

Obsessive-Compulsive Disorder (OCD)

What is OCD?

OCD is a mental health disorder that involves the presence of obsessions, compulsions, or both.



What are Obsessions?

Obsessions are recurrent and persistent thoughts, urges, or images that are intrusive and unwanted, and they cause anxiety or distress.



What are Compulsions?

Compulsions are repetitive behaviors (e.g., hand washing, ordering) or mental acts (e.g., counting, repeating words silently) that someone feels driven to perform in response to an obsession or according to rules that must be applied rigidly.



What Does Treatment Look Like?

Exposure and Response Prevention (ERP) is a well researched treatment that has been shown to be effective in the treatment of OCD. With ERP, individuals learn how to face distressing obsessions without engaging in compulsions.

