



People with obsessive-compulsive disorder (OCD) suffer from unwanted and intrusive thoughts (obsessions). Because of these thoughts, they are compelled to repeatedly perform certain behaviors and routines (compulsions) to try and ease their anxiety. Most people who have OCD are aware of this condition, yet they feel powerless to stop. OCD can have a negative effect on everyday life.

Children can suffer from OCD as well. Unlike adults, however, children with OCD do not realize that their obsessions and compulsions are excessive.

SIGNS AND SYMPTOMS

Obsessions (Unwanted and intrusive thoughts), for example:

- Constant, irrational worry about dirt, germs, or contamination.
- Excessive concern with order, arrangement, or symmetry.
- Doubting that is irrational or excessive.

Compulsions (Ritualistic behaviors and routines to ease anxiety or distress), for example:

- Cleaning: Repeatedly washing one's hands, bathing, or cleaning household items, often for hours at a time.

- Checking: Checking and re-checking several to hundreds of times a day that the doors are locked, the stove is turned off, the hairdryer is unplugged, etc.
- Repeating: Inability to stop repeating a name, phrase, or simple activity (such as going through a doorway over and over).

TREATMENT

OCD is a serious yet treatable anxiety disorder. It often occurs with depression and other anxiety disorders. If not treated properly, it may become disabling. Successful treatment includes a combination of behavior therapy and medication. Most people who seek treatment experience significant improvement and enjoy an improved quality of life.

It is important to work closely with a health care professional to find out the best option. Speak with your primary care doctor or behavioral health provider if you have the above symptoms or any other concerns.

SELF-HELP TIPS

- Direct your energy to hobbies and physical activities
- Keep a daily routine. This can help you stop focusing on your thoughts and worries

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



聯絡東北： 三藩市 (415) 391-9686 帝利市 (650) 550-3923 聖荷西 (408) 573-9686 WWW.NEMS.ORG



強迫症患者被一些非自願和侵入性的想法所折磨（思維困擾）。由於這些想法，他們不得不重複某些行為和例行程序（強迫行為），試圖以此緩解他們的焦慮。大多數強迫症病人都明白自己的病況，但他們無力阻止。強迫症會對日常生活造成負面影響。

兒童也可能患上強迫症。
但和成年人不同的是，患有強迫症的兒童沒有意識到他們有過度的思維困擾和強迫行為。

徵兆和症狀

思維困擾（非自願和侵入性的想法），例如：

- 持續、不合理地擔心灰塵、細菌、或污染
- 過度執著於秩序、排列、或對稱
- 非理性的或過度的懷疑

強迫行為（通過慣例性的行為和程序減輕焦慮或抑鬱），例如：

- 清潔：反覆清洗自己的手、沐浴、或清潔家居用品，很多時候一次會持續數小時。

- 檢查：一天反覆檢查上百次，比如檢查門是否鎖好、爐子是否關掉、是否已拔掉吹風機的插頭等。
- 重覆：無法停止重覆一個名字、一句短語或一個簡單的活動（如一遍又一遍經過門口）。

治療

強迫症是一種嚴重的，但可以治療的焦慮症。它常常與抑鬱症和其他焦慮症一起出現。如果沒有適當的治療，就有可能成為殘疾。成功的治療方法包含行為療法和藥物相結合。大多數人都可通過治療得到顯著的改善及生活質素的提升。

與醫護人員密切合作找出最佳的治療方案也是非常重要的。如果您有以上症狀或任何其他疑問，請告訴您的主診醫生或心理醫生。

自助心得

- 將精力用在您的嗜好和體育運動上
- 保持規律的生活，這樣能夠幫助您停止把注意力集中在強迫性想法和憂慮

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。