



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.

Body dysmorphic disorder	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	The handbook that classifies mental disorders that are diagnosed by physicians and mental health professionals.
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	Doing something over and over again, often as a way to deal with obsessions.
Exposure therapy	A type of therapy that is used to help people confront their fears and break a pattern 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.
Hoarding disorder	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 inhibitors (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.

