

DO I HAVE OBSESSIVE-COMPULSIVE DISORDER (OCD)?



We all have our quirks – fixating on cleanliness and hygiene, will eat only a specific colored M&Ms, perfectionism, following a strict schedule, etc. For some, these oddities become an obsession and lead to compulsive behaviors. Such people are diagnosed as having an Obsessive-Compulsive Disorder, more commonly known by its acronym - OCD.

SIGNS AND SYMPTOMS:

As the name suggests, Obsessive Compulsive Disorder has two aspects to it -

Obsessions:

- When a person has repetitive thoughts about something, tangible or intangible, that are intrusive and interfere with daily functioning
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Compulsions:

- When a person performs an act repetitively fuelled by an unexplained desire of wanting to keep doing them or fear of something bad happening if they don't

OCD can be broadly categorized into 4 types:

- **Cleaning and Contamination:**
The individual has a constant desire to keep washing their hands, taking a shower, keeping surfaces clean fearing germs and other contaminants.

- **Symmetry and Ordering:**
People with this type of OCD go to extreme lengths in wanting things and situations to be exactly like how they want them.

- **Hoarding:**
Some people with OCD have an irrational obsession with collecting their objects of interest, mostly things they might need in imagined emergencies.

- **Ruminations, Intrusive thoughts:**
Persons afflicted with this type of OCD are obsessed with someone (person, celebrity, leaders) or something (sexual thoughts, violence, religion).

Most people have symptoms that stretch across the categories. Some individuals with OCD also have a tic disorder. Motor tics are sudden, brief, repetitive movements such as excessive blinking of the eyes, grimacing, shrugging, jerking of head or shoulder. Common vocal tics include repetitive throat-clearing, repeating monosyllabic words, making incorrigible sounds.

If any of these resonate with you, you could be having OCD. [Click here](#) to take a quick assessment and check if you need any professional intervention.

RELATED DISORDERS AND TREATMENT

OCD often shows up in people with other disorders such as Body Dysmorphia, Eating Disorders, neurological disorders such as Tourette's Syndrome. OCD is also interchangeably used to refer to Obsessive-Compulsive Personality Disorder (OPCD). Cognitive and Behavioural Therapies are some of the treatment options available for people with OCD, with some of them needing medications.

Read more about **OCD** and other mental health related articles on www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](#) or mail at telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>

PAM LLC

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