

## Identification Guide for Obsessive Compulsive Disorder

### What is Obsessive Compulsive Disorder (OCD)?

Obsessive compulsive disorder (OCD) is an anxiety-related disorder that features recurring thoughts, images, or impulses. People with OCD may try to ignore or repress their worrisome thoughts by repeating an action or ritual, such as handwashing, in order to alleviate the stress. If left untreated, individuals with OCD may come to feel trapped by their repetitive thoughts and actions, to the point their lives may feel unmanageable.

### What to Look For: Signs and Symptoms of OCD

#### Checking Compulsions

Repeated checking to see if a door is locked or an appliance is turned off. Rechecking for mistakes, or rechecking oneself for signs of disease or imperfection.

#### Aggressive Obsessions

Fear of instigating a horrible tragedy, such as a fire, or repeating, intruding images of violence.

#### Hoarding and Stowing

Stashing away items such as newspapers or trash. Thinking that everything may be needed at some point. Fear of losing things.

#### Irrational Doubts

Fears of forgetting a routine task, like leaving the oven on or forgetting to sign a check.

#### Excessive Need for Order

An overwhelming need to align objects symmetrically. Extreme concerns about neatness of appearance or environment.

#### Cleaning Compulsions

Ritualized handwashing, showering, brushing teeth. The continual sense that household items cannot be washed cleanly enough.

#### Counting

Habitually or superstitiously counting when there is no rational need to count.

#### Touching

Believing that certain objects, such as a doorknob, must be touched in order to prevent or alleviate an undesired outcome.

### Obsessive Compulsive Disorder Identification Guidelines

Do you have problems sleeping because you worry too much, or you can't get a certain thought out of your mind?

Do you feel like you have to perform certain rituals in order to avoid certain feelings?

Do you often feel an overwhelming urge to confess your secrets?

Do you have problems throwing things away?

Do you worry a lot about contamination?

Are you worried you might hurt someone by accident?

Do your thoughts or rituals interfere with your daily life?

*If the answer is yes to two or more of the questions above, please contact a mental health professional. Obsessive compulsive disorder is treatable with the right interventions.*



*OCD is a serious disorder that is treatable with the right interventions. At Brookhaven Hospital, we provide a confidential, nurturing environment through our inpatient and outpatient programs and have extensive experience in helping individuals with anxiety-related problems. If you feel you may have OCD, please contact Brookhaven Hospital.*

**Call us. We can help!**

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**Disclaimer** - This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.