

Causes and Management of Obsessive Compulsive Disorder

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Description

Obsessive-Compulsive Disorder (OCD) is a mutual, chronic, and long-term syndrome in which a person experiences uncontrollable, reoccurring thoughts and obsessions or compulsions that they feel the need to repeat over and over. This condition is due to contamination, perfection, doubt, harm, and forbidden thoughts. There are seven types of obsessive-compulsive disorders. Self-control, order, symmetry, doubt and incompleteness, germs and contamination, aggressive or sexual thoughts, harm to loved ones, sin, religion, and morality. The most common type of OCD is "checking OCD." The best example of OCD is obsessive activities like flicking a light switch repeatedly or locking and unlocking a door hundreds of times. These actions might seem unreasonable or funny to some people and sometimes even entertaining. The signs of obsessive-compulsive disorder are excessively washing hands, body, refusing to touch objects with bare hands, resisting change, excessively seeking reassurance, spending more time on completing things, getting dressed, and eating a meal. The other symptoms of OCD include excessive devotion to work at the expense of the family or social relationships, an overwhelming need to be punctual, extreme attention to detail, being extremely frugal with money, perfectionism to the point that it impairs the ability to finish tasks and stiff, formal, or rigid mannerisms. There are some advantages due to this syndrome. For example, it will improve the creativity, which is mainly used during problem-solving or projects. People who are suffering from this disorder suffer from the following characteristics:

- They experience the anxiety that occurs with depression.
- They often face social isolation.
- They often feel righteous, indignant, and angry.
- They find it hard to express their feelings, and they have difficulty forming and maintaining close relationships with others.

Even today, the root cause of the obsessive-compulsive disorder is unknown. But according to the theory of biology and genetics, it was mainly caused by changes in the body's natural chemistry or brain functions. Having a specific genetic component and compulsive worries and obsessive behaviors can be learned from watching family members over time. There are a few steps to diagnose the obsessive-compulsive disorder. They are psychological evaluation, which includes sharing your thoughts, moods, symptoms, and behaviour patterns to determine if you have obsessions or compulsive behaviors. Diagnostic criteria for OCD include that the doctor may use standards in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), published by the American Psychiatric Association. If you have symptoms of OCD, which affect your daily life, you should consult your physician or healthcare provider. Obsessive-Compulsive Disorder can be treated by:

- **Cognitive-Behavioral Therapy (CBT)** is a kind of psychotherapy. Here the patient will have a conversation with the therapist and, he will examine and understand the patient's thoughts and emotions. CBT can help you stop negative or unreasonable thoughts.
- **Medications:** The main medications that are used to treat obsessive-compulsive disorder are Serotonin Reuptake Inhibitors (SRIs), Selective SRIs (SSRIs), and tricyclic antidepressants. They improve levels of serotonin. Some examples are fluvoxamine, paroxetine, and sertraline.

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