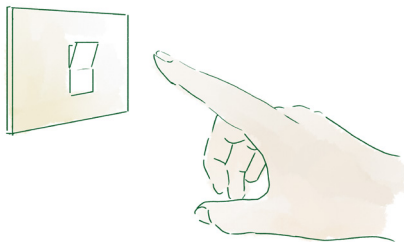




Obsessive Compulsive Disorder



Obsessive compulsive disorder is also known as **OCD**. There are 2 main parts to OCD.

1. Repeated thoughts you cannot ignore

These are unwanted thoughts that happen over and over again. For example they could be about:

- hurting yourself or others
- natural disasters
- leaving the door unlocked

2. Compulsive acts

To get rid of the thought a person does something they believe will help them feel better. This could be:

- repeating words
- counting
- switching lights on and off
- arranging things
- checking doors

People with OCD may also suffer from depression

How the person behaves and the actions they carry out varies from person to person.

Treatment

The most effective treatment is called **Cognitive Behavioural Therapy** also known as **CBT**. This is a talking therapy that helps you to think about your feelings and how they affect your thoughts and behaviour.

Sometimes medication is also used for treatment.