

Clinical Obsessive Compulsive Disorders In Adults And Children: A Comprehensive Guide



Clinical Obsessive-Compulsive Disorders in Adults and Children (Cambridge Medicine (Hardcover))

by Hombre Común

★★★★☆ 4 out of 5

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Obsessive-compulsive disorder (OCD) is a mental health disorder that affects both adults and children. It is characterized by recurrent, unwanted thoughts (obsessions) and repetitive behaviors (compulsions). These obsessions and compulsions can be extremely distressing and interfere with a person's daily life.

The exact cause of OCD is unknown, but it is thought to be caused by a combination of genetic and environmental factors. OCD is often treated with a combination of medication and therapy.

Symptoms of OCD

The symptoms of OCD can vary from person to person. However, there are some common symptoms that include:

- Recurrent, unwanted thoughts (obsessions)
- Repetitive behaviors (compulsions)
- Excessive anxiety or distress
- Impairment in daily functioning

Obsessions can be about anything, but they often involve themes of contamination, symmetry, or Free Download. Compulsions can also vary, but they often involve repetitive actions such as hand washing, checking, or counting.

Diagnosis of OCD

OCD is diagnosed based on a person's symptoms. A mental health professional will typically ask about a person's thoughts, feelings, and behaviors. They may also ask about a person's family history of OCD. There is no single test that can diagnose OCD.

Treatment of OCD

The treatment of OCD typically involves a combination of medication and therapy.

- **Medication:** There are a number of medications that can be used to treat OCD. These medications can help to reduce the symptoms of OCD and improve a person's quality of life.
- **Therapy:** There are a number of different types of therapy that can be used to treat OCD. These therapies can help a person to learn how to manage their symptoms and live a more fulfilling life.

OCD is a serious mental health disorder, but it can be successfully treated. If you think you may have OCD, it is important to seek help from a mental health professional.

About the Authors

Dr. David A. Clark is a professor of psychology at the University of New Brunswick. He is the author of several books on OCD, including *Overcoming Obsessive-Compulsive Disorder: A Step-by-Step Guide to Recovery*.

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