

OCD/Obsessive Compulsive Disorder



What is it?

- **OCD** – a medical brain disorder that causes problems in information processing; when someone does not recognize that their beliefs and reactions are unreasonable is OCD with poor insight
 - **Obsessions**- are images, thoughts, or impulses that occur over and over again; feel out of control
 - **Compulsions**- acts that one performs over and over again
 - **Example**- counting objects over and over again, or checking to make sure you turned off the curling iron over and over for fear of burning the house down



Symptoms:

- **Symptoms**- worries, doubts, and superstitious beliefs are common in everyday life; the brain gets stuck on a particular thought and can't let go, mental hiccups that continue, obsessions and compulsions and may have one or the other; worry excessively about germs and dirt and feel contaminated; fear, doubt, or disgust; distress; excessive and unreasonable
 - **Examples**- driving around and around the block for hours to check that an accident did not happen, washing hands for hours
 - **Common Obsessions**- fear of germs, imagining losing control or having harmed self or others; excessive religious or moral doubt, forbidden thoughts; washing, repeating, touching, checking, or counting over and over again

Facts:

- **Cause**- no proven cause of OCD, involves problems in communication between the front part of the brain and deeper structures, may be insufficient levels of serotonin

What can I do?

- **See your Health Care Provider**- for more information

