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The Fear of Contamination - Stanley Rachman - Oxford ...

When a person feels contaminated it drives a strong urge to remove the contamination, usually by washing. The fear and subsequent urges over-ride other behavior. A fear of contamination can also be established mentally and without physical contact. The fear can

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arise after exposure to violation, physical or non-physical, and from self-contamination.

"Fear of Contamination: Assessment and Treatment" by Clark ...

As far as the fear of contamination is concerned, elevations of both measures of sensitivity are to be expected; in

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cases of predominantly disease-contamination the anxiety scale is likely to be particularly high, and in cases of predominantly dirt/disgust contamination the disgust scale should prevail.

The Fear of Contamination: Assessment and Treatment ...

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A fear of contamination can also be established mentally and without physical contact. The fear can arise after exposure to violation, physical or non-physical, and from self-contamination. The book starts by defining the disorder, before considering the various manifestations of this fear, examining both mental contamination and contact

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contamination, and feelings of disgust.

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Deals with the topic of the fear of contamination. This book starts by defining the disorder, before considering the various manifestations of this fear, examining both mental contamination

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and contact contamination, and feelings of disgust. It develops a theory for how this problem can be treated, providing clinical guidelines.

The Fear of Contamination: Assessment and Treatment ...

Although I have outlined four major ways in which contamination fears may

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present, there are two dominant overall concerns for people with contamination OC. One is a pervasive and unrelenting sense of doubt that they are clean enough. Imagine washing your hands in the dark, and there is low water pressure.

Mental Contamination of Obsessive

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Fear of contamination is a very common OCD symptom. The treatment for this type of fear involves exposing yourself to the things that make you feel contaminated without allowing yourself to engage in any compulsions such as washing, using hand sanitizer, changing clothes, or de-contaminating in any way.

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OCD: Symptoms of Contamination Fears

Accordingly, theoretical models of contamination fear need to account for affect-related processes (e.g., disgust, emotion regulation), cognitive-related processes (e.g., obsessive beliefs), as well as interactions between these

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processes. It is important to note that contamination fear cannot be explained solely by cognitive and affective processes.

Fear of contamination : assessment and treatment (Book ...

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The fear and subsequent urges over-ride other behavior. A fear of contamination can also be established mentally and without physical contact. The fear can arise after exposure to violation,

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Contamination OCD: Contact vs Mental Contamination

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The Fear of Contamination: Assessment and Treatment (Cognitive Behaviour Therapy: Science and Practice) by Stanley Rachman | Jun 22, 2006.

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Contamination Fear - an overview | ScienceDirect Topics

Mental contamination refers to a “phenomenon whereby people experience feelings of contamination from a non-physical contaminant” (Warnock-Parkes, Salkovskis, & Rachman, 2012, p. 383). A good many

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patients with obsessive-compulsive disorder (OCD) report this symptom.

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Fear of contamination : assessment and treatment (eBook ...

Often contamination fear is due to concerns over contracting an illness. As is well known, contact with a contamination source does not result in

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illness immediately after exposure. As is well known, contact with a contamination source does not result in illness immediately after exposure.

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A fear of contamination can also be established mentally and without

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The book starts by defining the disorder, before considering the various manifestations of this fear, examining both mental contamination and contact contamination, and feelings of disgust.

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Mental contamination OCD shares some similar characteristics to contact contamination OCD in that the compulsive behaviours involved in each, are associated with strong emotions of anxiety and guilt, that invoke intense urges to wash and engage in excessive

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cleaning rituals in order to soothe and alleviate their distressing thoughts and psychological feelings of 'dirtiness'.

Disgust and Obsessive Beliefs in Contamination-related OCD

The current book, Fear of Contamination, adopts the author's current emphasis on fine-grained

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analyses of OCD, digging deep into the unique phenomenology of specific obsessional concerns. In the last 10 years, this "microanalytic approach" has provided remarkably fresh insights into core cognitive processes of OCD that promise to increase our understanding and treatment of the many varying shades of this disorder.

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