

Introduction

Obsessive-compulsive disorder (OCD) is a mental disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), and behaviors that drive them to do something over and over (compulsions). Often the person carries out the behaviors to get rid of the obsessive thoughts.

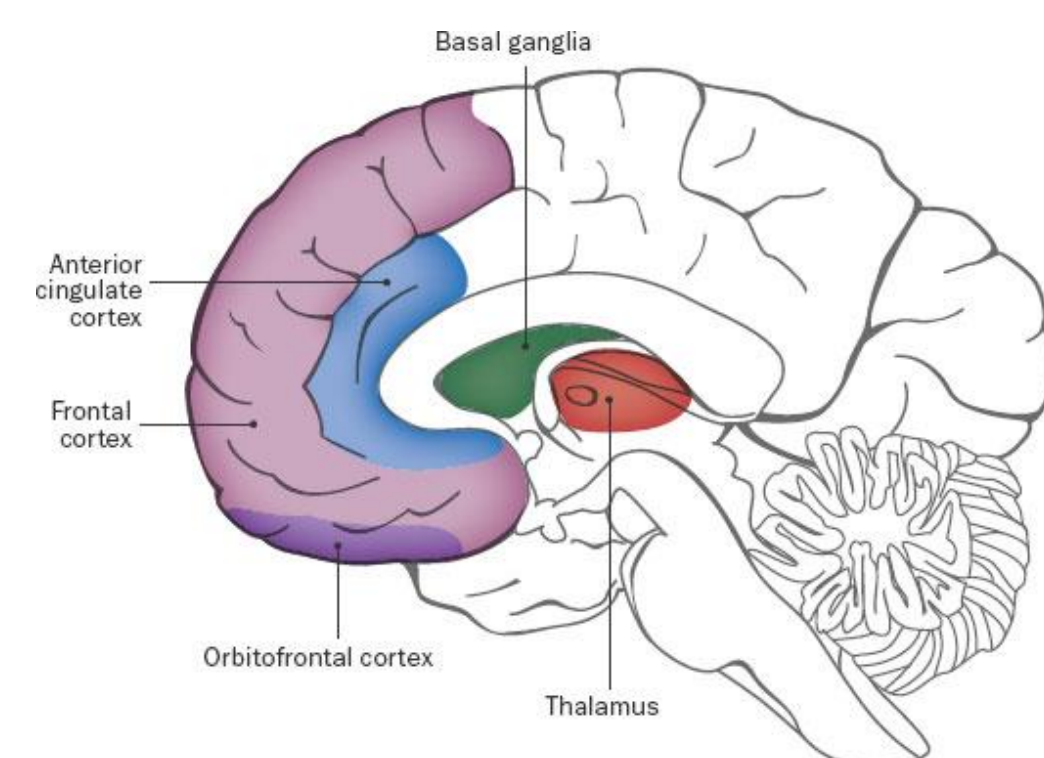
Types

1. Checking
2. Contamination
3. Mental Contamination
4. Hoarding
5. Ruminations
6. Intrusive Thoughts

Causes

The causes of OCD are not fully understood, however there are several theories including:

- Compulsions are learned behaviors, which become repetitive and habitual when they are associated with relief from anxiety.
- OCD is due to genetic and hereditary factors.
- Chemical, structural and functional abnormalities in the brain.



- Distorted beliefs reinforce and maintain symptoms associated with OCD.
- It is possible that several factors interact to trigger the development of OCD. The underlying causes may be further influenced by stressful life events, hormonal changes and personality traits.

Symptoms

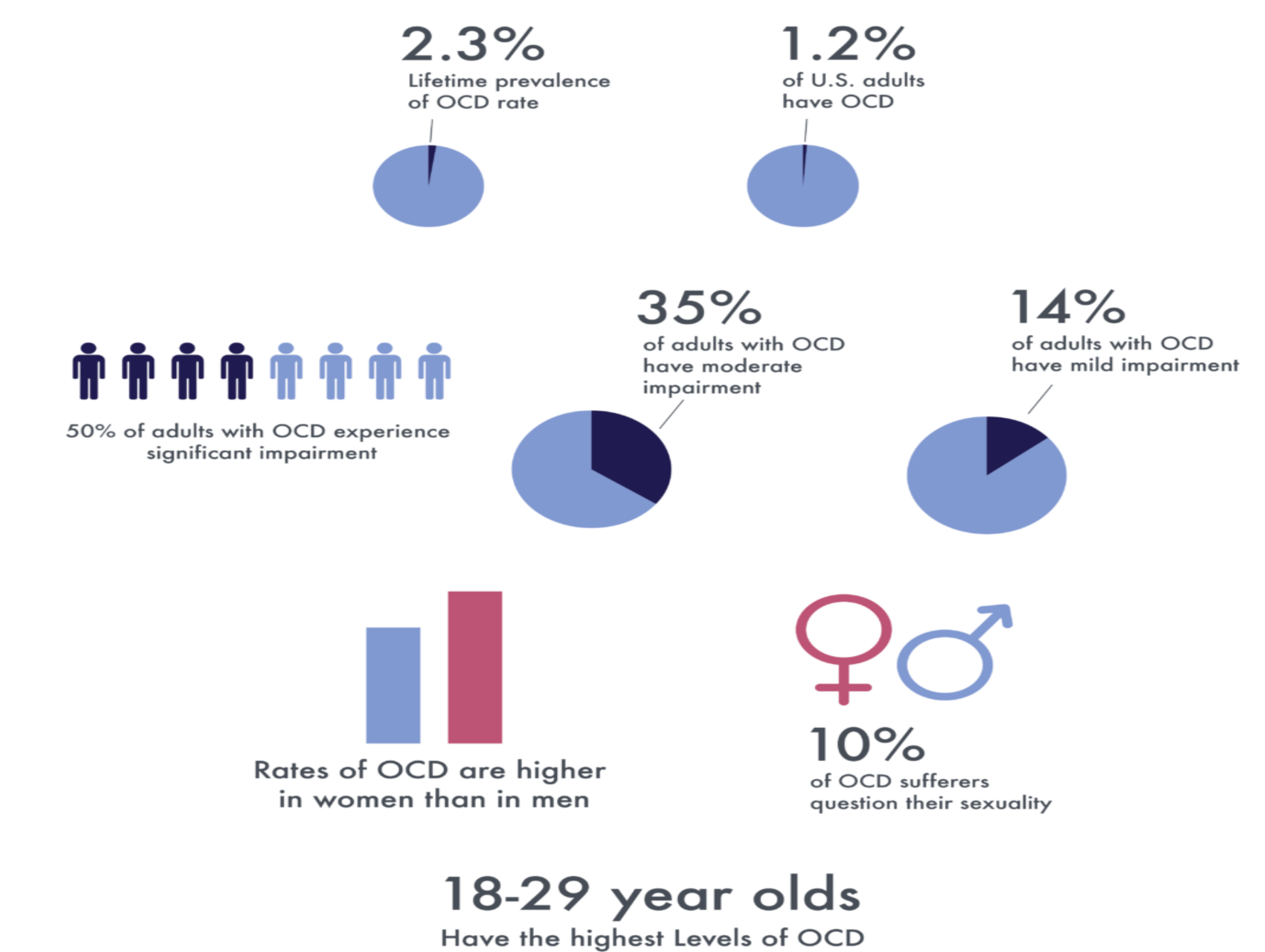
- Fear of contamination from germs, dirt, poisons, and other physical and environmental substances.
- Fear of harm from illness, accidents or death that may occur to oneself or to others. This may include an excessive sense of responsibility for preventing this harm.
- Intrusive thoughts and images about sex, violence, accidents and other issues.
- Excessive concern with symmetry, exactness and orderliness.
- Excessive concerns about illness, religious issues or morality.
- Needing to know and remember things.
- Obsessions may be constantly on a person's mind. Obsessions can change in nature and severity and do not respond to logic.
- Obsessional anxiety leads to vigilance for possible threats, and a compelling need for certainty and control. Obsessions can produce feelings ranging from annoyance and discomfort to acute distress, disgust and panic.

Treatment

Treatment for OCD can include:

- Psychological treatments such as cognitive behavior therapy. This treatment can improve symptoms, and this improvement is often maintained in the long term.
- Anxiety management techniques
- Support groups and education
- Medications

GENERAL OCD FACTS AND FIGURES



References:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/obsessive-compulsive-disorder>

<https://www.northpointrecovery.com/blog/types-ocd-get-breakdown/>