

## FROM THE FRONT LINES

## Book Review: The OCD Answer Book, by Patrick McGrath, Ph.D.

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Clinicians require a book to recommend to their patients with obsessive-compulsive disorder (OCD) to augment the education that takes place during treatment and to address common questions that may arise. Similarly, people with OCD require a text that can clarify the many questions that come with having the disorder: What types of treatments are available (and work)? How do I discuss the condition with my significant other?

How can I understand the nature of the disorder? Without question, Dr. Patrick McGrath's *The OCD Answer Book* answers the need for such a book. It is a focused, informative, and easy-to-read book that provides accurate answers to over 250 common questions related to OCD.

Quite impressively, *The OCD Answer Book* covers a wide variety of subject matter. Throughout its eleven chapters, this book defines and discusses OCD and its core features, its etiology, and the types of effective treatment for it, and explains how to overcome obstacles for seeking and/or accessing appropriate care. Each chapter is organized in an easy to follow fashion with the questions to be covered listed on the chapter face page. Questions are presented thereafter in a bolded font with the corresponding answer underneath. Dr. McGrath's expertise is clear throughout, as answers to these common questions are provided in a rational, evidence-based manner that is also entertaining and pleasant to read. In addition to the primary chapters, the following four Appendices are included that people with OCD will likely find helpful: an Obsession Challenge worksheet, a form to track exposure completion, a template for creating a fear hierarchy, and finally, a form to track and challenge core beliefs.

Taken together, this text has many features that make it a helpful supplement when working with people with OCD. Clinicians would be well off in advising their patients to read this book given its breadth of coverage, objective and data-driven approach to covering the requisite information, as well as its overall readability. People with OCD – whether in treatment or just interested in learning more about their condition – will find this book thorough, helpful, and able to address many of their questions. The text also provides a listing of helpful resources for people to seek additional information should it not be covered. For those who are considering treatment, *The OCD Answer Book* will teach about the proven therapies available and help the person navigate through many of the pitfalls that may occur when seeking help. Significant others of a person with OCD will also find such a text helpful in answering many questions they may have regarding the disorder, and in particular, how to interact with their loved one who has the disorder.

