

# 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 of 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 disableing 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