



# Obsessive-Compulsive Disorder

Magellan Complete Care's goal is that with education people will seek the treatment they need. We also will work so that no one will have to face labels and unhelpful attitudes. People with mental illness get better and can stay better.

## What is obsessive-compulsive disorder?

People with obsessive-compulsive disorder (OCD) feel the need to check things over and over, or have thoughts or do certain things over and over. The thoughts and acts cause stress and get in the way of daily life.

The upsetting thoughts are called obsessions. To try to control them, a person will feel an urge to repeat the acts or behaviors. People with OCD cannot control these actions. Sometimes the actions end up controlling them

## Causes

OCD sometimes runs in families, but no one knows for sure why some people have it while others do not. Researchers have found that a few parts of the brain control fear and worry. By learning more about fear and worry in the brain, scientists may be able to make better treatments. Researchers are also looking for ways in which stress and other things may play a role.

## Signs and symptoms

People with OCD:

- Have thoughts or images over and over such as:
  - Fear of germs, dirt
  - Sexual acts
  - Break ins
  - Conflicts with religion
  - Acts of violence
  - Being very tidy
  - Hurting loved ones
- Do the same thing over and over such as
  - Washing hands
  - Keeping unneeded items
  - Locking and unlocking doors
  - Doing the same steps again and again
  - Counting
- Can't control the unwanted thoughts and actions.
- Don't get pleasure when doing the actions, but get brief relief from the worry the thoughts cause.
- Spend at least one hour a day on the thoughts and actions, which cause stress and get in the way of daily life.

## Who is at risk?

For many people, OCD starts during childhood or the teen years. Most people are diagnosed by about age 19. Symptoms of OCD may come and go and be better or worse at different times.

OCD affects about 2.2 million American adults. It strikes men and women at about equal numbers. It most often show up in childhood, teens, or early adulthood. One-third of adults with OCD get symptoms as children. Research shows that OCD might run in families

*To get more information about Magellan Complete Care please call us toll-free at 800-327-8613 or 800-424-1694 (TTY only). Or you can call Florida Medicaid Choice Counselors at 877-711-3662 or 866-467-4970 (TTY only).*

*Source: Centers for Disease Control and Prevention*