

A Transdiagnostic Model of OCD

Trigger / Intrusion
Thoughts / Images / Impulses / Feelings

This can include external events, upsetting and unwanted thoughts, images, memories, bodily sensations, impulses and feelings. Common themes include safety, security, responsibility, contamination, health, sexuality, violence, sexual perversion, danger, religion, relationships and infidelity. The intrusions can trigger marked distress and typically lead to obsessional worry and anxiety.

Obsession / Negative Appraisal Introspection / Worry / Self-Doubt

The unwanted intrusions are obsessively and repetitively examined through rumination, worry and self-doubt. These patterns of overthinking are often maintained by over-estimation of threat, uncertainty avoidance, inflated responsibility, thought action fusion, catastrophising and Perfectionistic thinking. This escalates and weaponises the intrusion and increases anxiety.

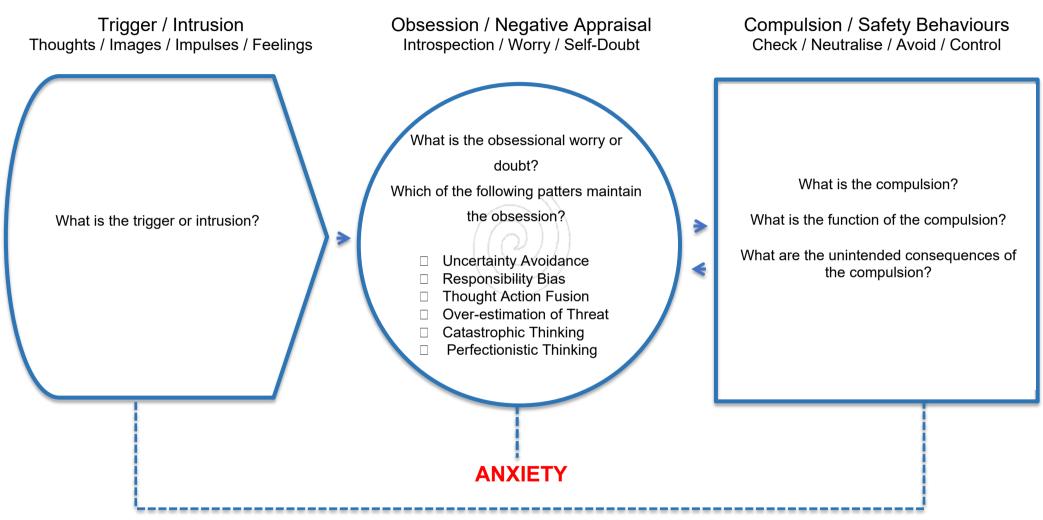
Compulsion / Safety Behaviours Check / Neutralise / Avoid / Control

This involves physical or mental acts, routines, rituals or habits in an attempt to reduce, control or avoid the obsessional doubt and anxiety. This sometimes works in the short term by providing reassurance or relief from the obsession, but also prevents the disconfirmation of the feared situation and reinforces the association between the intrusion and the compulsion. This trade-off between short-term relief and long-term reinforcement, creates a vicious cycle of compulsive behaviour.

ANXIETY

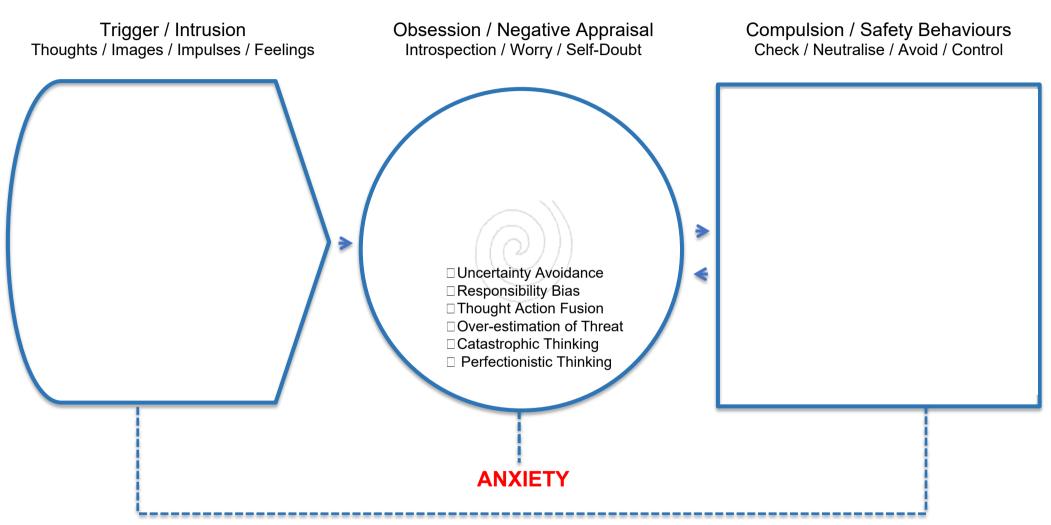
The association between the compulsion and the intrusion creates a conditioned response.





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Cognitive Behavioural Defusion

