

DOCTOR DISCUSSION GUIDE

Managing OCD

Obsessive-compulsive disorder (OCD) can range from mild to severe but by definition, it impacts an individual's ability to function. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

An OCD-related disorder that involves preoccupation with perceived defects or flaws in physical appearance that leads to repetitive behaviors or mental acts in response to the apparent concerns. Diagnostic and Statistical Manual of Mental Disorders Excoriation (skin-picking) disorder An OCD-related disorder that involves recurrent skin picking resulting in skin lesions. Cognitive behavioral therapy (CBT) A type of psychotherapy that has been shown to be helpful in treating OCD. It focuses on helping clients modify dysfunctional thinking and behavior. Compulsions A type of therapy that is used to help people confront their fears and break a pattern
Manual of Mental Disordersmental health professionals.Excoriation (skin-picking) disorderAn OCD-related disorder that involves recurrent skin picking resulting in skin lesions.Cognitive behavioral therapy (CBT)A type of psychotherapy that has been shown to be helpful in treating OCD. It focuses on helping clients modify dysfunctional thinking and behavior.CompulsionsDoing something over and over again, often as a way to deal with obsessions.A type of therapy that is used to help people confront their fears and break a pattern
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Exposure therapy of avoidance. The exposure to a feared object or situation takes place in a safe environment.
Habit reversal therapy Treatment used in some OCD-related disorders, such as skin picking or hair pulling. It increases an individual's awareness that they are engaging in a repetitive behavior that has become ingrained.
An OCD-related disorder that involves persistent difficulty discarding or parting with possessions because of strong urges to save items. Accumulation of items makes the space unusable for the intended purpose.
Obsessions Unwanted and repeated thoughts, feelings, ideas, and sensations.
Selective serotonin reuptake inhibiters (SSRI) A common type of antidepressant medication. They increase levels of serotonin in the brain.
Trichotillomania An OCD-related disorder that involves recurrent pulling of hair from any part of the body that results in hair loss.



Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage OCD.

Αb	About Symptoms			
	I have symptoms that sound like I might have OCD. How can I get evaluated?			
	Is my behavior normal? Is it unusual to have these types of thoughts?			
	Are the rituals I perform a symptom of OCD?			
	How do you know when someone's behavior becomes a problem?			
About Causes & Risk Factors				
	What's going on in my brain that causes this?			
	Is OCD hereditary?			
	What are the risk factors for OCD?			
	Could my symptoms be caused by something traumatic that happened to me?			
	Could I have a physical health problem or another mental health condition that is causing my OCD?			
About Diagnosis				
	How is OCD diagnosed?			
	Could I have had symptoms of OCD for a long time without knowing it?			
	What's the difference between OCD and anxiety?			
About Treatment				
	What's the best treatment for OCD?			
	Could medication help me?			
_	Should I see a therapist? If so, what kind?			
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	Do I need to a see a specialist, like a psychiatrist?			
_	How long does treatment take?			
	What kind of results can I expect to see?			



Αb	out Coping and Living With	
	Are there any lifestyle changes I should make?	
	Could my diet affect my symptoms?	
	Does stress make OCD worse?	
	Does sleep affect my symptoms?	
	Does exercise help OCD?	
	Are there support groups for people with OCD?	
	Will my OCD ever go away for good?	
	Should I tell my employer I have OCD?	
	How should I explain my rituals and behaviors to other people?	
	How can my family best support me?	