



# Obsessive-Compulsive Disorder (OCD)

## What is OCD?

Obsessive-Compulsive Disorder is defined as the presence of obsessions, compulsions or a combination of the two.

**Obsessions** are persistent and recurring thoughts, impulses or images that are seen as being intrusive and generate a high level of anxiety.

The person makes important efforts to ignore them, to reprimand them or to stop them by using thoughts or behaviours (compulsions).



**Compulsions** are repetitive behaviours or mental acts that the person feels obliged to do in response to the obsession or in response to strict rules that need to be accomplished in a specific way.

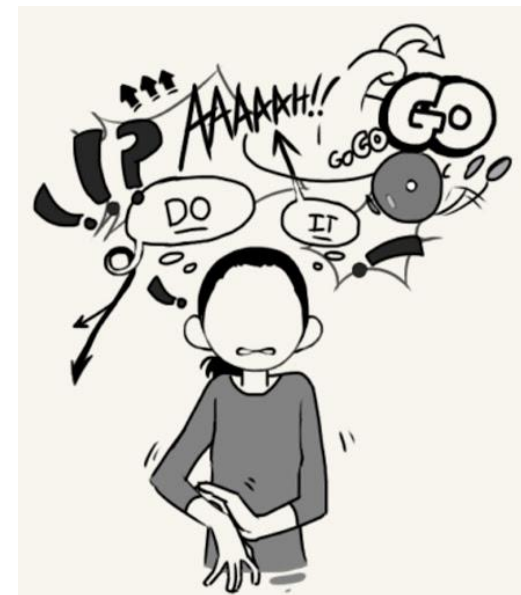
Even if the person performs compulsions to stop the obsessions, to lower his/her anxiety or to prevent a dreaded situation, these behaviours or mental acts don't have a realistic link with the thing he/she is trying to neutralize.



Obsessions and/or compulsions take a significant amount of time in a person's daily life.

Obsessions and/or compulsions can create great distress for the person and can have a significant impact on his/her functioning.

A person who has OCD may have good, little or no insight about their difficulties. Therefore, it varies from one person to another.



Référence : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.





## Different Types Of Obsessions And Compulsions

Obsessions and compulsions vary from one person to the other. Here is a list of different types :

### Obsessions

- Contamination (ex : fear of germs)
- Aggressive (ex : fear of harming oneself or others)
- Sexual (ex : sexual images)
- Somatic (ex : excessive fear of illness)
- Hoarding (ex : fear of losing objects)
- Superstitious Obsessions / Magical Thoughts (ex : lucky or unlucky numbers)
- Religious (ex : excessive concerns of morality)
- Other

Référence : March, J.S. (2007). *Talking Back To OCD*. Guilford Press.

### Compulsions

- Cleaning (ex : Hand washing)
- Excessive Checking (ex : checking locks)
- Repeating Rituals (ex : routine)
- Counting (ex : objects)
- Ordering/Arranging (ex : seeking symmetry)
- Hoarding (ex : Keeping objects)
- Superstitious Behaviours (ex : avoid walking on cracks)
- Rituals Involving Others (ex : implicates a parent in the rituals)
- Other

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### Livres / Books

- Lamagnère, F. (2016). *TOC ou pas TOC? Reconnaître un trouble obsessionnel compulsif et le guérir*. Odile Jacob.
- Huedner, D. (2007). *What To Do When Your Brain Gets Stuck*. Magination Press.
- March, J.S. (2007). *Talking Back To OCD*. Guilford Press.
- Reuter, T. (2019). *Standing Up To OCD : Workbook For Kids*. Rockridge Press.

### Internet



- <https://www.bbrfoundation.org/research/obsessive-compulsive-disorder-ocd>
- <https://childmind.org/topics/disorders/obsessive-compulsive-disorders/>
- <https://iocdf.org/about-ocd/>
- <http://www.worrywisekids.org/node/25>

### Ressources / Resources

- **8-1-1:** Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>
- **Tel-Jeunes:** Free call 24h/7- 1-800-263-2266, texte 514-600-1002, <https://www.teljeunes.com>
- **Kids Help Phone:** 24/7 - Free call: 1-800-668-6868 - <https://kidshelpphone.ca/>
- **Suicide Action Montréal:** 24/7 - Free call: 1-866-277-3553 - <https://suicideactionmontreal.org/>
- **L'Autre Maison Crisis Center:** 24/7 – Tel: 514-768-7225 - <https://centredecrise.ca/lautre-maison>
- **Centre de crise de l'Ouest de l'Île:** 24/7- Tel: 514-684-6160 - <https://centredecriseoi.com/>
- **Les Amis de la Santé Mentale** Tel: 514-636-6885 <https://info@asmfmh.org>
- **Centre pour l'anxiété et la dépression de Montréal :** Tel: 514-777-4530 - <https://www.helpforanxietydepression.com/fr/>



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Please note that some information or resources may have changed since the last update (2021/08/17).

