

Educational Implications

Compulsive activities often take up so much time that students can't concentrate on their schoolwork, leading to poor or incomplete work and even school failure. In addition, many students with OCD find verbal communication very difficult. Students with OCD may feel isolated from their peers, in part because their compulsive behavior leaves them little time to interact or socialize with their classmates. They may avoid school because they are worried that teachers or their peers will notice their odd behaviors. If asked "why" a behavior is repeated, many students say, "It doesn't feel right."

Resources

Anxiety Disorders Association of America

8730 Georgia Avenue, Suite 600, Silver Spring, MD 20910
240-485-1001
www.adaa.org
Offers publications, referrals to therapists, self-help groups

NAMI (National Alliance for the Mentally Ill)

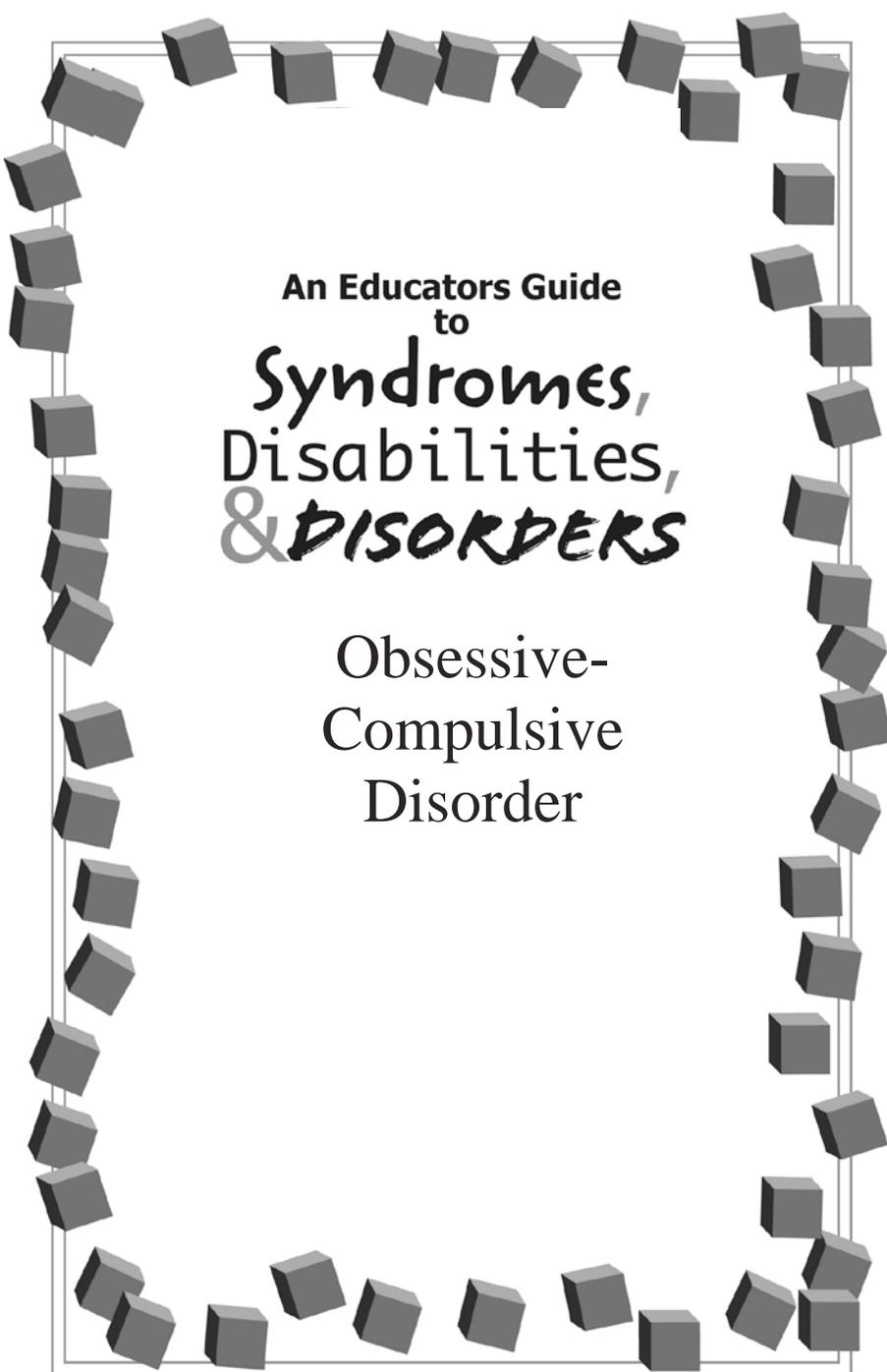
Colonial Place Three
2107 Wilson Boulevard, Suite 300, Arlington, VA 22201
703-524-7600 • 800-950-6264
www.nami.org
Medical and legal information, helpline, research, publications

National Institute of Mental Health (NIMH)

Office of Communications
6001 Executive Boulevard, Room 8184, MSC 9663
Bethesda, MD 20892-9663
866-615-6464
www.nimh.nih.gov
Free educational materials for professionals and the public

Obsessive-Compulsive Foundation, Inc.

676 State Street, New Haven, CT 06511
203-401-2070
www.ocfoundation.org
Free brochures, referrals, newsletter, support groups
**SAMHSA'S National Mental Health Information
Center—Center for Mental Health Services**
PO Box 42557, Washington, DC 20015
800-789-2647
www.mentalhealth.samhsa.gov



An Educators Guide to **Syndromes, Disabilities, & DISORDERS**

Obsessive- Compulsive Disorder

Symptoms or Behaviors

- Unproductive time retracing the same word or touching the same objects over and over
 - Erasing sentences or problems repeatedly
 - Counting and recounting objects, or arranging and rearranging objects on their desk
 - Frequent trips to the bathroom
 - Poor concentration
 - School avoidance
 - Anxiety or depressed mood
- Allow the student to redo assignments to improve scores or final grades.
 - Consider a Functional Behavioral Assessment (FBA).
 - Understanding the purpose or function of the student's behaviors will help you respond with effective interventions and strategies. For example, a punitive approach or punishment may increase the student's sense of insecurity and distress and increase the undesired behavior.
 - Post the daily schedule in a highly visible place so the student will know what to expect.
 - Consider the use of technology. Many students struggling with OCD will benefit from easy access to appropriate technology, which may include applications that can engage student interest and increase motivation (e.g., computer-assisted instruction programs, CD-ROM demonstrations, as well as videotape presentations).

Instructional Strategies and Classroom Accommodations

- Try to accommodate situations and behaviors that the student has no control over.
- Educate the student's peers about OCD.
- Be attentive to changes in the student's behavior.
- Try to redirect the student's behavior. This works better than using "consequences."
- Allow the student to do assignments such as oral reports in writing.
- Allow the student to receive full credit for late work.