Do Now:

• What was the most stressful thing that happened to you over the past two weeks and how did you cope with it? (Four Sentences)
Obsessive-Compulsive Disorder
Obsessive Compulsive Disorder (OCD)

• Many joke about it, but it is a real thing
• Thought, impulses, or images that persist and recur so that they cannot be dismissed from the mind even though the individual attempts to do so
• The presence of these thoughts causes severe anxiety

“OCD isn’t a quirk - it’s a harmful disorder.”
OCD Cont.

- Exists along a continuum where someone could have it very mild, or it could be severe
- It tends to occur beside anxiety disorders 76% of the time.
- Often is Ritualistic and time-consuming, and can interfere with “normal” routines
- In severe cases even people with an exceptionally high IQ are unable to function because of the mental power necessary to handle OCD
Body Dysmorphic Disorder

• Commonly seen in cosmetic surgery and dermatological (skin) settings
• Normal appearance
• Yet have an imagine body defect which results in obsessional thinking and compulsive behavior
• Examples include: mirror checking and camouflaging
• Some will realize they have this, and some will not.
Hoarding Disorder

- Holding onto basically everything
- Caused by the belief that throwing one thing away will cause something catastrophic to happen
- Any attempt to help someone with a hoarding disorder will result in them becoming extremely distressed
- Most people with this cannot lead normal lives
Other OCD Disorders

• Substance-induced
  • Characterized by obsessions and compulsions that develop with the use of a substance or within a month of stopping use of the substance

• OCD related to medical conditions
  • Obsessions and compulsions are a direct physiological result of medical condition such as PTSD or a brain injury
OCD Open-Ended

• Is there anything you or someone you know do that you believe would be considered OCD by any of these definitions (remember it can go from relatively easy to severe)? Why or Why not?

• If you or someone you know do have an odd quirk, explain why you believe it falls under OCD.