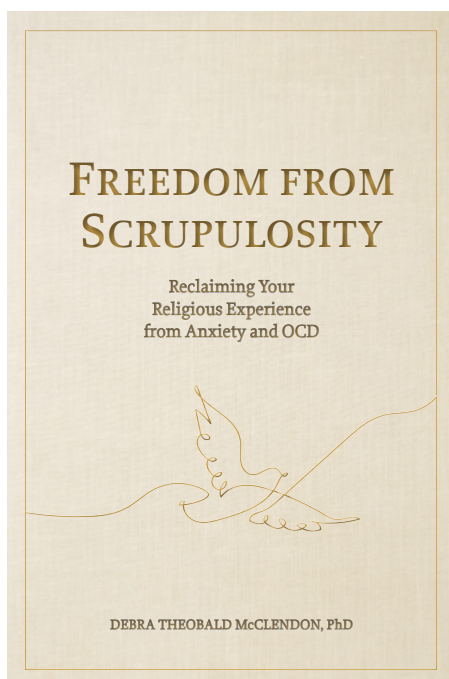


NEW FROM THE RELIGIOUS STUDIES CENTER

FREEDOM FROM SCRUPULOSITY

Reclaiming Your Religious Experience from Anxiety and OCD



ABOUT THE AUTHOR

DR. DEBRA THEOBALD MCCLENDON is a licensed psychologist in the state of Utah and a member of the International OCD Foundation (www.iocdf.org). Dr. McClendon specializes in treating people with Religious OCD (scrupulosity/OCD-S). She has published articles on anxiety and scrupulosity in the *Ensign*, *LDS Living*, and the *Religious Educator*. She has also been interviewed on several podcasts about scrupulosity. In addition, she has coauthored book chapters and articles on outcome assessment and group therapy in the academic community. With her husband, Richard J. McClendon, she coauthored a book on strengthening marriage: *Commitment to the Covenant: Strengthening the Me, We, and Thee of Marriage*. Dr. McClendon has previously taught as an adjunct faculty member at both Brigham Young University and Utah Valley University. Dr. McClendon is a dynamic public speaker, addressing mental health and anxiety. She speaks each year at BYU Education Week and has also spoken at BYU Women's Conference. Her articles, podcasts, and online courses can be accessed at debramcclendon.com.

PROVO, UTAH, AND SALT Lake City—Do you suffer from crippling bouts of anxiety over religious or moral issues? Such feelings can create constant spiritual torment. There's a name for this affliction—*scrupulosity*, a type of obsessive-compulsive disorder.

This comprehensive book, written by a clinician specializing in scrupulosity OCD treatment, unmasking this devastating disorder, examining its processes and detailing proven treatment practices. It features a guided approach to self-therapy enriched by research, worksheets, and an abundance of firsthand accounts of people who have learned to rein in their overly scrupulous impulses.

Freedom from Scrupulosity provides the motivation and know-how to create the emotional space and flexibility to rise above the turmoil of the obsessive-compulsive cycle, allowing you or a loved one to more freely engage in a life at peace with cherished religious beliefs.

This book, by well-respected psychologist Debra Theobald McClendon, is a comprehensive examination of religious scrupulosity with a focus on treatment. It is informed by the latest

research and the best therapeutic practices. The author's study and specialized clinical work with those plagued by scrupulosity OCD, coupled with her passion to help people overcome dysfunction and learn to thrive, make this book both encyclopedic and refreshingly personal, practical, and therapeutic.

Scrupulosity is seen in all religious traditions, and even in people of no religious affiliation who struggle with high anxiety over moral or religious content. While the author has included client stories and appendix material directly relevant to Latter-day Saints, the book as a whole has been written for anyone desiring to learn more about scrupulosity, regardless of religious affiliation.

Freedom from Scrupulosity: Reclaiming Your Religious Experience from Anxiety and OCD was copublished by the Religious Studies Center at Brigham Young University and Deseret Book. Visit rsc.byu.edu/book/freedom-scrupulosity for more information.

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