



Obsessive-Compulsive Disorder (The Facts Series)

By Stanley Rachman, Padmal de Silva

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Obsessive-Compulsive Disorder (OCD) is a relatively common psychological problem. The symptoms--which can be seriously disabling in extreme cases--can include excessive hand-washing or other cleaning rituals, repeating checking, extreme slowness, and unwanted, repugnant intrusive thoughts.

This book covers the nature, symptoms, causes, and theories of OCD. It discusses the treatments that are available and provides valuable practical advice to those who may need help. Numerous case histories are given throughout the book, highlighting various aspects of the disorder and its treatment. There are in-depth sections on scrupulosity, culture and OCD, mental pollution, OCD in children, and on the similarities and differences between childhood OCD and an autistic disorder.

This fourth edition has been updated with succinct explanations of recent research, information on treatment advances, and the recent expansion of treatment services for anxiety disorders, including OCD, in the NHS. Stanley Rachman gives a clear account of the nature of obsessive-compulsive problems, which are useful for sufferers and their families, as well as general readers interested in finding out more about the disorder.

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Editorial Review

Review

"This book does a superior job of describing OCD and provides excellent resources for those either afflicted with OCD or close to someone who is."--*Doody's*

About the Author

Stanley Rachman is Professor in the Psychology Department at the University of British Columbia in Vancouver, Canada. Padmal de Silva is Former Senior Lecturer in Psychology at the Institute of Psychiatry at King's College, University of London and Consultant Clinical Psychologist at South London and Maudsley National Health Service Trust in London, UK.

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