

Obsessive-compulsive disorder

In general

- Stressor
 - internal (in contrast to impulse control disorder) → Alleviation
- Imagine you hold your breath -> the internal urge to breath is here the obsession ("I need air") and the act of breathing is the compulsion ("breathing"), that relieves the stressor
 - Obsessions are...
 - Anxiety provoking
 - internal, intrusive, unwanted, thoughts/preoccupation
 - Compulsions are...
 - anxiety reducing → if suppressed → more anxiety
 - behaviors, rituals

Examples of obsessions and compulsions

- washing hands excessively (they will literally wash off their skin), checking if the door is locked 19x times, doing a certain movement if XY happens -> very irrational and the people know it -> they are very stressed about it since it is functionally disabling for them
 - Dx: it becomes a disorder if it becomes dysfunction (socially, job, ..) → Dx according to clinical criteria: obsessions and compulsions, it needs to be **time-consuming (≥ 1 hour/day)** or result in **significant distress** at school/work, not due to something else (medication, mental disorder)
 - DDx: Obsessive compulsive personality disorder, Psychosis, GAD, hoarding disorder, tic disorder, body dysmorphic disorder, trichotillomania
 - Tx:
 - Psychotherapy (**CBT**) > medication
 - SSRI, generally don't use benzos
 - redirecting, reducing

Related disorders

- Hoarding: hoards trash
- Body dysmorphic disorder: women occupied with seemingly minor parts of their body, they will often undergo multiple surgeries for that
- Muscle dysphoria: "the male counterpart", but females can have it too
- Trichotillomania: pulls out hair at different times at different parts of the head