
Obsessive Compulsive Disorder

Questions that I had

- What *really* is OCD?
- How do people get it?
- Is OCD like any other disorder?
- Can it be cured?
- What type of treatment can you try other than medication?

**Obsessive Compulsive
disorder affects 2.5%
of the U.S population**

**....Which means 1
in every 50
people.**

- Fear of being contaminated by germs or dirt
- Fear of causing harm to yourself and/or others
- Excessive focus on religious or moral ideas
- Fear of losing or not having something needed
- Order and symmetry: the idea that everything must line up “just right”
- Superstitions

Obsessions

Compulsions

- Excessive double checking of things
 - Counting, tapping, and repeating words over and over again.
 - Washing and cleaning
- Ordering, evening out and rearranging things
 - Hoarding

Classified “types” of OCD

- **Checkers:** People with OCD that fear they have done something wrong, or believe that they have not done something right repeatedly check things such as: doors, locks, household appliances, homework and many, many more.
- **Washers and Cleaners:** They have fears and worries about contamination by dirt, germs and other substances. They usually wash their hands, clothes, or household items that they believe are “contaminated.”
- **Orderers:** They feel that they must arrange certain items a certain way, or that they have to be “perfectly lined up.”
- **Pure Obsessionals:** People with this classified type of OCD are troubled by unwanted, horrifying images that they don’t choose to see. Examples are: Violent feelings and/or images that a loved one is being hurt, something embarrassing will happen to you or someone else, or you will do something bad.
- **Hoarders:** They collect things most people would throw away or have no intention of keeping. They hold on to these things because they feel that if they let them go something will happen.
- **OCD could also be very mild. Some people may not even need treatment.**

Disorders Alike

- Bipolar Disorder
- Anxiety Disorder
- Panic Disorder
- Depression
- Schizophrenia

They are all disorders that have something to do with the serotonin cell in the brain.