

## **Resources for Subtypes of Obsessive-Compulsive Disorder**

***Please note: All of the resources included in the general OCD resource list are beneficial for all subtypes of OCD. The general resources also include information about OCD subtypes. To learn more about treating the processes in OCD (instead of the specific content of each thought), please see [Kimberly Quinlan's podcast episode #49 of Your Anxiety Toolkit](#)***

***The following subtypes of OCD are addressed in the pages of this document:***

- Contamination Obsessions
- Existential Obsessions
- Harm-Based/Violent Obsessions
- Health-Based Obsessions
- Just Right Obsessions
- Postpartum/Perinatal OCD
- Real Event Obsessions
- Relationship/Sexual Orientation and Identity Obsessions
- Scrupulosity (Moral) Obsessions
- Scrupulosity (Religious) Obsessions
- Sensorimotor Obsessions
- Sexual Obsessions

***Please reach out if there's something you'd like to see added to this list!***

## Contamination Obsessions

### **Podcasts**

- The OCD Stories: [Elke - Recovering from \(Contamination\) OCD](#)
- Mindful Things Podcast: [Being Me With OCD With Nathaniel Van Kirk](#)

### **Articles**

- IOCDF Fact Sheet: [Obsessive Compulsive Contamination Fears](#)
- IOCDF From the Experts
  - [OCD and Contamination](#)
  - [Emotional Contamination: A Lesser Known Subtype of OCD](#)
- Sheppard Pratt
  - [Contamination OCD: Blood, Fluids & Bodily Waste...Oh My! Part 1](#)
  - [Contamination OCD: Blood, Fluids, and Bodily Waste... Part 2](#)
  - [Contamination OCD: Blood, Semen, and Bodily Waste... Part 3](#)
- NOCD Blog
  - [What Is Contamination OCD?](#)
  - [Contamination OCD: Symptoms and Treatment](#)
  - [What Is Contamination OCD and How Common Is It? Your Guide to the Misunderstood OCD Subtype](#)
  - [Know Someone With Contamination OCD? Here's How You Can Help Them.](#)

### **Videos**

- Made of Millions
  - [OCD3: What is Contamination OCD?](#)
  - [What is Metaphysical Contamination OCD?](#)
- Natasha Daniels
  - [What is Contamination OCD \(How to help with contamination fears\)](#)
  - [How to Help with Emotional Contamination OCD](#)
- OCD & Anxiety: [What Contamination OCD Actually Looks Like](#)

## Existential Obsessions

### **Podcasts**

- FearCast Podcast: [Existential OCD](#)
- Your Anxiety Toolkit Podcast: [Jon Hershfield - Existential Themed OCD](#)

### **Articles**

- IOCDF From the Experts: [To Be or Not to Be, That is the Obsession: Existential and Philosophical OCD](#)
- NOCD Blog
  - [What Is Existential OCD?](#)
  - [Existential OCD or a 'Deep Thinker'? How to Tell The Difference](#)

### **Videos**

- Made of Millions: [OCD3: What is Existential OCD?](#)
- OCD & Anxiety: [Existential OCD | Treatment and What It Looks Like!](#)
- Dr. Todd Grande: [What is an Existential Obsession \(Philosophical Obsession\) in Obsessive Compulsive Disorder \(OCD\)?](#)

## Harm-Based/Violent Obsessions

### **Books**

- Baer, L. (2002). Imp of the Mind. Plume.
- Winston, S. (2017). Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts. New Harbinger Publications
- Stephenson, B.J. (2020). What If?: A journey to the depths of Harm OCD, Finding Happiness in Chaos. Independently published.

### **Podcasts**

- The OCD Stories: [Jon Hershfield - Overcoming Harm OCD](#)
- Your Anxiety Toolkit Podcast: [Harm OCD with Jon Hershfield](#)

### **Articles**

- IOCDF Fact Sheet: [Violent and Sexual Obsessions](#)
- IOCDF From the Experts
  - [“But I Love My Kids ...” — Parents Who Think About Harming Their Children](#)
  - [Driven To Distraction: “Hit And Run OCD”](#)
  - [How I Treat OCD Killer Thoughts: Treating Violent Obsessions](#)
- NOCD Blog
  - [Your Complete Guide to Harm OCD](#)
  - [Harm OCD: Thoughts, Symptoms, Causes, and Treatment](#)
  - [Is ERP Therapy Best for Harm OCD?](#)
  - [Hit-and-Run OCD? Overview, Symptoms and Treatment Options](#)

### **Videos**

- ADAA Webinars
  - [How to Disengage from Harm OCD & Re-engage in Your Life](#)
  - [Harm OCD Webinar with Jon Hershfield](#)
- Made of Millions: [OCD3: What is Harm OCD?](#)
- NOCD: [Harm OCD: Overview, Symptoms and Treatment](#)
- Natasha Daniels: [Do You Have OCD and You Worry About Harming Yourself or Others?](#)
- Mark Freeman: [Knives Out! - Overcoming harm / violent intrusive thoughts](#)
- OCD & Anxiety:
  - [What is Harm OCD? Can I trust myself?](#)
  - [Hit and Run OCD | What's the Treatment?](#)
  - [Responsibility OCD | What It Looks Like and How To Treat It](#)
  - [Suicidal OCD - My Brain Won't Stop Thinking Of Suicide](#)

## Health-Based Obsessions

### **Books**

- Asmundsun, G.J.G., & Taylor, S. (2005). It's Not All in Your Head: How Worrying About Your Health Could Be Making You Sick—and What You Can Do About It. Guilford.
- Owens, K.M.B., & Antony, M.M. (2011). Overcoming Health Anxiety: Letting go of your Fear of Illness. New Harbinger.

### **Podcasts**

- The OCD Stories: [Dr. Josh Spitalnick - Health Anxiety](#)
- FearCast Podcast: [Dealing with a real life health issue, a response to dealing with a real health issue, and whether or not to work with a specialist](#)
- Your Anxiety Toolkit Podcast: [Managing Health Anxiety w/ Christian Newman](#)

### **Articles**

- Sheppard Pratt: [Shedding Light on Health Anxiety OCD](#)
- ADAA: [Health Anxiety](#)
- Anxiety Canada: [Health Anxiety](#)

### **Videos**

- ADAA Webinars
  - [Health Anxiety - Part One: What It Is and How to Overcome It](#)
  - [Health Anxiety Part 2: Learn How to Face Your Fear of Death and Overcome Health Anxiety](#)
- Mark Freeman: [How to handle health anxiety](#)
- Reid Wilson PhD: [Why Seek out Doubt When You Have Panic, Health Anxiety or OCD?](#)
- OCD & Anxiety: [Health Anxiety | How To Do Treatment](#)

## **Just Right Obsessions**

### ***Books***

- Rosner, B. (2018). Just Right: My Journey With Obsessive-Compulsive Disorder. Blake Rosner.

### ***Podcasts***

- Invisible Wheelchair Podcast: [Not Too Left, Not Too Right, Just Right OCD](#)

### ***Articles***

- IOCDF Fact Sheet: [“Just Right” OCD Symptoms](#)
- NOCD Blog: [What Is Just Right \(Perfectionism\) OCD?](#)

### ***Videos***

- Natasha Daniels: [How to Handle Just Right OCD](#)
- NOCD: [Living with OCD: Just-Right OCD Live Q&A](#)
- OCD & Anxiety:
  - [Just Right OCD - A Feeling of Incomplete](#)
  - [What Symmetry OCD Looks Like!](#)

## Postpartum/Perinatal OCD

### **Books**

- Kleiman, K. (2019). Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers. Familius.
- Wiegartz, P.S. & Gyoerkoe, K.L. (2009). Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions. New Harbinger Publications.
- Green, S.M., Frey, B.N., Donegan, E., & McCabe, R.E. (2018). Cognitive Behavioral Therapy for Anxiety and Depression During Pregnancy and Beyond: How to Manage Symptoms and Maximize Well-Being. Routledge.
- Isnardi, W. (2012). Nobody Told Me...My Battle with Postpartum Depression & Obsessive Compulsive Disorder. Legwork Team Publishing.
- Ackerman, S. (2011). Supermom: A Postpartum Anxiety Survival Story. iUniverse.

### **Podcasts**

- The OCD Stories:
  - [Catherine Benfield - Perinatal and Postnatal OCD](#)
  - [Karina Dach - Postpartum OCD](#)
- FearCast Podcast: [Postpartum and Perinatal OCD With Kelley Franke](#)
- All the Hard Things Podcast:
  - [Understanding Perinatal OCD and Anxiety](#)
  - [Rumination in Postpartum OCD](#)
  - [Postpartum OCD and Harm Intrusive Thoughts About Self/Baby \(Anonymom series\)](#)
  - [Postpartum Harm OCD and Treatment \(Anonymom series\)](#)

### **Articles**

- IOCDF From the Experts:
  - [“But I Love My Kids ...” — Parents Who Think About Harming Their Children](#)
  - [Perinatal OCD: What Research Says About Diagnosis and Treatment](#)
  - [Beyond the Blues: Perinatal OCD](#)
- NOCD Blog:
  - [Postpartum OCD: Thoughts, Symptoms, and Treatment](#)
  - [Perinatal OCD: Why Am I Constantly Worried About Hurting My Baby?](#)

### **Videos**

- IOCDF Webinar: [Perinatal OCD Town Hall](#)
- OCD & Anxiety: [Postpartum OCD \(perinatal\) - Causes and Treatment](#)
- Made of Millions: [What is Postpartum OCD?](#)

## **Real Event Obsessions**

### ***Podcasts***

- The OCD Stories: [Stacey Kuhl Wochner - Real Event OCD](#)
- FearCast Podcast:
  - [Real Event OCD, Cancel Culture, and Reassurance](#)
  - [Follow-Up Questions From The Real-Event OCD Episode](#)

### ***Articles***

- Sheppard Pratt: [Did We Already Discuss False Memories and OCD?](#)
- NOCD Blog:
  - [What Is Real Event OCD?](#)
  - [False Memory OCD: Symptoms, Causes, and Treatment](#)

### ***Videos***

- NOCD:
  - [How do I deal with guilt or doubt over a memory?](#)
  - [Memories and False Memories With OCD](#)
- Chrissie Hodges: [Real Event OCD & OCD with Real Events](#)
- Mark Freeman: [OCD and False / Real Memories](#)
- OCD & Anxiety:
  - [Real Event OCD - What It Looks Like!](#)
  - [False Memory OCD - What it looks like!](#)



## Relationship/Sexual Orientation and Identity Obsessions

### **Podcasts**

- The OCD Stories:
  - [Dr Amy Mariaskin - Gender Identity themed OCD](#)
  - [Sheva Rajaee - Relationship themed OCD](#)
- FearCast Podcast:
  - [TOCD Exposures and Surviving POCD](#)
  - [HOCD or Sexual Orientation OCD](#)
  - [HOCD and Other Sexually Focused Obsessions](#)
  - [Listener Questions - Groinal Sensations and HOCD](#)
  - [TOCD, Why Exposures Work, How To Make Sexual OCD Worse, To Distract or Not?](#)
  - [ROCD: Relationship OCD](#)
- Your Anxiety Toolkit: [Religious & Sexual Orientation OCD](#)
- All the Hard Things Podcast: [Relationship OCD - Presentations and Treatment](#)
- Invisible Wheelchair Podcast: [Sexual Orientation OCD](#)

### **Articles**

- IOCDF From the Experts
  - [How Do I Know I'm Not Really Gay/Straight?](#)
  - [Relationship OCD: Is He the Love of My Life or am I Making the Biggest Mistake of my Life?](#)
- Sheppard Pratt
  - [Sexual Orientation OCD \(a.k.a. SO-OCD or HOCD\)](#)
  - [Treatment for HOCD](#)
  - [Relationship OCD \(ROCD\)](#)
- NOCD Blog
  - [What Is Sexual Orientation OCD \(SO-OCD\)? Your Guide to This OCD Subtype](#)
  - [Is SO-OCD \(HOCD\) Just Denial? The Truth About Sexual Orientation OCD](#)
  - [Your Complete Guide to Relationship OCD \(ROCD\)](#)
  - [Is Relationship Anxiety the same as Relationship OCD?](#)
  - [Why Do I Need Constant Reassurance in a Relationship?](#)

### **Videos**

- IOCDF Webinars:
  - [Sexual Orientation OCD Town Hall](#)
  - [Relationship OCD \(ROCD\) Town Hall](#)
- Dr. Monnica Williams: [Sexual Obsessions in OCD, including SO-OCD or HOCD](#)
- OCD & Anxiety:
  - [HOCD | Intrusive Thoughts About Being Gay](#)
  - [Fear of being Transgender OCD \(TOCD\)](#)
- Made of Millions: [OCD3: What is Sexual Orientation OCD \(previously called Homosexual OCD / HOCD\)?](#)
- NOCD: [What is SO-OCD and What Does It Mean if I Have It?](#)

## Scrupulosity (Moral) Obsessions

### **Podcasts**

- The OCD Stories: [Jon Hershfield - Coronavirus \(Covid-19\) & Moral Scrupulosity \(OCD\)](#)
- Your Anxiety Toolkit Podcast: [Religious \(Scrupulosity\) and Moral Obsessions \(with Dr. Jed Siev\)](#)

### **Articles**

- OCDLA: [Moral Scrupulosity in OCD: Cognitive Distortions](#)
- NOCD: [Religious or Scrupulosity OCD: Symptoms, Causes, and Treatment](#)
- Sheppard Pratt
  - [Moral Scrupulosity OCD: Part One](#)
  - [Moral Scrupulosity OCD: Part Two](#)
  - [Moral Scrupulosity OCD: Part Three](#)

### **Videos**

- IOCDF Webinars:
  - [OCD Town Hall: Moral Scrupulosity](#)
  - [OCD Town Hall: Moral Scrupulosity, Vol. 2](#)
  - [OCD Town Hall: Moral Scrupulosity, Vol. 3](#)
- Natasha Daniels: [Moral OCD and the intrusive thought I'm lying](#)

## Scrupulosity (Religious) Obsessions

### **Books**

- Rev. Thomas Santa CSsR (2017). Understanding Scrupulosity: Questions and Encouragement (Third Edition). Liguori Publications.
- Ciarrocchi, J.W. (1995). The Doubting Disease: Help for Scrupulosity and Religious Compulsions. Paulist Press.
- Rev. Thomas Santa CSsR (1999). Understanding Scrupulosity: Helpful Answers for Those Who Experience Nagging Questions and Doubts. Liguori Publications.
- Beattie, T. (2011). Scruples and Sainthood: Overcoming Scrupulosity with the Help of the Saints. Loreto Publications

### **Websites:**

- IOCDF: <https://iocdf.org/ocdandfaith/>
- Scrupulous Anonymous: <https://scrupulousanonymous.org/>

### **Podcasts**

- The OCD Stories: [Shmuel Fischler - Religious OCD, and Scrupulosity](#)
- FearCast Podcast:
  - [Religious Scrupulosity](#)
  - [Faith and Doubt- Scrupulosity in Orthodox Judaism with Dr. Jedidiah Siev](#)
  - [Faith and Doubt: Guest Fr. Thomas Santa](#)
  - [Faith and Doubt Series - with Biblical Scholar Jaimie Eckert](#)
  - [Faith and Doubt: with Guest Pastor Mike Erre](#)
- Your Anxiety Toolkit Podcast:
  - [OCD and Scrupulosity w/ Mimi Cole](#)
  - [Religious \(scrupulosity\) and Moral Obsessions \(with Dr. Jed Siev\)](#)
- Invisible Wheelchair Podcast: [Scrupulosity OCD](#)

### **Articles**

- IOCDF Fact Sheet: [Scrupulosity](#)
- NOCD Blog
  - [What Is Scrupulosity \(Religious\) OCD?](#)
  - [What are Scrupulosity \(Religious\) OCD Exposures? Explanation and Examples](#)

### **Videos**

- IOCDF Webinars
  - [Religious Scrupulosity Town Hall](#)
  - [Religious Scrupulosity, Volume 2](#)
  - [Scrupulosity: Overcoming Religious Obsessions and Compulsions](#)
  - [Five Keys to Beating Scrupulosity](#)
  - [For Clergy: OCD and Scrupulosity](#)
- IOCDF
  - [ERP for Scrupulosity](#)
  - [Healthy Prayer vs OCD](#)
  - [Will Treatment Make Me Less Religious?](#)
- Chrissie Hodges: [OCD Religious Themes and Scrupulosity](#)
- OCD & Anxiety: [Scrupulosity: What Is Religious OCD?](#)

## Sensorimotor Obsessions

### **Books**

- Culafi, A. (2020). Breathe In, Breathe Out: How I Overcame Sensorimotor OCD. Zeus the Dog.

### **Podcasts**

- The OCD Stories:
  - [Dr Steven Phillipson - Somatic OCD \(Sensorimotor OCD\)](#)
  - [Dr Michael Greenberg - Somatic/Sensorimotor OCD, and Rumination](#)

### **Articles**

- IOCDF From the Experts: [When Automatic Bodily Processes Become Conscious: How to Disengage from “Sensorimotor Obsessions”](#)
- Made of Millions: [8 Signs That You Might Have Somatic OCD](#)
- Sheppard Pratt: [Navigating Hyperawareness Obsessions](#)
- NOCD Blog
  - [Your Complete Guide to Somatic OCD](#)
  - [The Best Treatment Options for Somatic OCD](#)
  - [Why can't I stop focusing on my breathing?](#)

### **Videos**

- OCD & Anxiety: [What Is Sensorimotor OCD? | How To Stop Noticing Sensations!](#)

## Sexual Obsessions

### **Books**

- Hodges, C. (2017). PURE OCD: The Invisible Side of Obsessive-Compulsive Disorder. Booklocker.com, Inc.
- Baer, L. (2002). Imp of the Mind. Plume.
- Winston, S. (2017). Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts. New Harbinger Publications

### **Podcasts**

- The OCD Stories:
  - [Dr Lauren Wadsworth - pOCD](#)
  - [Jayme Valdez - Pedophilia themed OCD](#)
- FearCast Podcast:
  - [Pedophile OCD](#)
  - [TOCD Exposures and Surviving POCD](#)
  - [More Sexual Obsession Questions](#)

### **Articles**

- IOCDF Fact Sheet: [Violent and Sexual Obsessions](#)
- IOCDF From the Experts
  - [“But I Love My Kids ...” — Parents Who Think About Harming Their Children](#)
  - [Am I a Monster? An Overview of Common Features, Typical Course, Shame and Treatment of Pedophilia OCD \(pOCD\)](#)
- Sheppard Pratt: [POCD: What Is Pedophile-Themed Obsessive-Compulsive Disorder?](#)
- NOCD Blog
  - [Your Complete Guide to Pedophilia OCD \(POCD\)](#)
  - [Why POCD Arousal Is Not a Sign of Real Desire](#)
  - [‘Am I a Pedophile?’ Living With POCD, or Pedophilia OCD](#)

### **Videos**

- Dr. Monnica Williams: [Sexual Obsessions in OCD, including SO-OCD or HOCD](#)
- Chrissie Hodges
  - [Pure OCD: Fear of Incest intrusive thoughts](#)
  - [Sexual Intrusive Thoughts and Arousal](#)
  - [OCD Sexual and Violent Intrusive Thoughts and URGES](#)
  - [OCD, Pornography, and Sexual Intrusive Thoughts](#)
  - [OCD Sexual Obsessions and Groinal Movement](#)
  - [OCD & Sexual Intrusive Thoughts](#)
  - [OCD Sexual and Violent Obsessions](#)
- OCD & Anxiety
  - [What is Pedophile OCD? | POCD | Intrusive Thoughts](#)
  - [The Groinal Response - What's going on 'DOWN THERE?'](#)
  - [How to remove GUILT from OCD](#)