PSY 645 Assignment Outline for the Psychiatric Diagnosis

Student’s Name:

Institution:

Lecturer:

1. Introduction
   * Thesis: Based on the Psychodynamic Perspective, childhood experiences have significant impact on individuals’ psychological condition and behaviors in the adulthood (Careau et al., 2012). In Suzanne’s case, her life encounters stimulate the symptoms of excessive fear, anxiety, and compulsive behaviors. Using the DSM-V diagnostic manual that distinguishes signs for various mental health disorders, Suzanne endures obsessive-compulsive disorder (OCD). She adopts a repetitive trait of plucking eyelashes and pulling her hair to inflict pain, to relieve her irritation. During early childhood stage, she recalls that her parents being anxious and worried about her academic performance, relationships and sports activates such as basketball and soccer. They had low confidence in her abilities; hence, she also developed fear and anxiety. Her relationship breakup in college enhanced compulsivity symptoms, leading to involuntary pulling of hair to attain relaxation. Nonetheless, Suzanne sought for psychological intervention to modify and regulate anxiety and OCD symptoms.
2. Body Paragraph 1: The genetic inheritance, alterations of the brain structures, and environmental factors are the leading cause of OCD.
   * Supporting evidence: “The genetic factor is the leading cause of OCD in children and adolescents, as 45%-65% patients from their parents (Krebs & Heyman, 2014). Besides, alteration of the frontostriatal circuitry results to persistent thoughts regarding a threat, and recurring attempts to minimize the danger. Additionally, the environmental factors such as adverse childhood experiences, negative emotionality, physical abuse, and social isolation results to the OCD symptoms.”
     + Explanation: The supporting evidence reveals that children are likely to inherit the obsessive and compulsive behaviors from their parent. For instance, Suzanne’s parents are likely to endure similar disorder, because they are always worried and anxious with her abilities to perform better, and to engage in social interactions. Besides, the symptoms of anxiety disorder and OCD in Suzanne might result from the environmental aspects of increased social pressure and reduced confidence from her parents. They demanded her to have a relationship, play basketball and football, and to score A, which was beyond her capability at that moment. For this reason, Suzanne became more anxious and developed compulsive traits such as plucking her eyelashes and pulling her hair. Nevertheless, it is less likely that she acquired the OCD symptoms from distorted brain structures.
     + So what? This quote highlights that the symptoms of OCD develop from childhood development stage. Nonetheless, most of these patients inherit the illnesses from their parents, while others acquire the disorder from environmental factors and experiences.
3. Body Paragraph 2: Emotional abuse in childhood stimulates OCD symptoms in adulthood
   * Supporting evidence: “It is essential to understand the environmental etiologies of OCD because they result to 50% of the reported cases. Studies indicate that childhood traumas such as emotional and physical abuse and neglect significantly cause affective and anxiety disorders (Kart & Türkçapar, 2019). Besides, studies show that children that experience trauma in their young age are five times likely to endure OCD in their adulthood.”
     + Explanation: The supporting evidence emphasized to the environmental factors at childhood that motivate obsessive and compulsive symptoms during the adult stage. Children that endure traumatic events and adverse emotional distortion are likely to develop anxiety-related illnesses such as OCD. It is revealed in Suzanne’s case, where the societal pressure at young age motivated the compulsive behaviors such as plucking of the eyelashes and pulling her hair. During the early developmental stage, Suzanne’s parents did not have confidence in her abilities; hence, they pressured her to engage in activities she did not desire. For this reason, she developed excessive fear and anxiety that was relieved by inflicting pain on her body.
     + So what? This quote illustrates that children might develop OCD from environmental factors, regardless of the genetic attributes of their parents. Its argument is based on the psychodynamic perspectives, which highlights that childhood experiences influence individuals’ behaviors at adulthood.
4. Body Paragraph 3: The parent-children relationship at childhood and adolescents might stimulate OCD symptoms
   * Supporting evidence: “The parents could adopt the permissive, authoritative, and authoritarian styles of engaging and interaction with their children. The permissive parents grant their children more freedom, while the authoritative set measures and guidelines to follow (Timpano et al., 2010). In contrast, children with authoritarian parents have limited freedom, and are always punish for failing to comply with family rules and regulations. Individuals from such families are like to experience OCD in their adulthood.”
     + Explanation: The parents are integral in supporting children development from young age to adulthood. However, the style of their upbringing determines their behaviors and personalities in future. Individuals will choose between the permissive, authoritative, and authoritarian approaches of parenting, with each having significant impact to the child’s behaviors. In Suzanne’s case, the parents fail to trust her abilities are and constantly demanding for an increased performance. They express their fears of failure and anxiety that affects the child’s emotional and psychological status. As a result, Suzanne develops OCD symptoms that impact on her behaviors in adulthood.
     + So what? This quote highlights that an environmental factor such as parenting style is significant in motivating obsessive and compulsive behaviors in children. For instance, the authoritarian style puts the young people at a higher risk of mood disorder and increased anxiety that might develop into OCD.
5. Conclusion:
   * Rephrased Thesis Statement: The environmental factors at childhood have significant influence on OCD symptoms in adulthood. In most situations, the parents and the adopted parenting style helps the young people attain unique personalities and behaviors that vital when encountering different situations their later development stages (Barcaccia et al., 2015). Therefore, the parenting approaches and exposure to adverse childhood experiences reduce confidence and inspire fears and anxiousness that result to OCD.
   * Strong Closing:It is essential for parents to adopt the most effective approaches of interaction with their children, to reduce the environmental factors of OCD.

References

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