



# Obsessive Compulsive Disorder (OCD)

# What is OCD?

- Recurrent thoughts (obsessions) or rituals (compulsions) that people feel they cannot control
- Obsessions are persistent thoughts recognized as intrusive and inappropriate
  - Compulsions are rituals that are performed to stop anxiety related to the obsessions

# Know the Symptoms

- Obsessive thinking
- No control of thoughts or behaviors
- Extreme anxiety
- Irrational fear of germs and illness
- Fear of losing control
- Particular about order, place, pattern or quantity
- Excessive cleaning or handwashing
- Needing to repeatedly check on things

# Types of OCD

- **Body Dysmorphic Disorder**
  - Obsessional thinking about perceived defects or flaws in one's appearance
- **Hoarding Disorder**
  - Difficulty parting with possessions due to a perceived need to save them

# Types of OCD

- **Trichotillomania**
  - Irresistible urge to pull hair from your scalp or other areas of your body
- **Excoriation Disorder**
  - Repeated, compulsive picking at one's own skin causing skin lesions

# Treatments and Therapies

- **Psychotherapy**

- Exposure and Response Prevention (ERP) confronts obsessional thoughts and feared stimuli to reduce the occurrence of the compulsion

- **Pharmacotherapy**

- Selective serotonin reuptake inhibitor (SSRIs) medications are used to increase levels of serotonin in the brain