

## Obsessive-Compulsive Disorder Also called: OCD

Obsessive-compulsive disorder (OCD) is a type of anxiety disorder.

If you have OCD, you have repeated, upsetting thoughts called obsessions.

You do the same thing over and over again to try to make the thoughts go away. Those repeated actions are called compulsions.



Examples of obsessions are a fear of germs or a fear of being hurt. Compulsions include washing your hands, counting, checking on things or cleaning.

With OCD, the thoughts and rituals cause distress and get in the way of your daily life.

Researchers think brain circuits may not work properly in people who have OCD.

It tends to run in families. The symptoms often begin in children or teens.

Treatments include therapy, medicines, or both. One type of therapy, cognitive behavioral therapy, is useful for treating OCD.

