

# Ocd: who is affected and how to treat that

Science



**OBSESSIVE-COMPULSIVE DISORDER: WHO IS AFFECTED AND HOW TO TREAT IT?** Abstract Sometimes we think we know ourselves better than anybody else. But haven't you asked yourself why you're acting the way you act and you can't even figure the answer out? This tells us that we don't truly know ourselves because there are still questions unanswered. Try to imagine how our behavior changes to the point that we are no longer in control of it.

We experience strange behavior once in our life but is this really natural or is it a disorder? Obsessive-compulsive disorder is characterized by persistent and repetitive thoughts (obsession) and actions (compulsions). We tend to ignore symptoms and we didn't know that these can lead to a devastating results if left untreated. OCD is a growing epidemic in society and we should take it seriously once we see the early symptoms.

It doesn't matter if you're a child, an adult or even if you're on your 60's, everybody can be a victim of this disorder. This disorder may interfere with our daily routine and it can have a bad impact on relationships for some people. There's a lot of factors causing OCD such as biological, psychological and sociocultural and it can also be inherited and pass on to the next generation without awareness. However, this can be prevented by having enough knowledge to point out what is wrong, and how to treat it.

Cognitive-behavior therapy is one of the emerging solution for this disorder. It combines cognitive therapy and behavior therapy by helping clients regularly act out their new ways of thinking and talking in their everyday life. It's never too late to think and look for possible solutions for OCD. Keywords: obsessive-compulsive disorder, biological factor, psychological factors, sociocultural factors, cognitive-behavior therapy

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