

## **OBSESSIVE COMPULSIVE DISORDER**

A person with Obsessive Compulsive Disorder is caught in a pattern of repetitive thoughts (obsessions) and behaviors (compulsions). These thoughts and behaviors are intrusive, difficult to overcome and cause marked distress. They are also very time consuming and significantly interfere with the person's normal daily functioning at home, work, or socially.

OCD is a type of anxiety disorder that usually begins in adolescence or early adulthood. Originally thought to be relatively rare, more recent studies indicate that approximately 2.4 million Americans are affected. It is equally common in females and males.

### **Signs of OCD:**

\*Obsessions - Recurrent and persistent thoughts, ideas, images or impulses that are intrusive and unwanted are called obsessions. These thoughts are often unpleasant and disturbing. Common obsessions include ceaseless worries about dirt, germs, or contamination; continual doubt, repeatedly wondering whether or not one has completed some act (ie locking the door before bed.) Obsessions may also manifest as a need to have things in a particular order

\*Compulsions Repetitive behaviors or mental acts (ie, counting) that are intentional but clearly excessive and unreasonable are called compulsions. These behaviors are usually performed in a very specific manner for the purpose of reducing the discomfort and anxiety accompanying obsessions. The most common compulsions involve handwashing, bathing, cleaning of the surroundings, counting or touching certain objects, checking things to be sure something was done, and rearranging objects in a specified way.

Many persons with OCD are secretive and reluctant to seek help. They realize the thoughts and behaviors are excessive and unreasonable and fear what others may think of them.

If you or someone you know is suffering from the signs of Obsessive Compulsive Disorder, call for help.

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