

let's talk about **OCD**

WHAT IS OCD?

Obsessive-compulsive disorder (OCD) features a pattern of unwanted thoughts and fears known as obsessions. These obsessions lead you to do repetitive behaviors, also called compulsions. These obsessions and compulsions get in the way of daily activities and cause a lot of distress.

OCD is the presence of either obsessions **OR** compulsions.

OCD obsessions are lasting and unwanted thoughts that keep coming back or urges or images that are intrusive and cause distress or anxiety.

OCD compulsions are repetitive behaviors that you feel driven to do. These repetitive behaviors or mental acts are meant to reduce anxiety related to your obsessions or prevent something bad from happening. But taking part in the compulsions brings no pleasure and may offer only limited relief from anxiety.

TREATMENT

Treatment for OCD is psychotherapy with Cognitive Behavioral Therapy (CBT) or Exposure and Response Prevention (ERP). Medication can also be effective in treating OCD. ERP takes a lot of practice and dedication but it is a very effective treatment.

RISK FACTORS

Family History - Having parents or other family members with the disorder can raise your risk of developing OCD.

Stressful Life Events - If you've gone through traumatic or stressful events, your risk may increase. This reaction may cause the intrusive thoughts, rituals and emotional distress seen in OCD.

Other Mental Health Disorders - OCD may be related to other mental health disorders, such as anxiety disorders, depression, substance abuse or tic disorders.

remember

There's a difference between being a perfectionist – someone who needs flawless results or performance – and having OCD.

OCD thoughts are not simply excessive worries about real issues in your life or liking to have things clean or arranged in a specific way.

If your obsessions and compulsions affect your quality of life, please see your doctor or mental health professional.