionism related conditions e g hoarding trichotillomania and Tourette syndrome and cases with complicating factors Chapters describe case

specifics offer assessment guidelines and illustrate evidence based psychotherapy Case examples depict real life complexities of presentation notably in terms of comorbid conditions and hard to treat subpopulations Topical areas addressed in the Handbook include Phenomenology assessment and treatment of multiple types of OCD in adults and children Treating not just right experiences in children with OCD Treating obsessive compulsive disorder in very young children Treatment of OCD comorbid with other disorders like depression and Autism Spectrum Disorder Treatment of OCD when presenting with complicating factors like limited insight extreme family accommodation and poor motivation The Clinical Handbook of Obsessive Compulsive and Related Disorders is an essential resource for clinicians and professionals as well as researchers and graduate students in clinical psychology psychiatry social work counseling programs pediatrics public health and related disciplines

Examining Obsessive-compulsive Disorder in Children and Adolescents Jordana Katz,2009 **The Maudsley Prescribing Guidelines in Psychiatry** David M. Taylor,Thomas R. E. Barnes,Allan H. Young,2025-03-20 The most up to date edition of the gold standard handbook on the safe and effective prescribing of psychotropic agents Prescribing medications that treat mental illness is a challenging but essential component of clinical practice Successful treatment outcomes require careful drug choice and dosage and other considerations can also have an important impact on patient experiences and long term care In the newly revised fifteenth edition of The Maudsley Prescribing Guidelines in Psychiatry you will find up to date and authoritative guidance on prescribing psychotropic medications to patients It is an indispensable evidence based handbook that will continue to serve a new generation of clinicians and trainees The book includes analyses of all psychotropic drugs currently used in the United States the United Kingdom Canada Australia New Zealand and Japan It also contains detailed discussions of common and uncommon adverse effects the ramifications of switching medications special patient groups and other clinically relevant subjects A fully updated reference list closes out each section as well The Maudsley Prescribing Guidelines in Psychiatry is perfect for trainees seeking essential and accurate information on the rational safe and effective use of medications for patients with mental illness Practising clinicians will also benefit from the included guidance on complex issues that might arise less frequently

The Clinician's Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder Eric A. Storch,Joseph F. McGuire,Dean McKay,2018-01-02 The Clinician s Guide to Cognitive Behavioral Therapy for Childhood Obsessive Compulsive Disorder brings together a wealth of experts on pediatric and adolescent OCD providing novel cognitive behavioral strategies and considerations that therapists can immediately put into practice The book provides case studies and example metaphors on how to explain exposure models to children in a developmentally appropriate manner The book also instructs clinicians on how to use symptom information and rating scales to develop an appropriate exposure hierarchy The book is arranged into two major sections assessment and treatment of childhood OCD and special considerations in treating childhood OCD Each chapter is structured to include relevant background and empirical support for the topic at hand practical discussion of the

nature and implementation of the core component such as exposure and response prevention cognitive therapy psychoeducation and more and a case illustration that highlights the use of a particular technique Provides the strong theoretical foundation required to successfully implement treatment Highlights the use of particular intervention techniques through case studies Provides CBT strategies for anxiety tic disorders trichotillomania ADHD and disruptive behaviors Includes strategies for treatment of patients who are initially non responsive to CBT Encourages individualization of evidence based and clinically informed principles for each patient Reviews what to do if when OCD remits and or returns Provides details on differentiation OCD symptoms from anxiety and other psychopathology Exposure Therapy for Children with Anxiety and OCD Tara S. Peris, Eric A. Storch, Joseph F. McGuire, 2020-01-11 Many providers have difficulty implementing exposure based cognitive behavioral therapy for youth with anxiety and obsessive compulsive disorder OCD despite it being the leading treatment for this condition Exposure Therapy for Children with Anxiety and OCD Clinician's Guide to Integrated Treatment provides a step by step framework for how providers apply exposure therapy in practice The book begins with empirical support for the treatment followed by suggested implementation of exposures for specific conditions and ages Tables of sample exposures and case illustrations are provided throughout the book and common challenges that may complicate implementation are addressed Intended for busy providers to implement directly into practice chapters provide clinical excerpts and illustrate techniques in an easy how to format Summarizes empirical support for exposure treatment efficacy Recommends how to implement exposure therapy treatment for anxiety and OCD Provides guidance on overcoming common challenges when implementing exposures in practice Offers separate treatment guidelines for children and adolescents Integrates exposure therapy with other therapy modalities Includes case studies and clinical excerpts illustrating techniques *Handbook of Clinical Child Psychology* Johnny L. Matson, 2023-06-10 This comprehensive handbook explores the many issues affecting children's physical and mental health Its coverage spans a broad range of topics exploring the history and foundations of clinical child psychology as well as the discipline's theories research base ethical and legal implications and diagnostic systems including the NIMH's Research Domain Criteria RDoC The handbook examines family risk factors for children e.g. parental stress divorce and depression and provides leading edge reviews of cognitive variables e.g. theories of memory executive function theories of intelligence theory of mind and cognitive tempo In addition it describes methods of assessment including checklists interviews and methods of treatment e.g. cognitive behavior therapy mindfulness and family therapy Chapters focus on assessment of specific diagnostic categories such as depression anxiety selective mutism ADHD and pediatric topics including chronic pain childhood cancer childhood obesity and toilet training Finally the book addresses such emerging issues as gender diversity social justice cyberbullying internet gaming disorder and the impact of COVID 19 Key areas of coverage include Foundations of clinical child psychology Cognition and clinical child psychology Testing assessment and treatment methods in child psychology Neurodevelopmental and pediatric disorders in

childhood Assessment and treatments for challenging behaviors in children Assessment and treatments for psychopathologies in children The Handbook of Clinical Child Psychology is a must have resource for researchers professors graduate students clinicians therapists and professionals in clinical child and school psychology child and adolescent psychiatry social work public health pediatrics as well as special education developmental psychology nursing and all interrelated disciplines Primary Care of Children with Chronic Conditions - E-Book Cheri Barber,2024-03-16 Provide comprehensive primary care for the growing number of children with chronic conditions Featuring contributions from more than 50 expert nurse practitioners and their interprofessional colleagues Primary Care of Children with Chronic Conditions offers expert guidance on the management of children with special needs and their families Comprehensive coverage presents the most current knowledge and insights available on these specific conditions including information on the COVID 19 pandemic This valuable resource helps providers improve pediatric care for chronic conditions and addresses the need for transitional care to adulthood and the issues and gaps in healthcare that may hinder the quality of care for this unique population The only book authored by Nurse Practitioners and their colleagues focusing on managing the primary health care needs of children with chronic conditions More than 50 expert contributors provide the most current information available on specific conditions Comprehensive summary boxes at the end of chronic conditions chapters provide at a glance access to key information Full color format enhances readability and highlights key information for quick access Up to date references ensure access to the most current evidence based coverage with the latest research findings and management protocols

Cognitive-Behavioral Treatment of Childhood OCD John Piacentini,Audra Langley,Tami Roblek,2007-04-19 Obsessive Compulsive Disorder OCD affects an estimated 2% of children in the United States and can cause considerable anxiety OCD is characterized by a pattern of rituals or compulsions and obsessive thinking Common obsessions among children and teens include a fear of dirt or germs a need for symmetry order and precision and a fear of illness or harm coming to oneself or relatives Common compulsions include grooming repeating and cleaning rituals These obsessions and compulsions can severely interfere with daily functioning and are a source of significant distress Without adequate treatment the quality of life for youths and families dealing with OCD often suffers Cognitive Behavioral Therapy CBT has shown to be effective in the treatment of childhood OCD This Therapist Guide outlines a 12 session CBT based treatment for OCD that benefits not only children and adolescents but their families as well Each session incorporates a family therapy component in addition to individual treatment for the child It is a combined approach program that educates the child and family about OCD in order to reduce negative feelings of guilt and blame and to normalize family functioning This manual also provides guidelines for conducting both imaginal and in vivo exposures techniques at the core of helping children reduce their anxiety For use with children ages 8 17 this book is an indispensable resource for clinicians helping children and their families cope with OCD

Take Control of OCD Bonnie Zucker,2021-09-16 Take Control of OCD The Ultimate Guide for Kids With OCD is a unique

guide just for kids ages 10 16 with Obsessive Compulsive Disorder to help them take control of their disorder and find success in school and in life Using a cognitive behavioral therapy method to stress gradual exposure to students obsessive thinking patterns the book takes kids step by step through a ladder based process to conquer their fears and demolish their worries Focusing on helping kids change their obsessive thoughts tolerate uncertainty develop positive self talk and stress management advocate for their needs in school find successful relaxation procedures and face their fears the book includes workbook style pages for kids to complete By interviewing kids with OCD from across the country the author offers tons of advice information and ideas for students by students just like them This handy guidebook is sure to help children with OCD change their behaviors and conquer their worries discovering a sense of accomplishment and achievement Ages 10 16

Understanding OCD Adam B. Lewin, Eric A. Storch, 2017-04-21 This book provides essential information and guidance to help parents and professionals to understand the diagnosis treatment and management of childhood obsessive compulsive disorder OCD The book covers the causes and presentation of childhood OCD as well as OCD related illnesses and treatments for OCD *Obsessive-compulsive Disorders* Michael A. Jenike, Lee Baer, William E. Minichiello, 1998 This is the most complete clinical reference on obsessive compulsive disorders It incorporates scientific foundations and clinical studies Discussed in detail are the behavioural therapies and psychotropic medications that are used to control symptoms Practical advice is provided on clinical management The first edition received positive reviews in the New England Journal of Medicine as extremely useful as a reference source for any clinician interested in treating obsessive compulsive disorders The third edition is divided into six sections Section I The Clinical Picture presents a descriptive picture of the clinical features of OCD Section II Illnesses Related to OCD Spectrum Disorders Section III Pathophysiology and Assessment Section IV Treatment includes detailed information on treatments that have proven effective including behaviour therapy medications and the often overlooked area of neurosurgical treatment as well as specific clinical strategies and case studies Section V Patient and Clinic Management includes step by step information on running an OCD clinic Section VI Appendix includes rating scales referral sources references etc Complete coverage of the aetiology diagnosis and treatment of OCD in children adolescents and adults written by contributors who are the leading authorities on OCD The editors are from MGH OCD clinic a major U S treatment center also involved in the latest research in OCD The leading reference on OCD Written by leading authorities in the field New drugs and latest information on indications and contraindications New information about the biology of disorders Major updating of obsessive compulsive spectrum and fringe disorders Expanded bibliography Parenting Kids With OCD Bonnie Zucker, 2021-09-03 Parenting Kids With OCD provides parents with a comprehensive understanding of obsessive compulsive disorder its symptoms types and presentation in children and teens The treatment of OCD is explained and guidelines on how to both find appropriate help and best support one's child are provided Family accommodation is the rule not the exception when it comes to childhood OCD yet higher accommodating is associated with a worsening of the child

s symptoms and greater levels of familial stress Parents who have awareness of how they can positively or negatively impact their child s OCD can benefit their child s outcome Case examples are included to illustrate the child s experience with OCD and what effective treatment looks like OCD worsens when there is increased stress for the child therefore stress management is an essential component for improvement Parents will learn how to manage stress in themselves and encourage effective stress management for their children

Concise Guide to Child and Adolescent Psychiatry Mina K. Dulcan,D. Richard Martini,1999

Freeing Your Child from Obsessive Compulsive Disorder Tamar E. Chansky, Ph.D.,2001-07-10 An empowering guide to helping children with OCD thrive and find relief from their most distressing symptoms for kids as young as age four to teens Dr Chansky has accomplished a tour de force which is certain to offer much needed assistance both to children with OCD related problems and to their families Jeffrey M Schwartz MD author of Brain Lock Parents of children with obsessive compulsive disorder know firsthand how confusing and even frightening the symptoms of OCD can be They have questions about how this condition works and how they can best help their kids Which behaviors are part of ordinary childhood and which are symptoms of OCD How can they help their child take back control of their lives from disruptive thoughts and debilitating rituals What should they do if their child experiences a relapse in symptoms In Freeing Your Child from Obsessive Compulsive Disorder child psychologist and OCD expert Dr Tamar E Chansky helps parents make sense of a child s experience with this very confusing but highly treatable disorder She shares intuitive easy to implement strategies for helping kids and teens confidently outsmart the brain tricks and traps of OCD alongside scripts for explaining symptoms to children of all ages and targeted advice for navigating a wide range of OCD themes Dr Chansky also advises parents on how they can tailor treatment to their child s needs with fully updated information on diagnostic criteria medication effective therapy modalities and treatment outcomes as well as the most recent findings on PANS and PANDAS the sudden appearance of OCD symptoms after a strep or viral infection With its research backed and reassuring guidance Freeing Your Child from Obsessive Compulsive Disorder spells out exactly what parents can say and do to help their children reclaim their lives

Getting Better Faster Avital Falk,Shannon Bennett,Shannon M. Bennett,Michelle Rozenman,Justin Mohatt,Lindsey Bergman,2023 This guidebook reviews the benefits of intensive treatment for youth with OCD when and for whom to use this the intensive model and how to identify and overcome challenges and barriers to implementation This book provides options for program structure session outlines treatment handouts and resources for clinicians to use with patients and families Content is divided into three parts including 1 the background and evidence base for intensive treatment for OCD 2 a comprehensive guide for program implementation and development and 3 specific instruction on delivering treatment strategies in an intensive or concentrated modality The book is written from the expert viewpoint of several authors who have created intensive treatment programs for OCD in multiple locations formats and care settings

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