

OBSESSIVE COMPULSIVE DISORDER

By:



FIRST THINGS FIRST: WHAT IS MENTAL DISTRESS?

- The inner signal of anxiety or “stress” that a person has when something in their environment is demanding that they adapt to a challenge.
- Some examples: Taking a test, presenting in front of the class, and asking someone on a date.

FIRST THINGS FIRST: WHAT IS A MENTAL HEALTH PROBLEM?

- Something that may arise when a person is faced with a much larger stressor than normal.
- Some examples: Moving to a new country, death of a loved one, and having a major physical illness.

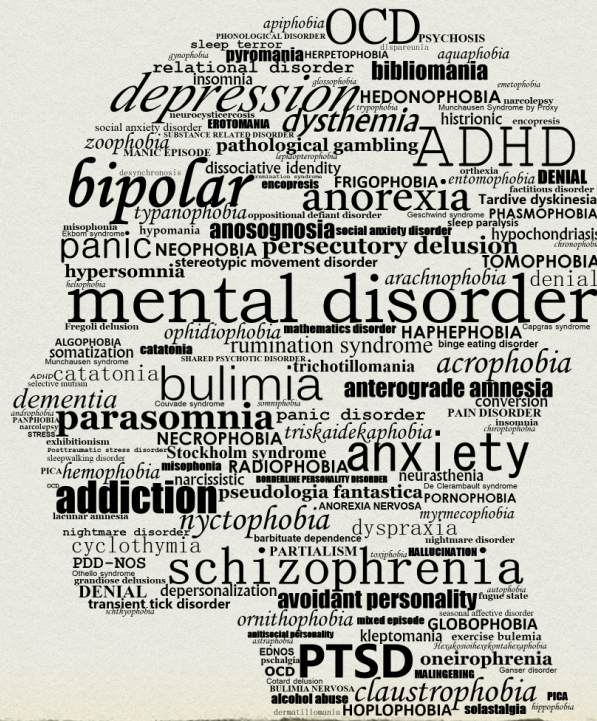
FIRST THINGS FIRST: WHAT IS A MENTAL DISORDER?

- A complex interplay between someone's genetics and the environment that they live in or have been exposed to at different times in their lives.

WHAT IS THE DEFINITION OF OCD?

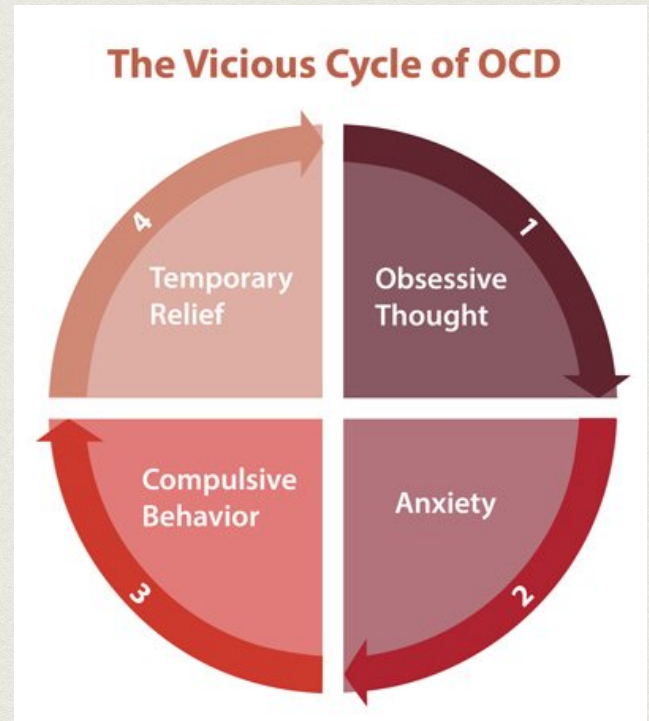
- Obsessive Compulsive Disorder is when people have unwanted, recurring, and/or persistent thoughts, sensations, or ideas which make them feel like they have to do a task repetitively.





WHAT ARE THE WARNING SIGNS/SYMPTOMS OF OCD?

- There are many different signs and symptoms for this disorder. They come in what are called obsessions and compulsions.



WHAT ARE SOME OBSESSIONS?

- Common types of obsessive thoughts are:
- Fear of germs
- Fear of not having things that you need
- Superstitions
- Fear of harming yourself and others
- Excessive religious/moral thoughts and ideas



WHAT ARE SOME COMPULSIONS?

- Common compulsions consist of:
- Spending lots of time cleaning things
- Arranging things in a particular way
- Praying excessively
- Accumulating “junk”
- Excessive double checking of things
- Checking in on loved ones over and over again.



TREATMENT- MEDICATION

- OCD is treated with a group, or class of medications called selective serotonin reuptake inhibitors (SSRI). These can help with the treatment process.
- However, one medication from this group may work for someone while the same medication might not work for someone else.
- These medications take about 6-12 weeks to start working.
- There are also other psychiatric medications that can work too.

TREATMENT- THERAPY/COPING

- Other treatment/coping skills are: Cognitive Behavioral Therapy (CBT), and self-help/coping.
- Some coping skills are:
- Cope with stress effectively
- Get a handle on worries
- Practice relaxation techniques
- Get moving
- Practice being mindful
- Being aware of warning signs and symptoms, as well as leading a healthy lifestyle can help someone keep things under control.

HELPING A FRIEND

- Learn about OCD. You want to make sure you know what your friend is going through.
- Communicate openly and honestly
- Comfort them
- Show patience
- Help them find appropriate treatment (doctor, psychiatrist)
- Stop enabling their OCD behaviors
- Try to establish and maintain a positive emotional climate with them
- These are all ways to help someone who may be suffering from OCD.



ARE THERE ANY WAYS TO “HELP YOURSELF”?

- There is a way to “help” yourself if you are suffering from OCD. It is called self-help/coping.
- Leading a better lifestyle (reducing stress, eating healthy, keeping busy) and being aware of yourself/ the onsets of OCD can help with keeping things under control.

5 STATISTICS PERTAINING TO OCD

- 1 in 50 men and women have OCD in the United States alone
- OCD is equally common among men and women
- The average age of onset is 19, with 25% of cases occurring by age 14
- 1/3 of affected adults first experienced symptoms in childhood
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment

MYTHS AND FACTS

- Myth: People with OCD love keeping things neat and organized.
- Facts: People might have cleanliness rituals, but they don't enjoy them. They have to keep things clean in order to not experience lots of anxiety over it. Some people that have OCD do not have compulsions that are related to cleanliness.

