

Obsessive Compulsive Disorder

What is OCD?

Obsessive–Compulsive Disorder (OCD) is a serious anxiety-related condition, as a consequence of this condition sufferer's experience unwelcome thoughts which leads to repetitive actions. These thoughts are uncontrollable and can provoke actions ranging from excessive hand washing to the extremes of feeling suicidal.



The 4 different types of OCD:

1. **Checking** – sufferers may have the need to repeatedly check the same thing to prevent any harm. For example they may check if bathroom taps are turned off to prevent property from flooding.
2. **Contamination/mental contamination**– sufferers may need to clean several times a day due to a fear of contracting disease. For example they may brush their teeth excessively to get rid of any germs that may lead to mouth disease. Or they may be verbally abused and made to feel like dirt, therefore leading to them having to shower.
3. **Hoarding** – sufferers are unable to throw items away even if they are worn out. For example they may keep old newspapers from years ago.
4. **Ruminations/intrusive thoughts** – sufferers may dwell on deep thoughts for long periods of times relating to themes such as the universe/life after death. The person may experience intrusive thoughts that are disturbing in nature.

What causes OCD?

There is no definitive cause of OCD, however many theories have been proposed that the disorder is caused by a combination of biological and environmental factors. After observing OCD sufferers closely, it is evident that the majority have a defect in particular systems of the brain. Although there has been no OCD gene discovered, it has been found to run in families. Conflicts during childhood such as exposure to abuse may also contribute to people developing the disorder.

The illness affects as many as 12 in every 1000 people (1.2% of the population) from young children to adults, regardless of gender or social or cultural background.

There are potentially around 741,504 people living with OCD at any one time. But it is worth noting that a disproportionately high number, 50% of all these cases, will fall into the severe category.

I am not obsessive
 I am not obsessive

For more information visit the following address:
<http://www.ocduk.org/types-ocd>