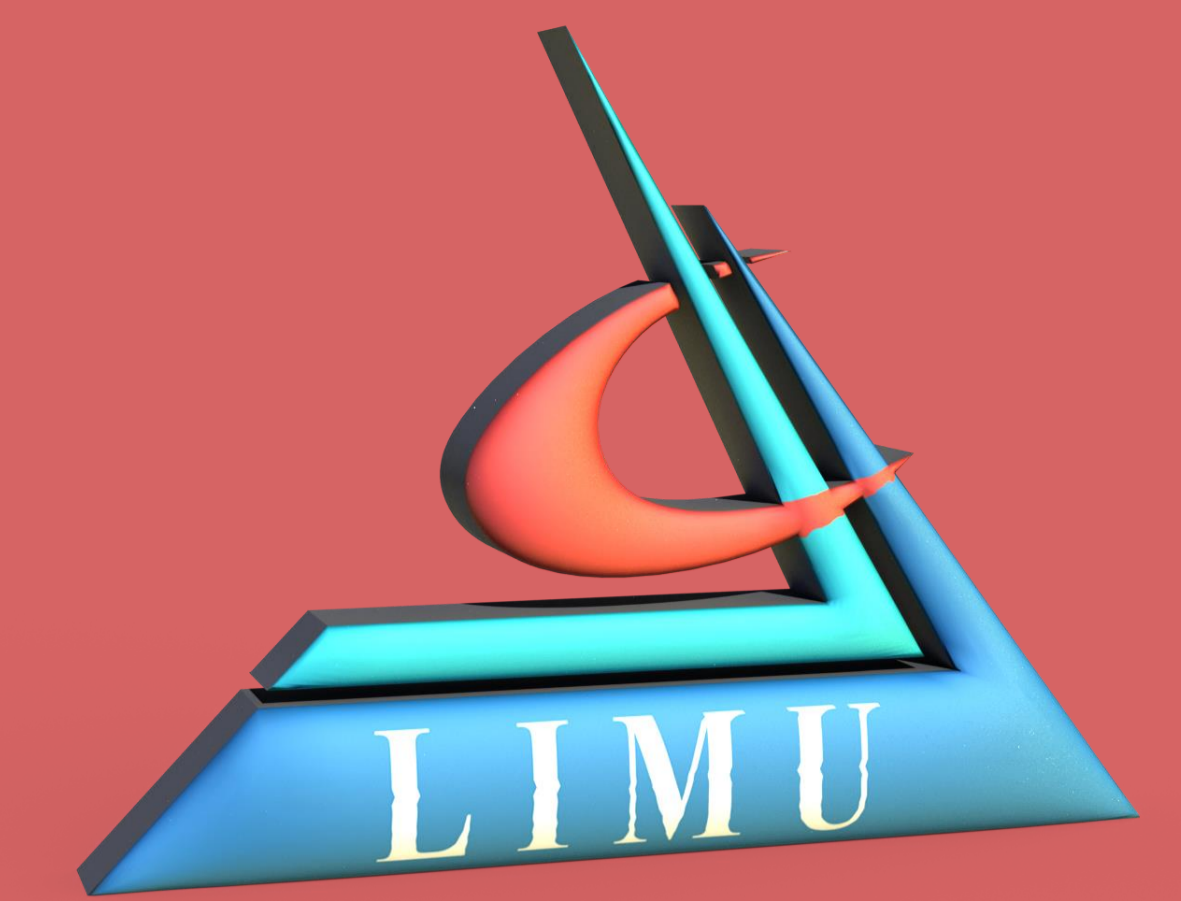




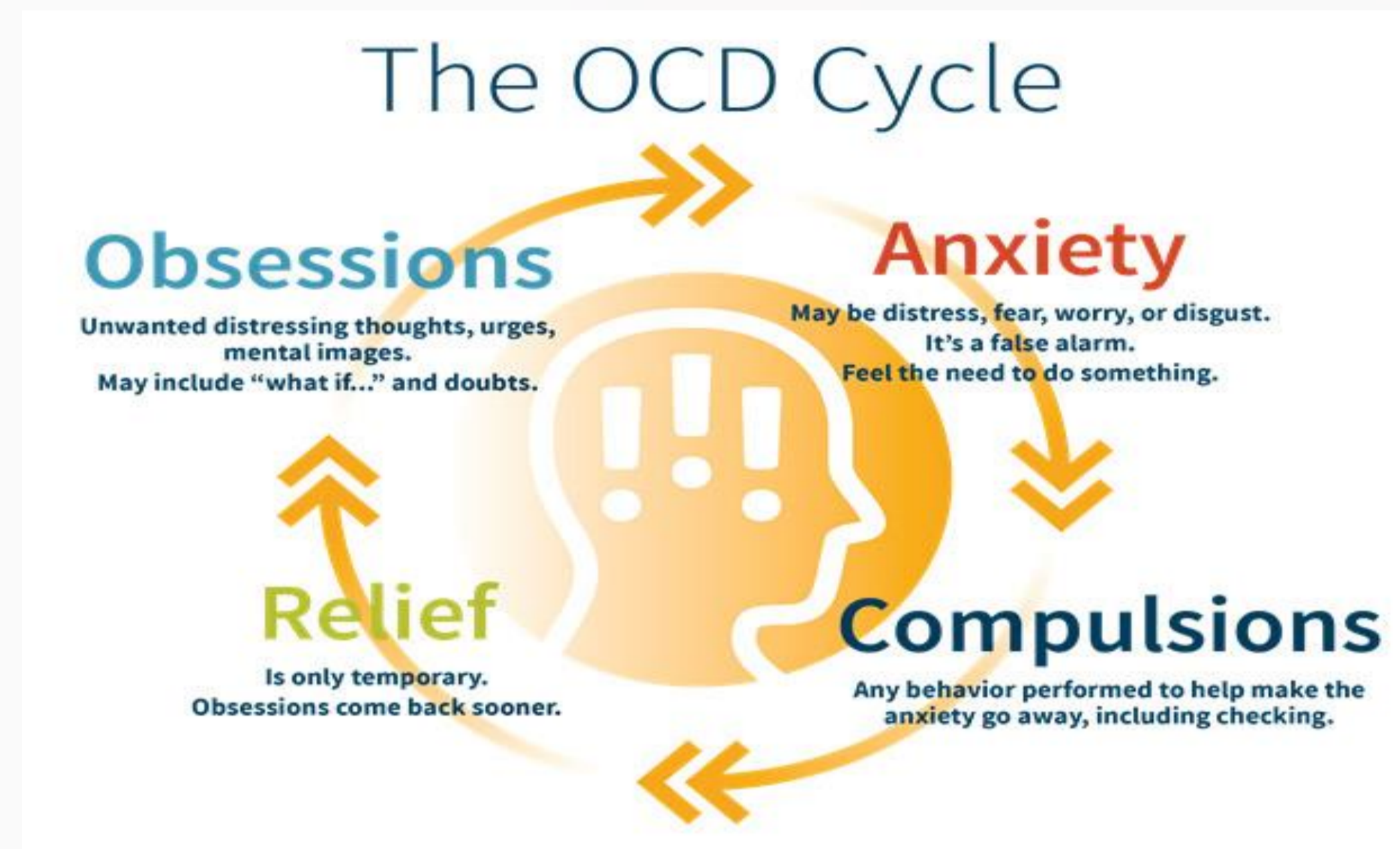
Obsessive compulsive disorder (OCD)

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Introduction

is a specific type of anxiety disorder characterized by the presence of obsessions and/or compulsions. Obsessions are recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted, whereas compulsions are repetitive behaviors or mental acts that an individual feels driven to perform in response to an obsession or according to rules that must be applied rigidly



Risk factor and causes

The causes of obsessive-compulsive disorders are not fully understood, but there are a number of risk factors: Biological factors, Psychological factors, and environmental factor.



Treatment

- 1- psychotherapy options (cognitive-behavioral therapy)
 - 2- lifestyle and behavioral changes with family education
 - 3- pharmacological strategies
 - 4- surgical strategies
- self-monitor their symptoms



symptoms

Obsession:

might be excessively concerned about cleanliness, about becoming ill or that something's unsafe and horrible will happen.

Compulsion:

like hand washing ,checking or mental acts such as praying, counting, or repeating words silently that the individual feels driven to do in response to an obsession



Epidemiology

affects around 3% of the population, affects men and women equally and usually starts in childhood or in the teen years.



specific diagnostic criteria for OCD

- A. Presence of obsessions, compulsions, or both
- B. The obsessions or compulsions are time-consuming
- C. The obsessive-compulsive symptoms are not attributable to the physiological effects of a substance or another medical condition.
- D. The disturbance is not better explained by the symptoms of another mental disorder

References

Zimbardo, P., Johnson, R. and McCann, V., n.d. Psychology