

Emotional Disturbance (Obsessive-Compulsive Disorder): As Good As It Gets (Movie)

Est. Time: 2 Hours Viewing/45 Minutes Class

Objective

Gain a better understanding of the challenges sometimes encountered by individuals with obsessive-compulsive disorder (OCD) and identify supports that can assist them in their daily lives.

Synopsis

After his neighbor is robbed and beaten, an antisocial author with an obsessive-compulsive disorder is asked to care for the man's dog. This new responsibility begins to open him up, and eventually he goes on a road trip with the neighbor and a woman he thinks he loves.

Activity

View the following movie and be prepared to discuss the questions below in class.

Title: *As Good As It Gets* (1997)

Studio: Columbia/Tristar

For Your Information

According to the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)* (2013), compulsions are defined by:

- Repetitive behaviors (e.g., hand washing, ordering, checking) or mental acts (e.g., praying, counting, repeating words silently) that the individual feels driven to perform in response to an obsession, or according to rules that must be applied rigidly.
- The behaviors or mental acts are aimed at preventing or reducing distress or preventing some dreaded event or situation; however, these behaviors or mental acts are not connected in a realistic way with what they are designed to neutralize or prevent or are clearly excessive.

To learn more about obsessive-compulsive disorder or emotional disturbance in general, visit:

- [Obsessive-Compulsive Disorder](#) (National Institute of Mental Health)
- [Emotional Disturbance](#) (Center for Parent Information and Resources)

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Questions/Discussion Topics

1. List at least five of Melvin's compulsive behaviors. To help you with this task, you may want to review the diagnostic criteria noted in the box above.
2. How does Melvin's OCD affect his life and daily functioning?
3. What types of supports does Melvin need to successfully function in daily life?
4. Many people are concerned with cleanliness and use rubber gloves to perform some tasks.
 - a. What is the difference between the way most people use rubber gloves and the way Melvin uses rubber gloves?
 - b. Describe how Melvin's behavior is indicative of someone who has OCD?