PEDIATRIC OCD

“OCD IS NOT A DISEASE THAT BOTHERS; IT IS A DISEASE THAT TORTURES.”
— J.J. KEELER

OCD is a psychological disorder in which individuals experience obsessions and/or compulsions to an extent that they find it difficult to conduct daily activities. 1

Joe Jack
A 12 year-old boy that has Obsessive Compulsive Disorder. What are the causes of his OCD? Can he be helped?

Is There an Effective Treatment?
Cognitive Behavioral Therapy can help reduce the symptoms of Joe Jack’s OCD. During these sessions Joe and his family would learn ways to reduce his maladaptive behaviors. This type of therapy can only reduce the symptoms of his OCD, it cannot eliminate his disorder. 4

Biological Factors
• The structure of the brain may be different with Joe Jack
• The connections between his left and right hemispheres are decreased
• Since Joe Jack’s OCD is more severe there are even less axonal connections in his corpus callosum 2

Environmental Factors
• The severity of Joe’s OCD can be increased by his parents/relatives taking part in his rituals, allowing him to do meaningless routines, and allowing him to become emotional when his compulsive behaviors are not done
• These actions that increase his maladaptive behaviors of OCD are known as family accommodation 3

References