David Okai is currently a Locum Consultant in Psychological Medicine in Oxford, and a Clinical Research Associate in Neuropsychiatry at the Institute of Psychiatry. He
trained in psychiatry at the Bethlem and Maudsley Hospital, where he also undertook a diploma in Cognitive Behavioural Therapy (CBT). He has spent the last 4 years involved in the evaluation of a CBT-based randomised-control trial dealing with the management of Impulsive Compulsive behaviours in Parkinson’s disease. David is a member of the Movement Disorders Task Force on Rating Scales in ICBs, and is also a member of the Clinical Advisory Panel of Parkinson’s UK. In 2012 he was awarded a Movement Disorders Society, Junior Investigator award for current contribution to the field of ICBs in PD. He has published book chapters on neuropsychiatry and psychology has a particular interest in factors such as the ecological validity of psychological tests of dysexecutive syndrome. He has his viva for an MD (res) in the assessment and management of PD-ICBs three days after this presentation!

Impulsive Compulsive Behaviours (ICBs) in Parkinson’s disease (PD) are motivation-based behaviours that involve repetitive occurrences of impulsive and uncontrolled activity. There is established recognition of an association with the dopaminergic medication, used to treat the motor disability, in some sufferers of PD. This increased risk has sparked a decade of research into the epidemiology, biological, and psychosocial mechanisms associated with PD-ICBs. Nonetheless (neuro) psychiatric classification is currently inconsistent and unclear. Additionally little is known regarding the best evidence-based clinical approach to management of these behaviours. The talk will address new developments in the understanding of assessment and management of PD-ICBs including:

1. Conceptual and methodological problems underlying ICB diagnoses.
2. Existing methods of assessment and rating of ICBs.
3. Discussion of new scales for ICB severity assessment.
5. Demographic and clinical variables predictive of ICB outcome.

There will also be comparison of the biopsychosocial aspects of PD-ICB presentation to Impulse Control Disorder presentations in the general population and those who suffer from Substance Use Disorders.