OCD: DRUG THERAPY

BIOLOGICAL TREATMENT

A01

ALTERNATIVES TO SSRI'S: (SNRI)
- dose can be increased
- TRICYCLES are similar to SSRI's but with more side effects

HOW SSRI'S WORK: Increases the amount of serotonin at the synapse

1) Serotonin is released by neurons, and released by presynaptic nerve
2) Travels across the synapse
3) Neurotransmitter chemically conveys signal from the presynaptic to postsynaptic nerve
4) Reabsorbed by the presynaptic nerve, and is broken down and reused
5) SSRI's blocks this uptake, so MORE serotonin is available

A03

EFFECTIVE AT TACKLING SYMPTOMS
- Reduces the severity of symptoms
- Soomo (2009) gave pps placebos = found they had greater effect when combined
Declined by 70% with SSRI's
30% decline with alternatives/combinations

COST EFFECTIVE
- Cheap compared to psychological treatments
- Good value for NHS, isn't disruptive to peoples lives

SOME CASES OF OCD FOLLOW TRAUMA
- OCD is believed to be biological
- However, some cases are caused by traumatic events

SSRI'S CAN HAVE SIDE EFFECTS
- Blurred vision, indigestion, less sex drive, reduced effectiveness
- = due to this, people stop taking the medication

UNRELIABLE EVIDENCE FOR DRUG TREATMENTS
- Controversy attached
- This is because....
- Research is sponsored by drug companies who wont report all evidence as they want people to use their products

NOTES
PHOBIAS:

SYSTEMATIC DESENSITISATION

BEHAVIOURAL TREATMENT

A01

Designed to gradually reduce anxiety through CLASSICAL conditioning - substitute relaxation response to conditioned stimulus (counter conditioning)

RECIPIRICAL INHIBITION
impossible to be relaxed and anxious at the same time

1)  HIERACHY
List all situations causing anxiety, ordered from least anxious to most.

2)  RELAXATION
Taught how to relax (breathing techniques etc)

3)  EXPOSURE
Exposed to stimulus whilst relaxed, work down hierarchy.

SUCCESSFUL WHEN PATIENT IS COMPLETELY RELAXED THROUGHOUT WHOLE HIERACHY

A03

EFFECTIVE
For specific phobias, can be adapted for each
STRENGTH = reduces anxiety with long lasting effects
Gilroy et al (2003) - research using spiders, supports idea of SD.

SUITEABLE FOR DIVERSE RANGE OF PATIENTS
Other treatments, eg flooding, are unsuitable for some people (social anxiety, learning difficulties)
Sometimes hard to understand flooding and cognitive treatments.
Therefore, SD is more appropriate.

ACCEPTABLE FOR PATIENTS
STRENGTH = patients prefer it to other treatments doesn't cause as much trauma as flooding

Weakness