

Good obsessive compulsive disorder essay example

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Introduction

Obsession is a condition where a person holds disturbing thoughts.

Disturbing thoughts may lead to one developing a defense mechanism against their worst fears for instance developing sexual thoughts for a religious person or washing hands every other time for one who dislikes dirt and germs. The disorder is however persistent unlike the normal human behavior where we all check things twice or even thrice. Some families are more prone to the disorder though the cause is not well established. Use of medication and psychotherapy are a common diagnosis to the disorder. Compulsive disorder is characterized by the urge to review things over and over again.

The video I chose for this review is obsessive compulsive disorder, aired on beautiful minds. The hosts, actor Patty Duke and journalist Jane Pauley present series of personal experiences of various patients. The fact that the show is hosted by high profile personalities seek to diffuse the myth and stigma surrounding the disease by portraying it as a common ailment suffered by numerous people around the world. For instance, veteran news anchor Mike Wallace reveals his struggle with depression. Depression is a major sign of obsessive compulsive disorder. Failure to accept being a victim of obsessive compulsive disorder leads to loss of self respect. Patients suffering from this condition find solace in knowing that high personalities also suffer from the same disorder, there is thus hope in more people volunteering for diagnosis after experiencing OCD symptoms.

This video therefore is an important resource to victims of OCD as it offers hope that help is all over. The availability of this resource thus helps

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eradicate stigmatization to victims as awareness increases on its categorization as a medical condition.

References:

Video: Obsessive-Compulsive Disorder (OCD) | Watch Healthy Minds Online |

WLIW21 Video. (n. d.). Retrieved from [http://watch.wliw.](http://watch.wliw.org/video/1317627359/)

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