



OBSESSIVE COMPULSIVE DISORDER

WITH WELLBEING IN MIND

What is OCD?

OCD stands for Obsessive Compulsive Disorder. It is an anxiety-related condition. An individual suffering OCD experiences obsessive, intrusive thoughts and repetitive compulsions.

These compulsions or repetitive behaviours can be mental or physical. They are performed to relieve the anxiety caused by obsessive thoughts.

OCD occurs in 1.2% of the population, affecting as many as 12 in 100 people from young children to adults. It affects both men and women equally.

(OCD UK, n.d.)

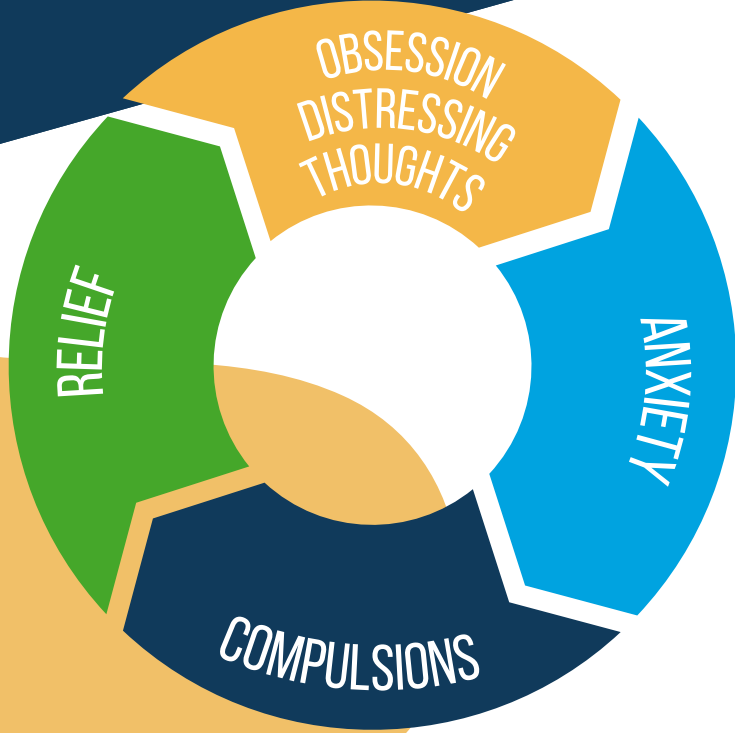


Why does it happen?

In any OCD sufferers, they perceive the threat of the obsessive thought to be greater than it is, creating anxiety and sense of pressure and responsibility to act and try to prevent bad things from happening. This drives the behaviour, reinforcing the obsession and gradually worsening the obsessive cycle.

Common Obsessions:

- When it consumes excessive
- Fear of being contaminated by dirt or germs
- Fear of harming oneself or others
- Unwanted violent or explicit thoughts and images



When does compulsive behaviour become obsessive?

- When it consumes excessive amounts of time (an hour or more).
- When it causes the person significant levels of distress.
- When it interferes with daily functioning at home

(OCD UK, n.d.)

How can OCD be treated?

Evidence suggests that cognitive-behavioural therapy (CBT) is the most effective treatment for OCD. This consists of 2 parts:

Exposure – you are asked to refrain from the compulsive behaviour you'd usually engage in to reduce your anxiety. This leads to the compulsion going away on its own, teaching your brain that you don't need the ritual to rid yourself of the anxiety.

Cognitive therapy – this teaches you healthy ways of responding to obsessive thoughts, without resorting to compulsive behaviour.

OCD can also be treated with medication, family therapy and group therapy. These are rarely effective alone, but can be beneficial. For example, family therapy can help to promote understanding and reduce family conflicts; and group therapy can provide support and decrease feelings of isolation.



OCD UK. (n.d.). Understanding obsessive-compulsive disorder. Retrieved from <https://www.ocduk.org/ocd>

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Learn more about OCD—<https://iocdf.org/about-ocd/>

Read more about the psychology of OCD -<https://www.psychologytoday.com/conditions/obsessive-compulsive-disorder>

Test to see if you have OCD—<http://www.ocdaction.org.uk/do-i-have-ocd>