

Obsessive Compulsive Disorder

"A Vicious Cycle"



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Introduction

Mental Health This isn't a new term for us. We all have seen and even hear this word often. But let's ask ourselves some questions. Have we understood the core meaning of this term and its types and know how it impacts us daily?

In simple terms, mental health constitutes everything related to our emotional, psychological and social well-being. We all in one way or other have experienced ups and downs but how many of us are aware of what is happening and have thought of professional care? Mental health disorders can be of various types like anxiety disorders, depression, personality disorders and so on.

All these have their own set of signs and symptoms which is very crucial for one to understand and seek help. Diving into a little more detail about mental disorders, let's talk about one such disorder which affects a large number of people daily but is difficult to detect. On the contrary, it is much more serious and is often misunderstood as something very trivial. Obsessive-compulsive disorder, commonly abbreviated as OCD, is a type of chronic mental health condition. This disorder involves obsessions, compulsions or even both. What do we mean by obsessions and compulsions? In simple words, obsessions are constant thoughts that bombard

and preoccupy a person's mind. They are persistent no matter how hard one tries to suppress them.

These intrusive thoughts are often a trigger for some intense distressing feelings. Further, these obsessions can lead to some repetitive behaviours and the urge to carry out certain actions, which is a compulsion. In simple terms, we can think of compulsions as a response to obsessions. Let's take an example. One may have repetitive and uncontrollable thoughts of keeping their hands free of dirt and germs. This is being obsessed with staying clean and germ-free all the time. Now to relieve this obsessive thought, the person constantly washes his/her hand, which is a compulsion. As mentioned before, this is often

misunderstood as something normal as most of us like to keep ourselves clean and wash our hands whenever needed. So, what makes it different?

For us, staying clean comprises of one single thought which fades after a while, but for someone with

OCD, it is much more than a personal choice for staying clean. It is important to understand that these intrusive thoughts that people with OCD encounter, take up a significant amount of energy, and time and all that the person is left with are intense distressful feelings which only subside when acted upon by a compulsive act. They become compelled to perform an act in a certain orderly manner. This can immensely interfere with someone's day-to-day

activities and has innumerable demerits. We need to understand that OCD isn't just a casual word which can be used plainly, not to mention the discomfort the person with this condition faces. All of us should understand the seriousness of this and create awareness in society so that we can help ourselves and also someone which such a condition.

Let's not forget that OCD isn't a choice, it isn't always about cleaning and organizing and most importantly not what someone chooses voluntarily but is a torturous disorder that involves living with repetitive disturbing thoughts that one has no control over. Let's spread the word and help people understand the importance and henceforth help a person come out of this vicious cycle of OCD.