

Welcome to MCT-OCD

METACOGNITIVE TRAINING FOR OBSESSIVE-COMPULSIVE DISORDER

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Yale University

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???

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Meta = derived from the Greek word for “**about**”

Metacognition = thinking about thinking



Metacognitive Training

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- They are referred to as "**cognitive biases**" for the rest of the presentation
- Cognitive biases contribute to the development and maintenance of mental disorders
- To a certain extent, these thinking styles can be helpful (e.g., setting a high standard for yourself to avoid making mistakes). However, when taken too far (i.e., perfectionism), they cause problems for yourself
- The MCT-OCD addresses the cognitive biases that are relevant to obsessive-compulsive disorder (OCD)

Homework

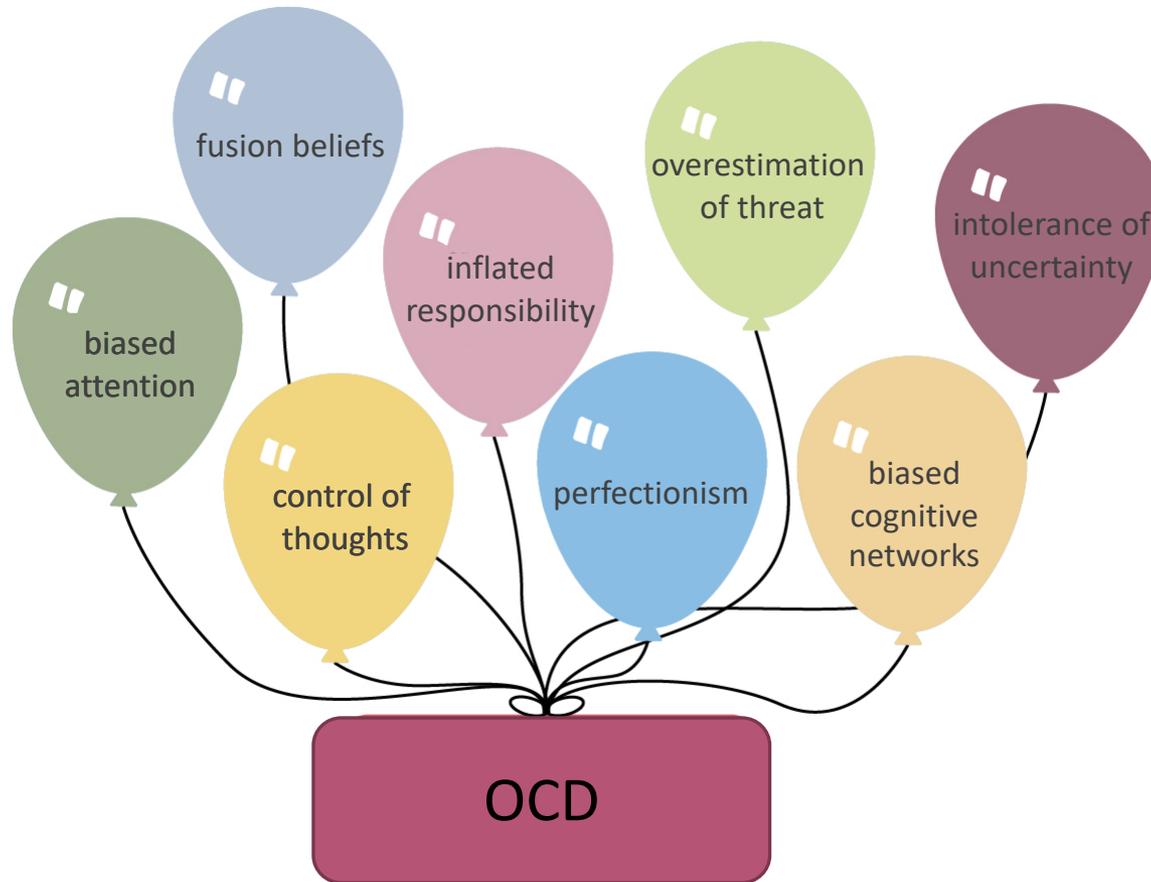
What homework
did you do?

Where did
problems occur?

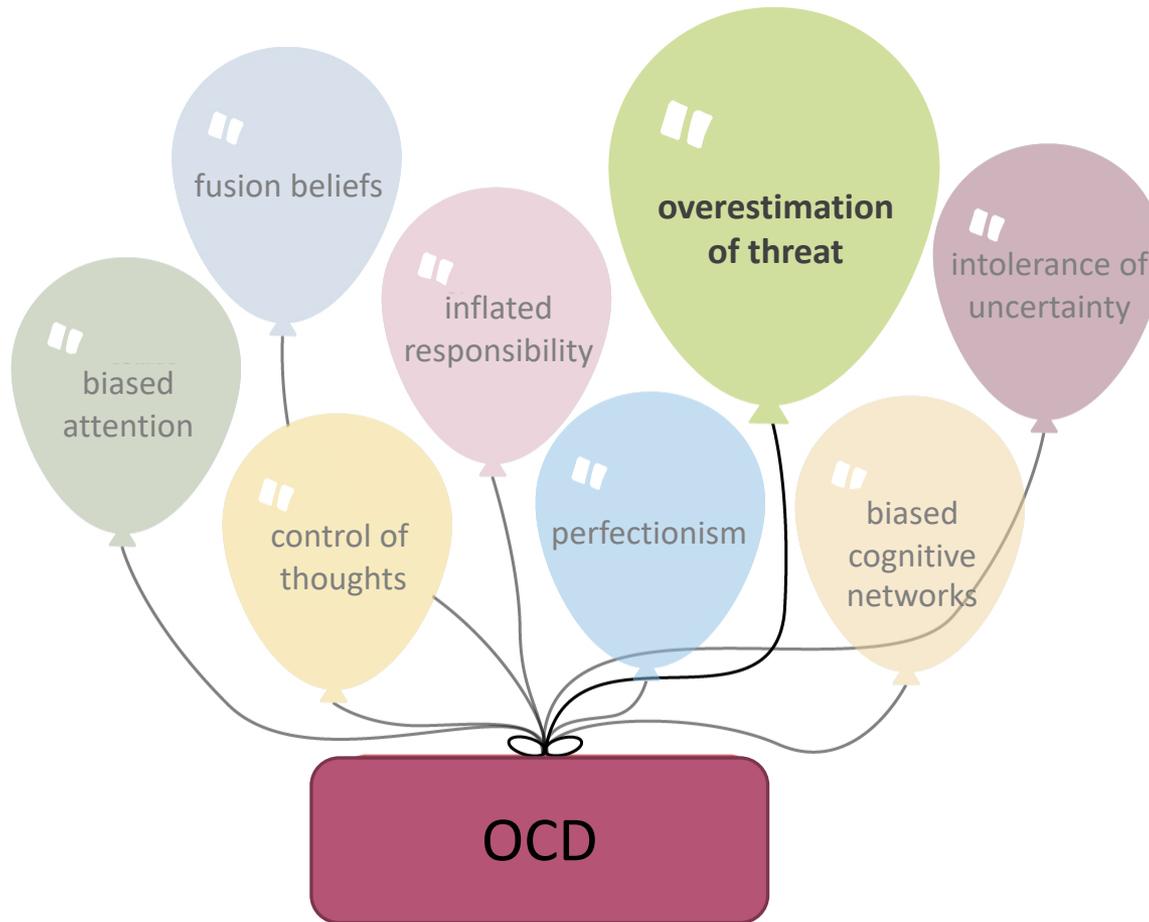
What worked
very well?



Cognitive biases in OCD



Module 6: Overestimation of threat



Overestimation of threats

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 - E.g. some people with OCD hesitate to touch a doorhandle on an HIV ward



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- The likelihood is less than 1%!
- People often overestimate the likelihood of threats
- This is often a cognitive bias in people with OCD
 - E.g. some people with OCD hesitate to touch a doorhandle on an HIV ward
- One of the reasons for misjudgments: **missing or too little or no information**



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 - Kidnapping by strangers
 - Risk of fire if lights are not turned off
- This may promote increased anxiety in children
- Other reasons for misconceptions....



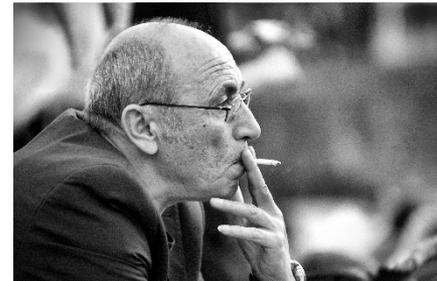
(Unrealistic) Optimism

Is common in the general population

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Do any of you smoke? Or have any of you ever smoked?

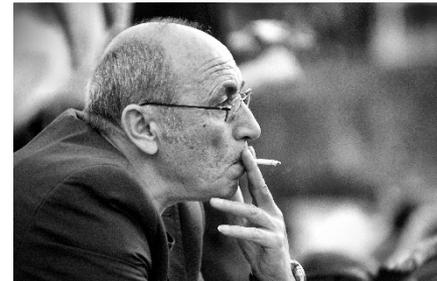


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What do you think, how high is the risk of developing lung cancer as a smoker in general?



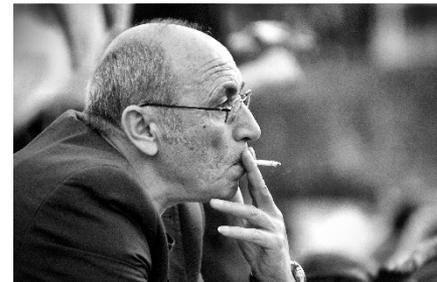
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How high do you estimate your personal risk?



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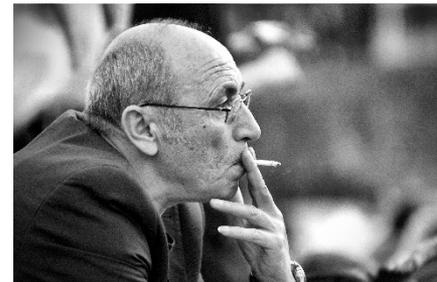
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Do any of you smoke? Or have any of you ever smoked?

What do you think, how high is the risk of developing lung cancer as a smoker in general?

How high do you estimate your personal risk?

- Studies have shown that many smokers estimate their personal risk of developing lung cancer (vs. the risk of other smokers) to be lower



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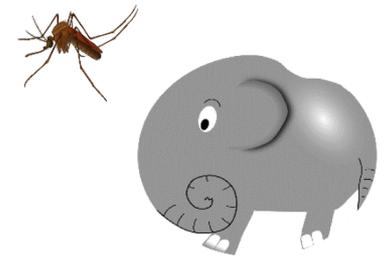
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Are you familiar with this?

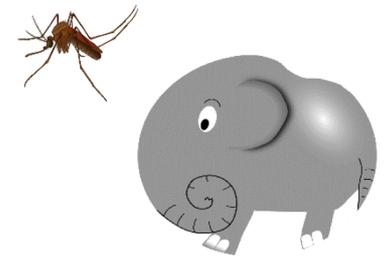
Bad, worse, worst

- Fears taking on a life of their own: **Catastrophizing**



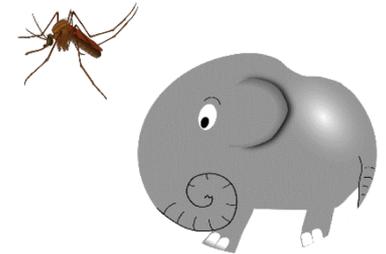
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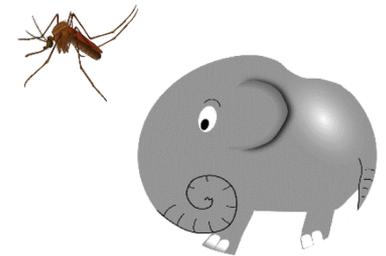
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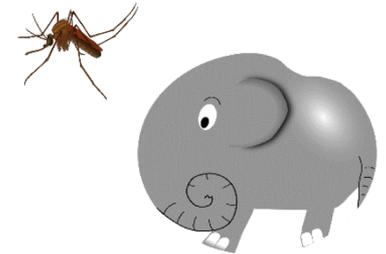
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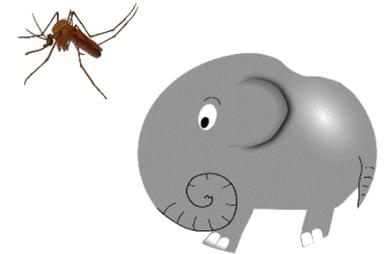
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- Try to think your fears through to their logical or realistic end
- Think through the consequences of your biggest concern, e.g.
 - Making a mistake at work
 - To become infected with germs
- Many fears, when viewed in the light of day, do not appear to be as devastating as when they first occur



Exercise: Inform yourself!

If possible, always consider all aspects of your fears

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- Do not focus only on the negative consequences

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If possible, always consider all aspects of your fears

- Do not focus only on the negative consequences
- Take into account other less catastrophic or even neutral possibilities

Exercise: Inform yourself!

- Gather the relevant information



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- Check reliable sources to find out what factors weigh against your fears



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- Inform yourself not only about the worst case, but also about less catastrophic, neutral, or even positive outcomes of a situation



Exercise: Inform yourself!

- Gather the relevant information
- Check reliable sources to find out what factors weigh against your fears
- Inform yourself not only about the worst case, but also about less catastrophic, neutral, or even positive outcomes of a situation
- When you find a probability for an event, also consider the counter probability



Exercise: Inform yourself!

Obsession	Estimated probability?	New information, search result	Alternative thoughts and counter probability
<ul style="list-style-type: none">• Becoming infected with HIV			

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Your own examples?			

Calculate probability

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Exercise:

Estimate the probability that someone will break into your apartment tomorrow



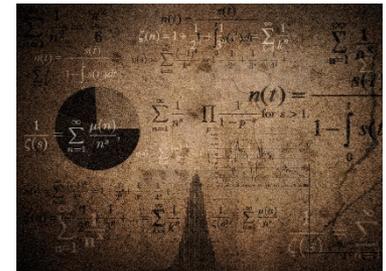
Calculate probability

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Exercise:

Estimate the probability that someone will break into your apartment tomorrow

How likely do you think that is?



Incorrect estimation

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- The actual probability can be approximated statistically



Incorrect estimation

- Many people with checking compulsions overestimate this probability (e.g., 20%)
- The actual probability can be approximated statistically
 - By multiplying the individual probabilities of the necessary preconditions for this event



Example

How likely do you think it is ...	Each probability
... that an attempt is ever made to break into an apartment (set high)?	??
... that the door is open and no one is home (set high)?	??
... that a burglar will visit your neighbourhood just tomorrow (set high)?	??
... that of all places your house/apartment is targeted (set high)?	??

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By multiplying the individual probabilities ...	??

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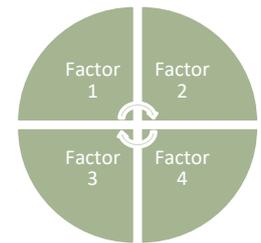
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- By setting estimates very high, the probability still is only 0.16%

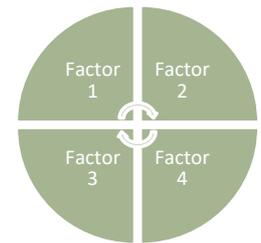
Recognize and account for overestimation

- Ask people you know and compare it with your own estimation



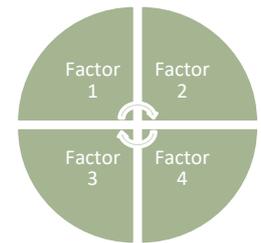
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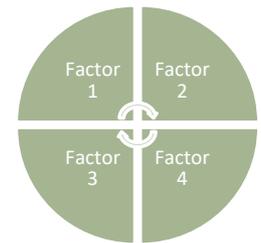
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Recognize and account for overestimation

- Ask people you know and compare it with your own estimation
 - Always keep in mind that you may tend to overestimate the likelihood of a negative event
 - Take into account that many individual factors must coincide at the same time for your worst fear to come true
- Usually this is very, very unlikely



Supplement: Ruminating

Ruminating

Many people with depression, and also with OCD, complain of endless ruminating, brooding and worrying.



Ruminating

Many people with depression, and also with OCD, complain of endless ruminating, brooding and worrying.

Are you familiar with brooding and worrying?



Can ruminating help...

- ... solve problems?



Can ruminating help...

- ... solve problems?
- ... avoid problems in the future?



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- ... organize things in your mind?



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- ... solve problems?
- ... avoid problems in the future?
- ... organize things in your mind?
- ... distract yourself from problems?



Ruminating is not helpful!

What separates ruminating from contemplating (e.g., problems)?



Ruminating is not helpful!

What separates ruminating from contemplating (e.g., problems)?

How is ruminating different from planning?



Typical depressive ruminations

1. Content

Ruminating over ...



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Ruminating over ...

- ... "Why?" (e.g., the reason for a sickness)



Typical depressive ruminations

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Ruminating over ...

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Typical depressive ruminations

1. Content

Ruminating over ...

- ... "Why?" (e.g., the reason for a sickness)
- ... past events that have already occurred
- ... the fact that you are ruminating



Typical depressive ruminations

2. Type and Manner

While ruminating ...



Typical depressive ruminations

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While ruminating ...

- ... it's hard to find an end and we often go around in circles (propagating "endless loops")



Typical depressive ruminations

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While ruminating ...

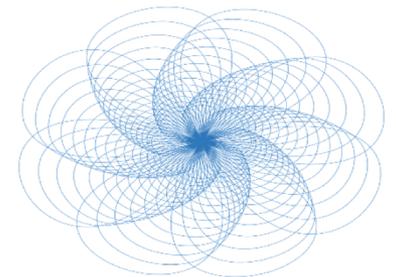
- ... it's hard to find an end and we often go around in circles (propagating "endless loops")
- ... there is then a risk of losing awareness of the fact that you are ruminating



Typical depressive ruminations

2. Type and Manner

While ruminating ...

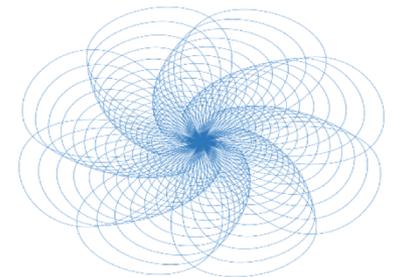


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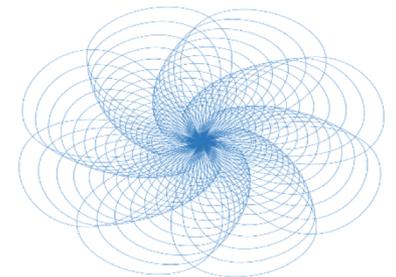


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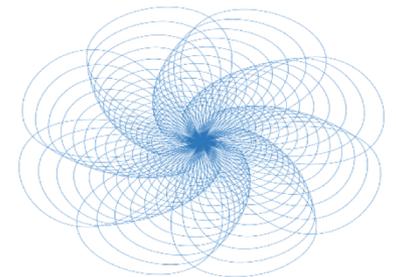


Typical depressive ruminations

2. Type and Manner

While ruminating ...

- ... there is usually no "solution" (the difference from problem solving)
- ... actions rarely follow (the difference from planning)
- ... thinking is often abstract, general and unspecific



Physical exercise

1. Stand up

Physical exercise

1. Stand up
2. Rotate left arm right

Physical exercise

1. Stand up
2. Rotate left arm right
3. Rotate right arm left

Physical exercise

1. Stand up
2. Rotate left arm right
3. Rotate right arm left
4. Lift one leg

Physical exercise

1. Stand up
2. Rotate left arm right
3. Rotate right arm left
4. Lift one leg
5. Circle leg

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Can you continue to ruminate while doing so?

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- Inform yourself not only about the worst case, but also about less catastrophic, neutral, or positive outcomes of a situation, hence painting a balanced picture of the situation

Learning Objectives

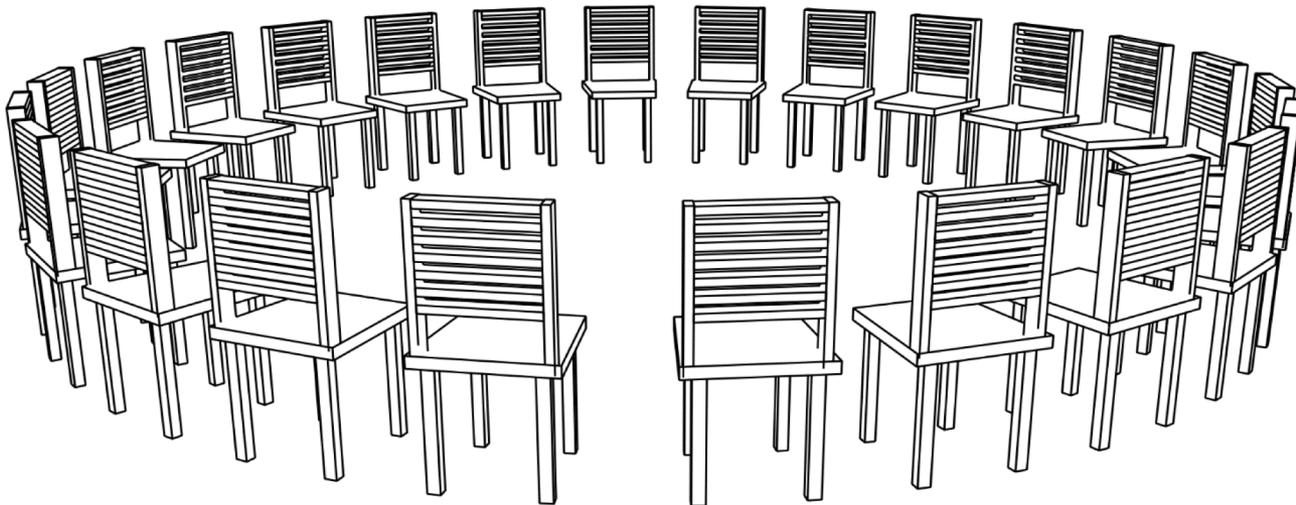
- People with OCD often overestimate the likelihood of threats or bad events
- Reasons can be insufficient information, therefore obtain sufficient and reliable information
- Inform yourself not only about the worst case, but also about less catastrophic, neutral, or positive outcomes of a situation, hence painting a balanced picture of the situation
- Think through the logical consequences of your concern

Learning Objectives

- People with OCD often overestimate the likelihood of threats or bad events
- Reasons can be insufficient information, therefore obtain sufficient and reliable information
- Inform yourself not only about the worst case, but also about less catastrophic, neutral, or positive outcomes of a situation, hence painting a balanced picture of the situation
- Think through the logical consequences of your concern
- Ruminating is not the same as contemplating or planning. Think about a strategy you want to interrupt your rumination

Closing round

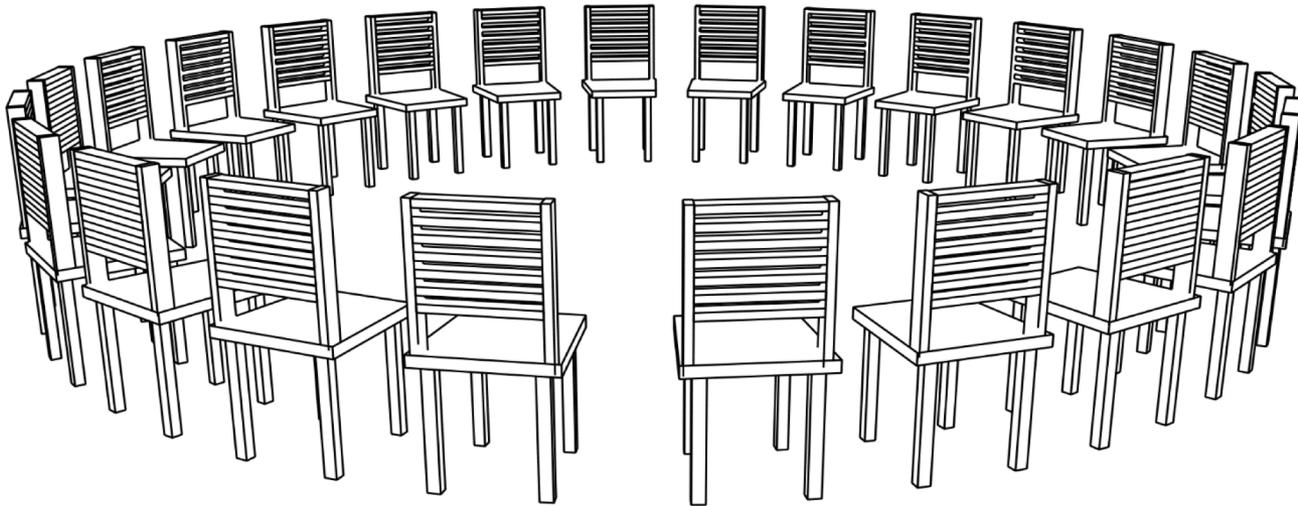
What have I learned today?

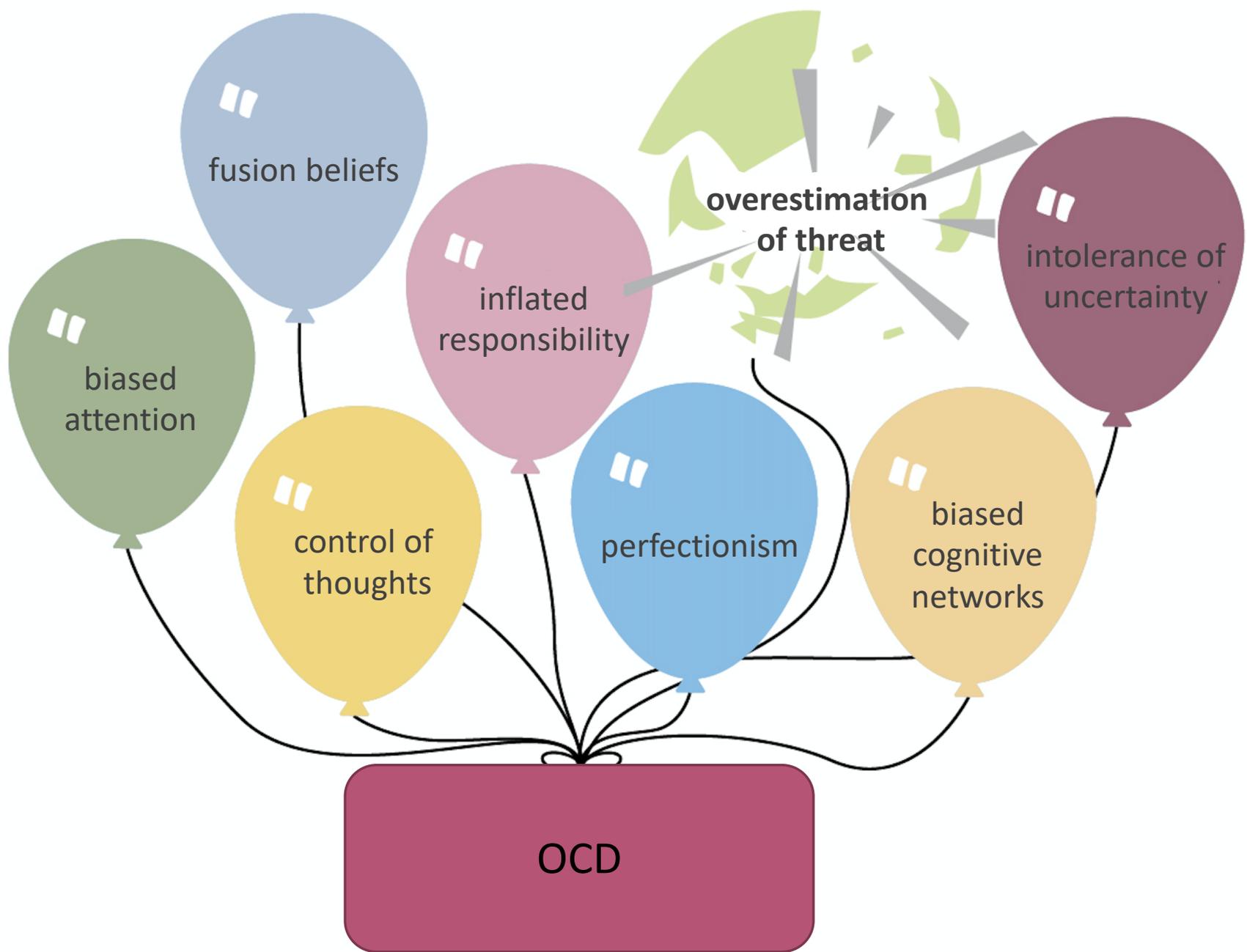


Closing round

What have I learned today?

Which of the presented strategies do I want to practice this week?





Thank you very much, that's it for today.

MODULE 6: OVERESTIMATION OF THREAT

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Virtual EyeSee	flickr	Circular Maze	PP	Labyrinth 2
openDemocracy	flickr	headache	PP	Denken/ Kopfschmerz
Marina del Castell	flickr	Victorious	PP	Jubel

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OpenClipart- Vectors	Openclipa rt	Verkehrszeichen	CC	Verkehrszeichen 1
Clker-Free-Vector- Images	pixabay	Vorsicht	CC	Verkehrszeichen 2
Johann Ebend	flickr	Raucher	CC	Raucher
AG Neuropsy- chologie	AG Neuropsy- chologie	Weinglas	PP	Weinglas

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Manuela	openclipart	mosquito	CC	Mücke
palomaironique	openclipart	elephant – funny little Cartoon	CC	Elefant
S. Bhaskara Rao	flickr	Sunrise India	PP	Sonnenaufgang
ProSmile	pixabay	Bücher	CC	Bücher

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Tom Brown	Flickr	Mathematics	PP	Formeln
3dman_eu	pixabay	Fragezeichen	CC	Nachdenken
Dergeorge	pixabay	Sorgen	CC	Sorgen

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Free-Photos	pixabay	Spirale	CC	Spirale 1
glyndwrgirl	pixabay	Spirograph	CC	Spirale 2
photofree.ga	openclipart	Circle of Chairs 2 nd perspective	CC	Stuhlkreis