

Contents

Part 1 **Contamination Fears**

- 1 Clinical Fears of Contamination** 3
Case illustration of fear of contamination in OCD 19
- 2 Feelings and Features of Contact and Mental Contamination** 23
Case illustrations of contamination 37
- 3 Forms of Mental Contamination** 43
Case illustrations of different forms of mental contamination 51
- 4 A Cognitive Theory of Contamination Fears and Compulsive Washing** 55

Part 2 **Cognitive-Behavioral Treatment of Mental Contamination**

- 5 Assessment and Formulation of Mental Contamination** 83
- 6 Overview of Cognitive Behavioral Treatment of Mental Contamination** 95
Case illustrations of cognitive behavioral methods 110
- 7 Contamination After Physical or Psychological Violations** 117
Case illustrations of treatment of contamination after physical or psychological violations 122
- 8 Self-Contamination** 125
Case illustrations of the treatment of self-contamination 130
- 9 Morphing** 137
Case illustrations of the treatment of morphing 144
- 10 Visual Contamination** 155
Case illustrations of treatment of visual contamination 156
- 11 Case Series** 159
- 12 Implications of Cognitive Behavioral Therapy for Mental Contamination** 169

Part 3 **Toolkit: Appendices**

- 1 VOCI (Contact) Contamination Subscale Items 175
- 2 VOCI Mental Contamination Scale (VOCI-MC) 177
- 3 Contamination Thought–Action Fusion Scale 179
- 4 Contamination Sensitivity Scale 181
- 5 Personal Significance Scale (Intrusive Thoughts) 183
- 6 Contamination Standardized Interview Schedule 187
- 7 Treatment for OCD: Information for Patients 191
- 8 Morphing: Information for Patients 193
- 9 Self-Contamination: Information for Patients 197

References 199

Index 207