Obsessive-Compulsive Disorder

URL of this page: http://www.nlm.nih.gov/medlineplus/obsessivecompulsivedisorder.html

Also called: OCD

Obsessive-compulsive disorder (OCD) is a type of anxiety disorder. If you have OCD, you have frequent, upsetting thoughts called obsessions. To try to control the thoughts, you feel an overwhelming urge to repeat certain rituals or behaviors. These are called compulsions.

Examples of obsessions are a fear of germs or a fear of being hurt. Compulsions include washing your hands, counting, checking on things, or cleaning. With OCD, the thoughts and rituals cause distress and get in the way of your daily life.

Researchers think brain circuits may not work properly in people who have OCD. It tends to run in families. The symptoms often begin in children or teens. Treatments include therapy, medicines, or both. One type of therapy, cognitive behavioral therapy, is useful for treating OCD.

NIH: National Institute of Mental Health

Start Here

  Also available in Spanish [http://familydoctor.org/online/famdoces/home/common/mentalhealth/anxiety/133.printerview.html]

Overviews

- Obsessive-Compulsive Disorder (OCD) [http://www.mayoclinic.com/print/obsessive-compulsive-disorder/DS00189/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)

Diagnosis/Symptoms


Treatment

Obsessive-Compulsive Disorder: MedlinePlus (Print Version)

**Coping**
- Anxiety Disorders Information: Helping Others [http://www.adaa.org/finding-help/helping-others] (Anxiety Disorders Association of America)

**Specific Conditions**
- Hoarding [http://www.mayoclinic.com/print/hoarding/DS00966/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)

**Related Issues**
- Hoarding and Housing [http://www.ocfoundation.org/hoarding/housing_services.aspx] (International OCD Foundation)

**Clinical Trials**

**Research**

**Journal Articles**

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

**Directories**
- Find a Therapist [http://www.adaa.org/netforum/findatherapist] (Anxiety Disorders Association of America)
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jsp] (Substance Abuse and Mental Health Services Administration)

Organizations

- American Psychiatric Association [http://www.psych.org/]
- Anxiety Disorders Association of America [http://www.adaa.org/]

Statistics


Children

- Obsessive-Compulsive Disorder (For Parents) [http://kidshealth.org/parent/emotions/behavior/OCD.html] (Nemours Foundation)

Teenagers


Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000929.htm]

You may also be interested in these related encyclopedia pages:


You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on Obsessive-Compulsive Disorder is the National Institute of Mental Health [http://www.nimh.nih.gov]

Obsessive-Compulsive Disorder - Multiple Languages

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