
Obsessive-compulsive disorder: What is and how is it different from what we know?



What is OCD?

It is a condition where due to anxiety or doubtful thoughts cause distress and compulsive behavior. While possibly starting smaller the compulsions can grow and heavily impact someone's time and life.

Diagnosis and What then

Upon diagnosis, several approaches exist to ease the symptoms and compulsions of the disorder. One such nonchemical method is exposure therapy. One means of exposure therapy could be taking a compulsion such as "flicking a light switch five times," adjusting to just doing it four times, and sitting with the residual feelings until the compulsion subsides. This could be repeated until the compulsion rarely impacts the person's life. Talk-based therapies are also beneficial in determining why and what triggers the thoughts and obsession around the rituals.

Medications are also available to target the emotional and neurochemical aspects of OCD and have shown large benefits to those with the condition.

Common struggles with OCD

Some common triggers of OCD are often feelings of contamination related to microbacteria safety, saving money, and locking doors. All of these are located around the idea of keeping the body safe but go to an extreme unless their compulsions are fulfilled. This can get worse and

worse over time an example being: “Did I lock the door and my safe I don't remember locking the door I must go and lock the door three times to remember and then the next time going” elevating further to “ Did I lock it three times I might need to do it more to make sure” or another commonly depicted scenario, the flicking of the light switch being “if I do not flick this light switch a couple of times the electricity might break.” or something along those lines. Microbacteria would be around the body getting sick and then “if they get sick they might likely die” While that is not truly likely, in the form of anxiety those with OCD often get in these states the person is fully convinced that they might die if they get sick and all the responses that come with it.



Ways to support someone with OCD.

Have patience with their emotions, some things that do not feel like a big deal to you can be very overwhelming and distressing when a person has OCD. One means of therapeutic intervention is called “Exposure to contaminants.” In this intervention, stress may be a little higher than usual, so not pushing for more or higher levels of exposure therapy outside of the intervention. This can make sure there is not too much stress on the person while working through a compulsion.

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