

## **Obsessive Compulsive Disorder (OCD)**

Obsessive Compulsive Disorder (OCD) is a disorder of the brain and behavior. OCD causes severe anxiety in those affected. OCD involves both **obsessions and compulsions** that take a lot of time and get in the way of important activities the person values.

### **Diagnosis**

**Only trained therapists can diagnose OCD.** The therapists will look for three things

- 1 - The person has obsessions
- 2 - He or she does compulsive behaviors
- 3 - The obsessions and compulsions take a lot of time and get in the way of important activities the person values, such as working, going to school, or spending time with friends.

### **Obsessions:**

- 1 - Thoughts, images, or impulses that occur over and over again and feel out of the person's control.
- 2 - The person does not want to have these ideas.
- 3 - He or she finds them disturbing and unwanted, and usually know that they don't make sense.
- 4 - They come with uncomfortable feelings, such as fear, disgust, doubt, or a feeling that things have to be done in a way that is "just right."
- 5 - They take a lot of time and get in the way of important activities the person values.

### **Compulsions:**

- 1 - Repetitive behaviors or thoughts that a person engages in to neutralize, counteract, or make their obsessions go away.
- 2 - People with OCD realize this is only a temporary solution, but without a better way to cope, they rely on the compulsion as a temporary escape.
- 3 - Compulsions can also include avoiding situations that trigger obsessions.
- 4 - Compulsions are time consuming and get in the way of important activities the person values.

### **Common Compulsions in OCD1**

Washing and Cleaning, Checking, Repeating, Mental Compulsions **and** Others

## **Treatments for OCD**

- 1 - A properly trained therapist
- 2 - Cognitive Behavior Therapy (CBT)
- 3 - Medicine

<http://www.ocfoundation.org>

## ***Do You Know?***

- \* Our eyes can distinguish up to one million color surfaces and take in more information than the largest telescope known to man.
- \* We exercise at least 30 muscles when we smile.
- \* Eating Breakfast helps to burn 5 to 20 percent of calories throughout the day.





