

# **Obsessive Compulsive Disorder**

## What are the symptoms?

- Obsessions are thoughts or images, like memories or pictures, that keep coming into
  one's mind even though the person wants the thoughts to stop.
- Compulsions are actions and behaviors that one feels need to be done over and over again, and one cannot stop doing them.

A lot of worries and anxiety occur if one tries to stop the obsessions or compulsions.

# Who can have obsessive compulsive disorder?

Both children and teenagers can have obsessions or compulsions. As much as 3% (3 of every 100) of children and teenagers may have obsessive compulsive disorder.

#### What causes obsessive compulsive disorder?

The exact cause is not known. Some parts in the brain do not seem to work well in obsessive compulsive disorder. The *basal ganglia* is one part of the brain that is thought not to work well in obsessive compulsive disorder.

### What may happen to people who have obsessive compulsive disorder?

It is not known how long obsessive compulsive disorder in children and teenagers lasts.

## What treatments are available for obsessive compulsive disorder?

Medications	Psychotherapy
Luvox (fluvoxamine) Prozac (fluoxetine) Zoloft (sertraline) Paxil (CR) (paroxetine) Lexapro, Celexa (citalopram) Cymbalta (duloxetine) Anafranil (clomipramine)	Behavioral Therapy Cognitive Behavioral Therapy