

TREATMENT RESISTANCE IN OBSESSIVE COMPULSIVE DISORDER: FOCUS ON ASSESSMENT

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ASSESSMENT OF FUNCTIONAL CONSEQUENCES IN OCD

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April, 2012
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DISCLOSURE SLIDE

- No Disclosures

FUNCTIONAL CONSEQUENCES OF OCD

○ Functional Consequences

- Everyday positive and negative outcomes of one's obsessive compulsive behavior, outside prevention of a feared consequence
- Idiosyncratic reasons why individuals may hesitate to engage fully in treatment

OBSESSIVE COMPULSIVE CONSEQUENCES SCALE - REVISED (OCCS-R)

- Self-report measure to assess a variety of functional consequences
 - 35 items
 - 1-5 Likert Scale
- Broadly applicable to the entire span of symptom severity
- Captures both positive and negative consequences

POSITIVE CONSEQUENCES

- My compulsive behaviors keep my life structured and orderly.
- My obsessive-compulsive behaviors make me unique.
- My obsessive-compulsive behaviors reflect my value system.
- My rituals are based on behaviors (organization; cleanliness) valued by others.
- My obsessive-compulsive behaviors reinforce my sense of self.
- My obsessions and/or compulsions reflect my concern for the welfare of other.

SAFETY

- My rituals prepare me for the unforeseen future.
- My obsessive thoughts alert me to risky situations.
- My obsessions and/or compulsions keep people I care about safe.
- My rituals help give me a feeling of control in my life.

NEGATIVE CONSEQUENCES

- My obsessions and/or compulsions make my life miserable.
- My obsessive-compulsive behavior limits my ability to engage in social activities.
- My obsessions and/or compulsions make it hard to get close to people.
- When I am engaged in my rituals I feel alienated from myself.

ADEQUACY

- I am happy with the quality of life my obsessions and/or compulsions provide.
- I like what my obsessive-compulsive behavior does for me.
- The level of my obsessive-compulsive behavior is as low as I want it to be.
- On balance, my obsessive-compulsive behavior has resulted in more positives than negatives.

OCCS-R: PSYCHOMETRICS

Data Analyses	Value	Sample Size (n)
Item-Total Correlations	$r \geq .40$	n=495
Internal Consistency	Alpha = .945 Spearman Brown = .92	n = 413
Internal Consistency: Components	Alpha \geq .79 Spearman Brown \geq .78	n = 464

OCCS-R: VALIDITY

Scale	OCCS Total	General Negative	General Positive	Keeping People Safe	Adequacy
Y-BOCS-SR Total	.46**	.45**	.30**	.38**	.21**
WSAS	.44**	.69**	.18**	.32**	.005
Insight	.16**	-.09	.26**	.14**	.22**
Avoidance	.22**	.33**	.12**	.16**	-.00
Willingness to Participate in Future Treatment	.25**	.39**	.08	.18**	-.01
Expected Effectiveness of Future Treatments	.30**	.42**	.11*	.25**	.05

*Correlation is significant at the 0.05 level (2-tailed).

**Correlation is significant at the 0.01 level (2-tailed).

OCCS-R: MOTIVATION

- Related to patient's treatment motivation, willingness to participate, and their perception of it's effectiveness.
- Negative Functional Consequences increase motivation to engage in treatment
- Positive Functional Consequences are related to less motivation to engage in treatment

WHEN IS THE OCCS-R HELPFUL?

- At intake to determine client's overarching perception of their symptoms (i.e., positive or negative)
- When the client appears “unmotivated” or does not comply fully with treatment
- When the client is avoiding addressing certain symptoms but willingly addresses others

APPLICATION OF THE RESULTS

- Negative consequences
 - Help identify reasons for changing OCD symptoms
 - Provides motivational features to capitalize on
- Positive Consequences
 - Identify reasons why people hold onto their symptoms and provide treatment targets
- Patient Evaluation