

# Obsessive-Compulsive

## Disorder

Obsessive-Compulsive Disorder consists of two main parts, obsessions and compulsions.

Obsession can make you feel very anxious, often described as 'mental discomfort' rather than anxiety.

This can take over your life and leave you feeling helpless. They are unwelcome thoughts, images, urges worries or doubts that appear repeatedly in your mind.

Compulsions are repetitive activities that are done to reduce the anxiety caused by the obsessions.

### Obsessions can be:

- Worrying you have or will harm someone
- Intrusive thoughts about violence, relationships, or sexual thoughts
- Contamination from dirt or germs
- Mental contamination feeling of dirtiness
- Fear that something will turn bad if all is going well

### Compulsions can be:

- Physical actions
- Mental rituals
- Involve a number

### Avoidance

Some activities, objects or experiences can make obsessions or compulsions worse. It is often easier to avoid situations that would mean having to do a compulsion.

For long and time-consuming rituals that must be done every time you leave the house, you may decide to just stay indoors to avoid these.

Avoiding things can have a major impact on your life.



# What causes OCD?

There are different theories as to why OCD can develop, but they cannot fully explain every person's experience.

Research suggests that these factors are likely to be involved in causing OCD:

- Personal Experience
- Personality
- Biological Factors

OCD can be treated. There is a range of support and treatment available for people living with OCD. For most people who get the right treatment and support, they will move towards seeing a significant improvement in their OCD.

## Resources

<https://www.ocduk.org/>

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

<https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/overview/>

This YouTube video from OCD UK is a good overview of the condition and some real-life stories:

[https://www.youtube.com/watch?v=\\_YOcjtEzgHs](https://www.youtube.com/watch?v=_YOcjtEzgHs)