

OCD

(Obsessive-compulsive disorder)

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WHAT IS OCD AND WHAT IS THE SYMPTOMS?

- A mental health disorder characterized by intrusive thoughts (obsessions) and repetitive behaviours or rituals (compulsions).
- Symptoms:**
- **Obsessions:** Intrusive thoughts or images causing anxiety or distress.
 - **Compulsions:** Repetitive behaviours or mental acts performed to reduce anxiety caused by obsessions
 - **Impact on Life:**
 - Consumes a significant amount of time (more than an hour a day).



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TREATMENT APPROACHES:

- **Medication:** Help regulate brain chemistry and reduce obsessions and compulsions.
- **Psychotherapy:**
 - Cognitive Behavioral Therapy (CBT)
 - Includes Exposure and Response Prevention (ERP) therapy.

Focuses on challenging and changing distorted thought patterns and behaviors.

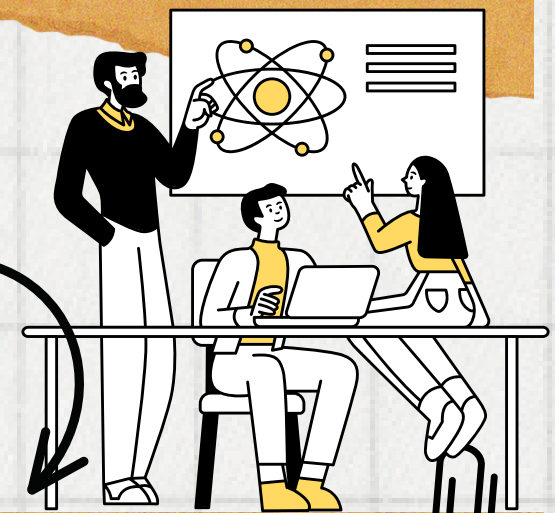
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WHAT IS ERP AND HOW IT HELPS?

- ERP is a form of CBT specifically designed for OCD.
- Involves exposing individuals to feared situations (exposures) and preventing the associated compulsive responses (response prevention).

How ERP Helps in OCD:

- **Breaking the Cycle:** Challenges the connection between obsessions and compulsions, disrupting the cycle of anxiety.
- **Desensitization:** Gradually exposes individuals to triggers, reducing anxiety over time.
- **Learning New Responses:** Teaches healthier coping strategies and responses to anxiety-provoking situations.



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CONCLUSION:

- Obsessive-Compulsive Disorder (OCD) is characterized by intrusive thoughts and repetitive behaviours causing distress.
- Treatment options include cognitive-behavioural therapy, particularly exposure and response prevention, medication such as SSRIs, and lifestyle changes.
- Seeking professional help is crucial for an accurate diagnosis and tailored intervention to manage OCD symptoms effectively.

