

Obsessive-Compulsive Disorder (OCD)

Symptoms

People with Obsessive-Compulsive Disorder (OCD) have persistent, upsetting thoughts (obsessions) and use rituals (compulsions) to control the anxiety from these thoughts. Most of the time the rituals end up controlling them. Symptoms of OCD may come and go, and be better or worse at different times.

Signs and Symptoms

- Repeated thoughts or images related to:
 - A fear of germs, dirt
 - Acts of violence; hurting loved ones
 - Sexual acts
 - Conflicts with religious beliefs
 - Tidiness
- Rituals such as washing hands, locking doors, counting, keeping unneeded items, or repeating the same behaviour over and over again. These rituals provide no pleasure and only brief relief from anxiety. They are generally time consuming, cause distress and get in the way of daily life.
- An inability to control unwanted thoughts and behaviours.

Treatment

OCD usually responds very well to treatment with medications and/or exposure based psychotherapy. People with OCD learn to face situations that cause fear and to become less sensitive (desensitized) to them.

Research has found that 90% of individuals who receive therapy for OCD show a significant improvement by the end of treatment.

Medipsy clinicians are trained to assess your symptoms, your preferences and your response to treatment. You and your mental health professional will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.



Psychological Services

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