Main Assumptions:

**The Biological Approach to explaining OCD**

**Suggestions as to the cause of OCD – genetic and neural**

**Genes – COMT gene**

* This gene may be involved in the onset of OCD.
* In turn, COMT regulates the production of the **neurotransmitter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** that has been implicated in OCD.
* One form of the COMT gene has been found to be \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ in OCD patients than with people without the disorder.
* It has been found (according to Tukel et al, 2013) that this form of the COMT gene produces **\_\_\_\_\_\_\_\_\_\_ activity** of the gene and **higher levels of \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**SERT gene**

Also called 5-HTT, the SERT gene is thought to affect the transport of **serotonin** creating lower levels of the neurotransmitter. These changed levels of serotonin are also implicated in OCD.

**Diathesis-stress model**

**Neural**

**Neurotransmitter levels**

**Obofrontal cortex activity**

**POINT:** **The biological explanations of OCD can be criticised for being \_\_\_\_\_\_\_\_\_\_\_\_.**

**EVIDENCE:** For example, the biological explanation suggests that OCD is caused by the presence of the SERT or COMT gene or by a lower level of serotonin in the brain, it states that OCD is a product of just an individual’s nature.

**EVALUATION:** This is a problem because the biological approach to explaining OCD can be seen to be too simplistic as it ignores the role of other factors such as our \_\_\_\_\_\_\_\_\_\_\_\_, everyday stressors and the role of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the development of abnormality

**Evaluation of the biological approach to explaining OCD**

**POINT**: A strength of the Biological explanation of OCD is that there is evidence to support that the disorder has a ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ basis.

**EXAMPLE:** **Billett et al (1998)** using a meta-analysis of 14 twin studies of OCD found that, on average, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (MZ) twins were more than twice as likely to develop OCD if their co-twin had the disorder, the chances of developing OCD was lower for the co-twin of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (DZ) pair.

**EVALUATION:** ***This is positive*** because the research suggests that genetics does play a part in the development of OCD

**POINT: The biological explanations of OCD can be criticised for being deterministic:**

**EVIDENCE:** For example, the biological explanation states that if an individual has the presence of \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ gene, or a lower level of serotonin in the brain than they are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to develop OCD

**EVALUATION:** This is a weakness because this theory of OCD ignores individual \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ and the fact that an individual’s free choice can also have an influence on their behaviour to prevent the development of OCD.



**A01**

**The Biological Approach to *treating* OCD**



**Suggestions as to the treatment of OCD**



**Anti-depressants**

**E.g.**

**Used to treat…**

**Mode of action…**

* Raises level of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of serotonin by the sending nerve ending before it can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the receiving neuron
* Serotonin levels therefore don’t \_\_\_\_\_\_\_\_\_
* Patient’s mood can remain \_\_\_\_\_\_\_\_\_\_\_\_
* Usually taken over a period of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Side effects…**

**Anti-anxiety**

**E.g.**

**Used to treat…**

**Mode of action…**

* Enhance the activity of \_\_\_\_\_\_\_ in the body (GABA is a natural \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* GABA has a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ effect on the body.
* GABA \_\_\_\_\_\_\_\_\_ onto receptor sites in the brain and makes it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the neuron to be stimulated by other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Patient feels more \_\_\_\_\_\_\_\_\_\_\_\_\_
* Decrease in \_\_\_\_\_ and \_\_\_\_\_\_

**Side effects…**

**Evaluation of the biological approach to treating OCD**

**POINT:** There is considerable evidence to show that **drug treatments of OCD are effective.**

**EVIDENCE:** For example, Soomro et al (2008) reviewed 17 studies of the use of SSRIs with OCD patients and found them to be more effective than placebos in reducing the symptoms of OCD up to three months after receiving treatment.

**EVALUATION:** This is **positive** because the research is valid and shows that SSRIs are an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ way of managing OCD in the \_\_\_\_\_\_\_\_\_\_\_-term.

**\*\*A strength** of this research is the fact that it was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and involved the objective measurement of the effectiveness of SSRIs on a number of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over a period of time\*\*

**POINT:** **Drugs used to treat OCD can have negative and potentially harmful \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**EVIDENCE:** For example, the side effects of anti-depressant drugs such as Prozac include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EVALUATION:** This is a weakness because drug therapies could \_\_\_\_\_\_\_\_\_\_\_ a mental illness such as OCD with other issues for an individual to cope with and so the \_\_\_\_\_\_\_\_\_\_\_\_ of these drugs should be questioned & patients made fully aware of the potential side effects.

**POINT: Biological therapies such as the drugs used to treat OCD often just treat the symptoms and do not cure the mental illness.**

**EXAMPLE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EVALUATION:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_