

Fast Facts

Obsessive Compulsive Disorder (OCD)

- Condition that focuses on unreasonable thoughts and fears obsessively and this results in doing repetitive behaviors compulsively to help decrease anxiety or stress
 - If you stop or ignore obsessions, it increases anxiety and distress, which leads to more ritualistic behavior creating an unrelenting cycle
 - Usually the behavior interrupts daily activities
 - Most individuals don't realize that their symptoms are excessive or irrational
- Cause is unknown, but thought to be related to your body's own natural chemistry or brain function, genetics or environmental factors, like an infection
 - Condition presents as a teen or young adult
 - Begins gradually and can vary in severity throughout your life
- Symptoms usually includes both types, but it's possible to have only one or the other
 - Symptoms are often worse after experiencing stressful events or situations
- Obsessive symptoms are repetitive, persistent and unwanted thoughts, urges or images that are invasive resulting in anxiety (most often arise when you're trying to do something else)
- Compulsion symptoms are repetitive behaviors that you do to decrease your anxiety related to your obsession in effort to prevent anything "bad" from happening (doesn't provide any pleasure and only temporary relief from your anxiety)
 - Compulsions aren't logically connected to the problem they're supposed to fix
 - Symptoms usually includes both types, but it's possible to have only one or the other

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Obsessive Themes:</i></p> <ul style="list-style-type: none"> -Fear of contamination/dirt -Needing things to be orderly/symmetrically -Unwanted thoughts related to aggression/sexual/religious subjects -Significant thoughts about harming yourself or others <p><i>Compulsive Themes:</i></p> <ul style="list-style-type: none"> -Washing/cleaning -Checking -Counting -Orderliness -following a strict routine -Demanding reassurances 	<p><i>Psychotherapy:</i></p> <ul style="list-style-type: none"> -Exposure and response prevention (ERP) (a form of cognitive behavior therapy, or CBT) <p><i>Medication:</i></p> <ul style="list-style-type: none"> -Antidepressants <p><i>Coping:</i></p> <ul style="list-style-type: none"> -Learn about the disorder -Stay focused on your goals -Find outlets to channel your energy, such as hobbies or activities -Have overall good health by exercising regularly, eating a healthy diet and getting plenty of sleep -Continue activities, like work or school -Learn relaxation techniques, like meditation, visualization, muscle relaxation, deep breathing, yoga or tai chi 	<p>-No way to prevent currently</p> <p><i>If you have OCD:</i></p> <ul style="list-style-type: none"> -Seek treatment early to prevent the disorder from getting worse -Take all medications as directed (even if you're feeling well) -Pay attention to warning signs of issues that could trigger your symptoms -Practice what you've learned to help manage any symptoms that occur

©2020 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.