



OCD



What is OCD?

- OCD stands for obsessive compulsive disorder
- People with OCD have uncontrollable, bothersome thoughts (obsessions) and behaviors (compulsions) in attempt to get rid of the thoughts
- OCD affects 2-3% of the population in the US
- Many people use the term "OCD" to describe someone who is very organized or uptight, but that an incorrect use. OCD is a disorder, not a characteristic

What causes OCD?

- The exact cause of OCD is not known, but there are some risk factors:
 - Genetics
 - Brain structure & functioning
 - Environment
- OCD often starts as a child or teen, and affects women slightly more than men

What are the signs of OCD?

Obsessions

- Unwanted thoughts that happen over and over
- Thoughts usually don't make sense
- These thoughts cause stress and lead to disruptions of daily living

Compulsions

- Behaviors done over and over in response to the thoughts
- Often relieve stress temporarily
- These actions are usually uncontrollable and take up a lot of time (>1 hr per day)

How do you treat OCD?

- The best treatment for OCD is a combination of therapy and medication
- The best medications for OCD are SSRIs
- The best therapy for OCD is Exposure Response Prevention. It focuses on helping people get used to their fears
- There are many different treatment choices. Talk to your doctor about which treatment options would be best for you or your child

For more information visit www.mededmaterials.org

Sources:

<https://www.psychiatry.org/patients-families/obsessive-compulsive-disorder/what-is-obsessive-compulsive-disorder>
<https://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd>

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