



Obsessive-compulsive Disorder: An Information Guide

Neil A. Rector, Christina Bartha, Kate Kitchen

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Obsessive-compulsive disorder (OCD) is a severe and debilitating anxiety disorder that affects one person in 40. It affects not only how people feel or think, but also how they behave. OCD symptoms-such as compulsive hoarding or hand washing-often evoke uncomfortable emotions in family and friends. This guide discusses: - what OCD is and what causes it - treatments, including both cognitive and behavioural therapy and medication - recovery and relapse prevention - family involvement. The guide is a thorough and helpful introduction for people with OCD, their family and friends.

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