

Abnormal Psychology  
 Obsessive Compulsive disorder  
 psychopathology

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Present the overall picture of a patient of obsessive Compulsive neurosis.  
 Distinguish between Obsession & Compulsion.  
 Discuss the Clinical features & dynamics of Obsessive Compulsive reaction.  
 The symptoms & etiology of Obsessive Compulsive neurosis.

Ans. <sup>Composite</sup> (Obsessive Compulsive neurotic disorder) This neurotic disorder is a Composite of obsession & Compulsion.  
 Obsession means the absurd ideas which persistently originate in the mind of the patient. The patient understands that such recurring ideas are absurd & meaningless but he is unable to check such ideas.

Difference between Obs and Comp

Kisler says "Obsession is an idea or thought that is silly, absurd or apparently meaningless, yet the obsessive person can not get rid of".  
 On the other hand "Compulsions are obsessions carried out into actions. In other words, then, repetitive actions which the patient has no control over. The patient knows such actions are silly & absurd but is unable to control them".

On the other hand Kisler 1981 says "an obsession is an idea or thought that is silly, absurd, or apparently meaningless yet one that the obsessive person cannot get rid of." On the other hand compulsions are repetitive actions over which the patient has no control, although he understands that such actions are silly & absurd. Kisler says "Compulsions are obsessions carried out into action" (Thus Obsession & Compulsion are the two sides of the same coin. Hence they are treated as one and the same neurotic reaction known as obsessive Compulsive neurosis.

Symptoms (Clinical Picture) - The

The following are the symptoms of compulsive neurosis

following are the symptoms or clinical pictures of a patient suffering from obsessive compulsive neurosis

1) Washing Compulsive neurosis:-

This is very common symptom of an obsessive compulsive patient. The patient washes his hands or clothes of iron without any apparent reason for such behavior

1) Washing ritual:- This is a very common symptom of a Obsessive Compulsive neurotic patient. The patient is found washing his hands, clothes or any other thing frequently. The patient knows that there is no apparent <sup>reason</sup> rationale behind such behavior but he or she is unable to res-

resist. Kister has reported a female patient who used to wash her fingers very frequently. She was never satisfied before her fingers became red & raw.

train from doing such behavior. Kister has reported a female patient who used to wash her fingers very frequently. She was never satisfied before her fingers

became reddish after repeated rubbing. Similarly lady Macbeth of Shakespeare's drama 'Macbeth' suffered from hand washing ritual. She went on washing her hands over & over until the skin was red & raw.

3) became reddish after repeated rubbing. Similarly lady Macbeth of Shakespeare's drama 'Macbeth' suffered from hand washing ritual. She went on washing her hands over & over until the skin was

red & raw. It should be noted that such behavior may be observed in a normal person also. The difference lies in the fact that a normal person is satisfied after washing her or his hands after a very short repeat before doing it time & again.

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2) Counting Ritual

This is another common symptom of obsessive compulsive patient.

2) Counting Ritual - This is also a common symptom of the patient of obsessive compulsive neurosis. Some patients sit at a particular place & goes on counting the incoming & the outgoing of vehicles.

the patients have obsession of counting the number of vehicles, electric poles, while passing through the roads. Some patients

Some patients are found counting the number of electric poles while passing through the roads. Similarly some patients are found counting the steps of the stair which they climb.

The patient through whom such behavior is observed yet he is unable to control it. Such behavior stands that such behaviors are meaningless but he or she is not able to check such behavior. Again this behavior may be observed in a normal person also. The difference lies in the fact that the normal person repeats this behavior infrequently whereas the abnormal person repeats it frequently.

Again this behavior may be observed in a normal person also but he is able to check this behavior infrequently whereas the abnormal person repeats it frequently.

### Touching Ritual

Touching Ritual - The touching ritual is also observed in some of the patients of Obsessive Compulsive neurosis. Some patients are found touching the electric poles while they pass by them. Some patients are found touching the trees standing by the side of the roads. If any one tree or pole is left untouched the patient becomes restless & is not satisfied until he or she touches it. Here also the patient knows that such behavior is silly & unwanted. However the patient is helpless to have control over it. (Here also the abnormal person differs from a normal person only in degree.)

This ritual is also observed in some patients of obsessive compulsive neurosis. Some patients are obsessed to touch the electric poles while they pass by. Some patients are obsessed to touch the trees standing by the side of the roads. If any one tree or pole is left untouched they become quite restless. Though they know that the behavior is silly yet they are unable to control it.

4) Collecting Ritual - Some patients of obsessive compulsive neurosis suffer

(4) Collecting Rituals:  
Some Patients are in habit of collecting (4)  
stamps & other rubbish  
useless objects such as

from <sup>Collecting</sup> counting ritual. They are interested in collecting certain useless objects such as used stamps & the similar things. They very well understand that such behavior is unwelcome & unwanted but they are unable to restrain themselves from doing it. If the patients are not allowed to do such behavior, they become anxious & restless. However a normal person sometimes may commit such behavior but he is not restless & anxious for repeating it.

(5) Kleptomania

5) Kleptomania - It means a strong desire to steal. The patient suffers from the urge to steal, which is very strong & uncontrollable. The patient understands that stealing is meaningless & aimless. But he or she is helpless & cannot remain peaceful without stealing. ~~Kisler~~ It should be noted that Kleptomania differs from ordinary stealing. An ordinary stealer steals something for the fulfillment of some objective. On the other hand the patient steals something without any operant objective. Kisler has related one young woman who was caught red handed after a record of 136 stolen meals. She was asked "Why did you steal?" she replied "I don't know. There

This is also a common symptom of obsessive patients. Here the patient suffers from strong desire to steal which is uncontrollable. The patient knows that stealing is bad & wishes to control it. The patient steals without any motive or objective for stealing although in ordinary stealing there is motive to steal. Kisler reported about a woman who stole 136 meals.

without any motive to steal  
 but she <sup>was</sup> compelled to steal from within  
 to check it. This indicates that  
 Kleptomania is based on some  
 unconscious motivation.

something in me that Compells  
 me to do it." This clearly indicates  
 that Kleptomania is not based on any  
 apparent motive of the patient,  
 rather it is based on some unconscious  
 motivation.

6) Pyromania

Pyromania — This means the desire  
 to set fire. The patient is interested  
 in setting something on fire. He under-  
 stands that setting fires may cause  
 harms to others, & to himself but he  
 is unable to check himself from  
 setting fires. Here also Pyromania  
 is diff. from ordinary setting fires. A  
 normal person sets fire for achieving  
 some tangible goals. On the other  
 hand the patient has no tangible  
 goal & he does it only because he  
 gets satisfaction out of it. Kieber has  
 reported a 14 yr. old Baltimore boy  
 who committed setting fires a number of  
 times. At last he was caught & he  
 confessed that he committed such  
 behav. due to the Compulsion from  
 within. This indicates that pyromania  
 is also based on some hidden moti-  
 vation.

It means desire  
 of the Patient to  
 set fire. Set fire  
 without any ill  
 motive against  
 any one.  
 A normal person  
 set fire to gain  
 some objective  
 where obsessive  
 patients have no  
 such objective.  
 Kieber reported  
 a Baltimore  
 boy who used  
 to set fire by  
 from within  
 This is indicative  
 that pyromania  
 is also based on  
 some unconscious  
 motivation.

7) Suspicion & doubt

Suspicion & doubt — This is also  
 a very common symptom of obsessive  
 compulsive neurosis. The patient suffers  
 from various types of doubts & sus-  
 picion.

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 common  
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Generalized anxiety disorder  
they have to lock the door  
property

Normal person  
frequently  
remove their  
doubt about  
checking once  
more before  
obsessive  
check again  
again then  
doubt until  
they are  
exhausted

Suspensions. Some patients doubt if they have locked the door or not. They check it time & again & go on checking it before they fall asleep or are exhausted.

A normal person also may have doubt at his or her bed during night whether the door is locked. The door is checked once or twice & the doubt is undone.

On the other hand the patient is satisfied only after checking it until he or she is exhausted. Some patients doubt

Kisner reported  
about a  
woman who  
had a  
doubt that  
was real  
father of  
8 yr. old  
daughter

that they can do a good job. Some doubt that their husbands <sup>or</sup> ~~wife~~ <sup>or</sup> ~~wife~~ are faithful. Kisner has <sup>or</sup> ~~coined~~ <sup>or</sup> ~~coined~~ an automobile mechanic who developed the idea of that he was not the <sup>real</sup> father of the ~~etc~~ eight yr. <sup>or</sup> ~~or~~ old daughter.

Hypo 8  
is the  
fear about  
his health.  
Some  
patient  
thinks  
he has  
been  
infected  
by a  
dangerous  
disease  
or he  
is  
going  
to die  
soon.

Hypochondria - In certain cases of Obsessive Compulsive neurosis hypoch. or Complaints relating to physical health are also observed. Some patients develop the idea that they are going to die very soon. Some patients develop the idea that they are in the clutches of dangerous diseases and the re-

Kisner (1981) reported a woman who had a fear of broken glass in her food.

covery is the far gone possibility. Kisner (1981) has <sup>sited</sup> the example of a woman who developed the idea that their might be broken glass in her food.