

Eric A. Storch
Adam B. Lewin
Editors

Clinical Handbook of Obsessive- Compulsive and Related Disorders

A Case-Based Approach to
Treating Pediatric and Adult Populations

 Springer

Eric A. Storch
Adam B. Lewin
Editors

Clinical Handbook of Obsessive- Compulsive and Related Disorders

A Case-Based Approach to
Treating Pediatric and Adult Populations

 Springer

Clinical Handbook of Obsessive– Compulsive and Related Disorders

Eric A. Storch • Adam B. Lewin
Editors

Clinical Handbook of Obsessive– Compulsive and Related Disorders

A Case-Based Approach to
Treating Pediatric and Adult
Populations

 Springer

Editors

Eric A. Storch
Department of Pediatrics, Health Policy
& Management, Psychiatry & Behavioral
Neurosciences, and Psychology
University of South Florida, St. Petersburg,
FL, USA

Adam B. Lewin
Departments of Pediatrics, Psychiatry and
Psychology
University of South Florida
Tampa, FL, USA

ISBN 978-3-319-17138-8 ISBN 978-3-319-17139-5 (eBook)
DOI 10.1007/978-3-319-17139-5

Library of Congress Control Number: 2015937904

Springer Cham Heidelberg New York Dordrecht London
© Springer International Publishing Switzerland 2016

This work is subject to copyright. All rights are reserved by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

The publisher, the authors and the editors are safe to assume that the advice and information in this book are believed to be true and accurate at the date of publication. Neither the publisher nor the authors or the editors give a warranty, express or implied, with respect to the material contained herein or for any errors or omissions that may have been made.

Printed on acid-free paper

Springer is a brand of Springer International Publishing
Springer International Publishing is part of Springer Science+Business Media
(www.springer.com)

*Dedicated with much love to Jill, Maya, Noah,
and Ellie.*

Eric A. Storch

To Dr. Gary R. Geffken, mentor, colleague, and friend.

Adam B. Lewin

Contents

Part I Obsessive–Compulsive Disorder Among Adults

1 Introduction	3
Eric A. Storch and Adam B. Lewin	
2 Treatment of Contamination Obsessive-Compulsive Disorder	5
Shannon M. Bennett	
3 Treatment of Sexual Obsessive-Compulsive Symptoms During Exposure and Response Prevention	23
Adam M. Reid, Cindy Flores, Brian Olsen, Megan A. Barthle, Mariam Rahmani, Andrew C. Rakhshani, Mathew Nguyen, Gary R. Geffken and Joseph P. H. McNamara	
4 Treatment of Scrupulosity-Related Obsessive-Compulsive Disorder	39
Jedidiah Siev and Jonathan D. Huppert	
5 Treatment of Aggressive Obsessions in an Adult with Obsessive-Compulsive Disorder	55
Ashleigh Golden, William C. Haynes, Melanie M. VanDyke and C. Alec Pollard	
6 Treatment of Symmetry-Obsessive-Compulsive Disorder	69
Kiara R. Timpano, Julia Y. Carbonella, Shelby E. Zuckerman and Demet Çek	
7 Treatment of Perfectionism-Related Obsessive-Compulsive Disorder	85
Heather K. Hood and Martin M. Antony	

Part II Pediatric Obsessive–Compulsive Disorder

- 8 Treatment of Contamination in Childhood
Obsessive-Compulsive Disorder** 101
Amy Przeworski, Jennifer Freeman, Abbe Garcia,
Martin Franklin and Jeffrey Sapyta
- 9 Treatment of Sexual Obsessions in Childhood
Obsessive-Compulsive Disorder** 117
Danielle Ung, Chelsea M. Ale and Stephen P. H. Whiteside
- 10 Treatment of Scrupulosity in Childhood
Obsessive-Compulsive Disorder** 131
Tara S. Peris and Michelle Rozenman
- 11 Treatment of Aggressive Obsessions in Childhood
Obsessive-Compulsive Disorder** 149
Ella L. Milliner-Oar, Jacinda H. Cadman and Lara J. Farrell
- 12 Treatment of Symmetry in Childhood Obsessive-Compulsive
Disorder** 171
Brittany M. Rudy and Sophia Zavrou
- 13 Treatment of Perfectionism in Childhood
Obsessive-Compulsive Disorder** 185
Dean McKay and Lauren Mancusi
- 14 Treatment of “Not-Just-Right Experiences” in Childhood
Obsessive-Compulsive Disorder** 197
Jessica Schubert, Ariel Ravid and Meredith E. Coles

Part III Obsessive–Compulsive Spectrum Disorders

- 15 Treatment of a Child with Tourette Syndrome** 213
Loran P. Hayes, Michael B. Himle and John Piacentini
- 16 Treatment of an Adult with Trichotillomania**..... 227
Martin E. Franklin and Madelyn J. Silber
- 17 Treatment of an Adult with Hoarding Disorder**..... 241
Jordana Muroff and Patty Underwood
- 18 Treatment of an Adult with Body Dysmorphic Disorder** 259
Angela Fang, Rachel A. Schwartz and Sabine Wilhelm
- 19 Treatment of an Adult with Excoriation (Skin-Picking)
Disorder** 273
Lauren S. Hallion, Jennifer M. Park and Nancy J. Keuthen

Part IV Special Populations and Considerations

20 Treatment of Obsessive-Compulsive Disorder in Very Young Children	291
Carly J. Johnco and Adam B. Lewin	
21 Treatment of a Youngster with Tourette Obsessive-Compulsive Disorder	305
Krishnapriya Ramanujam and Michael B. Himle	
22 Treatment of Extreme Family Accommodation in a Youth with Obsessive-Compulsive Disorder	321
Eli R. Lebowitz	
23 Treatment of Comorbid Obsessive-Compulsive Disorder in Youth with ASD: The Case of Max	337
Lara J. Farrell, Sophie C. James, Brenna B. Maddox, Donna Griffiths and Susan White	
24 Treatment of Comorbid Disruptive Behavior in a Youth with Obsessive-Compulsive Disorder	357
Chelsea M. Ale and Stephen P. H. Whiteside	
25 Treatment of Comorbid Depression and Obsessive-Compulsive Disorder	371
Ryan J. Jacoby and Jonathan S. Abramowitz	
26 Treatment of an Adult with Obsessive-Compulsive Disorder with Limited Treatment Motivation	385
Michael G. Wheaton, Anthony C. Puliafico, Allan Zuckoff and H. Blair Simpson	
27 Treatment of Individuals with Obsessive-Compulsive Disorder Who Have Poor Insight	399
Michael J. Larson, Kaitlyn Whitcomb, Isaac J. Hunt and Daniel Bjornn	
28 Treatment of Obsessive-Compulsive Personality Disorder	415
Anthony Pinto	
29 Treatment of Suicide Obsessions in Obsessive-Compulsive Disorder with Comorbid Major Depressive Disorder	431
Chad T. Wetterneck, Monnica T. Williams, Ghazel Tellawi and Simone Leavell Bruce	
Index	447

Contributors

Jonathan S. Abramowitz Department of Psychology, UNC-Chapel Hill, Chapel Hill, NC, USA

Chelsea M. Ale Department of Psychiatry and Psychology, Mayo Clinic, Rochester, MN, USA

Martin M. Antony Department of Psychology, Ryerson University, Toronto, ON, Canada

Megan A. Barthle Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA

Shannon M. Bennett Weill Cornell Medical College, New York, NY, USA

Daniel Bjornn Department of Psychology, Brigham Young University, Provo, UT, USA

Simone Leavell Bruce Department of Psychological & Brain Sciences, Center for Mental Health Disparities, University of Louisville, Louisville, KY, USA

Jacinda H. Cadman School of Applied Psychology and Menzies Health Institute QLD, Griffith University, Gold Coast, QLD, Australia

Julia Y. Carbonella University of Miami, Coral Gables, FL, USA

Demet Çek University of Miami, Coral Gables, FL, USA

Meredith E. Coles Department of Psychology, Binghamton University, Binghamton, NY, USA

Angela Fang Massachusetts General Hospital/Harvard Medical School, Boston, MA, USA

Lara J. Farrell School of Applied Psychology and Behavioural Basis of Health, Griffith University and Menzies Health Institute Queensland, Gold Coast Campus, QLD, Australia

Cindy Flores Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA

Martin E. Franklin University of Pennsylvania School of Medicine, Philadelphia, PA, USA

Jennifer Freeman Warren Alpert Medical School of Brown University, Providence, RI, USA

Abbe Garcia Warren Alpert Medical School of Brown University, Providence, RI, USA

Gary R. Geffken Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL, USA

Ashleigh Golden Saint Louis Behavioral Medicine Institute, Saint Louis University, Saint Louis, MO, USA

Donna Griffiths School of Applied Psychology, Griffith University, Gold Coast Campus, QLD, Australia

Lauren S. Hallion Massachusetts General Hospital/Harvard Medical School, Boston, MA, USA

Loran P. Hayes Department of Psychology, University of Utah, Salt Lake City, UT, USA

William C. Haynes St. Louis Clinical Trials, LC, Saint Louis, MO, USA

Michael B. Himle Department of Psychology, University of Utah, Salt Lake City, UT, USA

Heather K. Hood Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton, ON, Canada

Homewood Health Centre, Guelph, ON, Canada

Isaac J. Hunt Department of Psychology, Brigham Young University, Provo, UT, USA

Jonathan D. Huppert The Hebrew University of Jerusalem, Jerusalem, Israel

Ryan J. Jacoby Department of Psychology, UNC-Chapel Hill, Chapel Hill, NC, USA

Sophie C. James School of Applied Psychology, Griffith University, Gold Coast Campus, QLD, Australia

Carly J. Johnco Department of Pediatrics, University of South Florida, St. Petersburg, FL, USA

Nancy J. Keuthen OCD and Related Disorders Program, Massachusetts General Hospital, Boston, MA, USA

Michael J. Larson Department of Psychology and Neuroscience Center, Brigham Young University, Provo, UT, USA

- Eli R. Lebowitz** Child Study Center, Yale University, New Haven, CT, USA
- Adam B. Lewin** Departments of Pediatrics, Psychiatry and Psychology, University of South Florida, Tampa, FL, USA
- Brenna B. Maddox** Child Study Centre, Virginia Tech University, Blacksburg, VA, USA
- Lauren Mancusi** Department of Psychology, Fordham University, Bronx, NY, USA
- Dean McKay** Department of Psychology, Fordham University, Bronx, NY, USA
- Joseph P. H. McNamara** Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA
- Ella L. Milliner-Oar** School of Applied Psychology and Menzies Health Institute QLD, Griffith University, Gold Coast, QLD, Australia
- Jordana Muroff** Boston University School of Social Work, Boston, MA, USA
- Mathew Nguyen** Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA
Division of Child and Adolescent Psychiatry, Department of Psychiatry, University of Florida, Gainesville, FL, USA
- Brian Olsen** Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA
- Jennifer M. Park** Massachusetts General Hospital/Harvard Medical School, Boston, MA, USA
- Tara S. Peris** Division of Child and Adolescent Psychiatry, UCLA Semel Institute for Neuroscience and Human Behavior, Los Angeles, CA, USA
Los Angeles, CA, USA
- John Piacentini** Semel Institute for Neuroscience and Human Behavior, University of California, Los Angeles, CA, USA
- Anthony Pinto** Department of Psychiatry, Hofstra North Shore-LIJ School of Medicine, The Zucker Hillside Hospital, Ambulatory Psychiatry Center, Glen Oaks, NY, USA
- C. Alec Pollard** Saint Louis Behavioral Medicine Institute, Saint Louis University, Saint Louis, MO, USA
- Amy Przeworski** Department of Psychological Sciences, Case Western Reserve University, Cleveland, OH, USA
- Anthony C. Puliafico** Department of Psychiatry, Columbia University Medical Center, Columbia University, New York, NY, USA
- Mariam Rahmani** Division of Child and Adolescent Psychiatry, Department of Psychiatry, University of Florida, Gainesville, FL, USA

Andrew C. Rakhshani Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA

Krishnapriya Ramanujam Department of Psychology, University of Utah, Salt Lake City, UT, USA

Ariel Ravid Department of Psychology, Binghamton University, Binghamton, NY, USA

Adam M. Reid Division of Medical Psychology, Department of Psychiatry, University of Florida, Gainesville, FL, USA

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL, USA

Michelle Rozenman Division of Child and Adolescent Psychiatry, UCLA Semel Institute for Neuroscience and Human Behavior, Los Angeles, CA, USA

Brittany M. Rudy Department of Pediatrics, Rothman Center for Neuropsychiatry, University of South Florida, St. Petersburg, FL, USA

Jeffrey Sapyta Duke University Medical Center, Durham, NC, USA

Jessica Schubert Department of Psychology, Binghamton University, Binghamton, NY, USA

Rachel A. Schwartz Massachusetts General Hospital/Harvard Medical School, Boston, MA, USA

Jedidiah Siev Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL, USA

Madelyn J. Silber University of Pennsylvania School of Medicine, Philadelphia, PA, USA

H. Blair Simpson Anxiety Disorders Clinic and the Center for OCD and Related Disorders, New York State Psychiatric Institute, New York, NY, USA

Department of Psychiatry, Columbia University Medical Center, Columbia University, New York, NY, USA

Eric A. Storch Department of Pediatrics, Health Policy & Management, Psychiatry & Behavioral Neurosciences, and Psychology University of South Florida, St. Petersburg, FL, USA

Rogers Behavioral Health—Tampa Bay, Tampa, FL, USA

All Children's Hospital—Johns Hopkins Medicine, St. Petersburg, FL, USA

Ghazel Tellawi Department of Psychological & Brain Sciences, Center for Mental Health Disparities, University of Louisville, Louisville, KY, USA

Kiara R. Timpano Department of Psychology, University of Miami, Coral Gables, FL, USA

Patty Underwood Riverside Community Care, Newton, MA, USA

Danielle Ung Department of Psychology, University of South Florida, Tampa, FL, USA

Melanie M. VanDyke Saint Louis Behavioral Medicine Institute, Saint Louis University, Saint Louis, MO, USA

St. Louis College of Pharmacy, Saint Louis, MO, USA

Chad T. Wetterneck Rogers Memorial Hospital, Oconomowoc, WI, USA

Department of Psychological & Brain Sciences, Center for Mental Health Disparities, University of Louisville, Louisville, KY, USA

Michael G. Wheaton Anxiety Disorders Clinic and the Center for OCD and Related Disorders, New York State Psychiatric Institute, New York, NY, USA

Kaitlyn Whitcomb Department of Psychology, Brigham Young University, Provo, UT, USA

Susan White Child Study Centre, Virginia Tech University, Blacksburg, VA, USA

Stephen P. H. Whiteside Department of Psychiatry and Psychology, Mayo Clinic, Rochester, MN, USA

Sabine Wilhelm Department of Psychiatry, Massachusetts General Hospital/Harvard Medical School, Simches Research Center, Boston, MA, USA

Monnica T. Williams Department of Psychological & Brain Sciences, Center for Mental Health Disparities, University of Louisville, Louisville, KY, USA

Sophia Zavrou Department of Pediatrics, Rothman Center for Neuropsychiatry, University of South Florida, St. Petersburg, FL, USA

Shelby E. Zuckerman Nova Southeastern University, Fort Lauderdale, FL, USA

Allan Zuckoff Departments of Psychology and Psychiatry, University of Pittsburgh, Pittsburgh, PA, USA

Part I

**Obsessive–Compulsive Disorder
Among Adults**