

Obsessive-Compulsive Disorder (OCD)

OCD



What is OCD?

OCD is a mental disorders that consists of unwanted thoughts and obsessions which lead to repetitive behaviors (compulsions). These behaviors that a person experiences can get in the way of daily activities. These obsessions and compulsions often revolve around themes such as having an intense fear of being contaminated by germs.

Symptoms



Common Themes

- fear of contamination/dirt
- having a hard time dealing with uncertainty
- needing things orderly & balanced
- unwanted thoughts on aggression or sexual/religious subjects

Obsession Symptoms

Examples of Symptoms

- fear contamination by touching objects
- doubts you locked the door / turned stove off
- thoughts of not acting right in public
- unpleasant sexual images

Symptoms



Common Themes

- washing & cleaning
- checking
- counting
- following strict routine
- demanding reassurance

Compulsion Symptoms

Examples of Symptoms

- washing hands until skin is raw
- checking doors repeatedly to make sure they are locked
- counting in patterns
- repeating prayer, word, or phrase

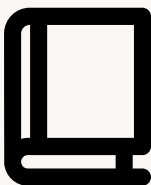
Treatment



Treatment

There are two main forms of treatment for OCD which are psychotherapy and medications. One of the most commonly used forms of psychotherapy for OCD is cognitive behavioral therapy, specifically exposure and response prevention. Typically for medication, antidepressants are tried first with the possibility of adding psychiatric medicines.

References



References

1) Mayo Clinic. (2023, December 23). *Obsessive-Compulsive Disorder*. Retrieved on April 11, 2025 from <https://www.mayoclinic.org/diseases-conditions/obsessive-compulsive-disorder/symptoms-causes/syc-20354432>