



## **Yale OCD Research Clinic**

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34 Park Street, 2nd Floor, CNRU  
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### **Populations Served:**

Adults

### **Payment Options**

Treatment is provided at no cost, as it is part of a research study

### **Areas of Specialty (in addition to OCD in general):**

Body Dysmorphic Disorder (BDD)  
Trichotillomania (Hair Pulling Disorder)

### **Summary of our services:**

The Yale OCD Research Clinic has a long history of advances in research in the understand and treatment of OCD. The clinic fostered the development of the field's standard instrument for rating symptom severity – the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) under Dr. Wayne Goodman, as well as the first clinical trials demonstrating the efficacy of the medications that are now standard treatments for the disorder – the SSRIs and neuroleptics. Our current focus is on glutamate modulators as potential treatments for OCD. Our current work, funded by the National Institute of Health, and other groups, continues this tradition, as we seek to better understand the brain processes that have gone awry in OCD, and to use this knowledge to ultimately develop new treatments.

### **Treatment Planning Process**

We are a research clinic and so do not provide treatment services, except through certain select studies. Please see our website for more information. [www.oed.yale.edu](http://www.oed.yale.edu).

### **Core Treatment Components**

Our studies seek volunteers to participate, including in new potential treatment approaches like neurofeedback or medication studies. Other studies are investigating brain changes that may contribute to OCD, using genetic tests, brain scans, and other approaches.

We currently have studies for individuals that have OCD, as well as those that have some OCD-like symptoms but would not qualify for a diagnosis of OCD itself. In addition, we have research studies for people that do not have any significant OCD symptoms. Research participants are compensated for their time upon completion of research studies.

**Parents, Family Members, Friends, Teachers, etc. Involvement**

For child research - Dr. Michael Bloch, who is both an adult and a child and adolescent psychiatrist, also works in the Tic Disorder/OCD Specialty Clinic in the Yale Child Study Center (<https://www.yalemedicine.org/conditions/obsessive-compulsive-disorder-in-children/> ). Dr. Bloch brings an interest in the evolution of OCD across the lifespan.