Obsessive Compulsive Disorder (OCD)

Obsessive compulsive disorder (OCD) is a common mental health condition where a person has obsessive thoughts and compulsive behaviours. OCD can affect men, women and children. Some people start having symptoms early, often around puberty, but it usually starts during early adulthood.

Obsessive-compulsive disorder is a type of anxiety disorder. The term is often misused in daily conversation – for example, you might hear people talk about being 'a bit OCD', if they like things to be neat and tidy.

Many people have misconceptions about OCD. Some people think it just means you wash your hands a lot or you like things to be tidy. They might even make jokes about it, or describe themselves as a 'little bit OCD'.

This can be frustrating and upsetting; especially if someone who feels this way is a friend, colleague, family member or a healthcare professional.

Stigma about OCD can make it difficult to talk about, but it is important to remember you are not alone, and you do not have to put up with people treating you badly.

Nevertheless, the reality of this disorder is a lot more complex and serious.

Obsessive-compulsive disorder (OCD) has two main parts: obsessions and compulsions.

- <u>Obsessions</u> are unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind. They can make you feel very anxious (although some people describe it as 'mental discomfort' rather than anxiety).

- <u>Compulsions</u> are repetitive activities that you do to reduce the anxiety caused by the obsession. It could be something like repeatedly checking a door is locked, repeating a specific phrase in your head or checking how your body feels.

Resources:

OCD - Hierarchy Exposure (OCD Ranking)

Obsessive Compulsive Disorder

https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/