

Obsessive Compulsive Disorder

OCD What is an OCD behaviour?

Obsessive-compulsive disorder (OCD) is a disorder in which people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions).

What are 3 causes of OCD?

Experts aren't sure of the exact cause of OCD. Genetics, brain abnormalities and the environment are thought to play a role. It often starts in the teens or early adulthood but it can also start in childhood.

Is OCD a type of anxiety?

Obsessive-Compulsive Disorder, OCD, is an anxiety disorder and is characterised by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviours (compulsions) Is OCD harmful? Obsessive-compulsive disorder (OCD) is a chronic mental health condition in which uncontrollable obsessions lead to compulsive behaviours. When this condition becomes severe, it can interfere with relationships and responsibilities and significantly reduce quality of life. It can be debilitating.

Can OCD go away?

Obsessive-compulsive symptoms generally wax and wane over time. Because of this, many individuals diagnosed with OCD may suspect that their OCD comes and goes or even goes away—only to return. However, as mentioned above, obsessive-compulsive traits never truly go away. Instead, they require ongoing management.

What foods help with OCD?

Here are foods that can help with OCD. Foods that serve as sources of the vitamin include:

- Fish, like trout and salmon
- Beef liver
- Eggs
- Cheese
- Mushrooms
- Milk/Oat Milk

How can I control my OCD thoughts?

Several types of psychotherapy can be used to help someone with OCD manage obsessive thoughts. The most common is Cognitive Behavioral Therapy (CBT), specifically an approach known as exposure therapy. People with OCD are often treated using an approach called exposure and response prevention therapy (ERP).