**OCD – Behavioural, Emotional and Social Characteristics**

OCD is an anxiety disorder where sufferers experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ thoughts occurring as obsessions, compulsions or a combination of the two.

**Obsessions** are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Obsessions comprise of forbidden or inappropriate ideas/visual images that aren’t based in reality.*

**Compulsions** are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *Compulsions comprise intense, uncontrollable urges to repetitively perform tasks and behaviours*

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**Behavioural Symptoms/Characteristics of OCD:**

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**Emotional Symptoms/Characteristics of OCD:**

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**Cognitive Symptoms/Characteristics of OCD:**

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| ***Hinder everyday functioning*** | Having obsessive ideas of a forbidden or inappropriate type creates such anxiety that the ability to perform everyday tasks is severely hindered – for example, being able to work effectively (e.g. may need to carry out a number of checks before leaving the house that will make an individual late for work). |
| ***Distress*** | The recognition that compulsive behaviours cannot be consciously controlled can lead to distress. |
| ***Realisation of inappropriate*** | Most sufferers understand their obsessive thoughts are inappropriate but cannot consciously control them. |
| ***Extreme Anxiety*** | Persistent and inappropriate or forbidden ideas create excessively high levels of anxiety (e.g. if I become contaminated with germs I will become seriously ill). |
| ***Social Impairment*** | Anxiety levels generated are so high as to limit the ability to conduct meaningful, interpersonal relationships (e.g. may not be able to enter into a public place due to the fear of contamination which will have a direct effect on social interaction). |
| ***Recurrent and persistent thoughts*** | Sufferers experience constantly repeated obsessive thoughts and ideas of an intrusive nature. |
| ***Recognised as self-generated*** | Most sufferers understand their obsessional thoughts; impulses and images are self-invented and most inserted externally (e.g. through the media, TV etc…) |
| ***Repetitive behaviour*** | Sufferers feel compelled to repeat behaviours as responses to their obsessive thoughts, ideas and images. |
| ***Attentional bias*** | Perception tends to be focused on anxiety-generating stimuli. |
| ***Uncontrollable Urges*** | Urges involve completing acts that they feel will reduce anxiety caused by obsessive thoughts (e.g. cleaning and removing contamination) |