

Obsessive-Compulsive Disorder

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Symptoms:

Behavioral: compulsive behavior, agitation, compulsive hoarding, hypervigilance, impulsivity, meaningless repetition of own words, repetitive movements, ritualistic behavior, social isolation, or persistent repetition of words or actions

Mood: anxiety, apprehension, guilt, or panic attack

Psychological: depression, fear, or repeatedly going over thoughts

Also common: food aversion or nightmares

Definition:

An anxiety disorder characterized by unwanted repetitive thoughts (obsessions) and/or actions (compulsions)

Video:

<https://youtu.be/ufqFO5B1vQY>

Causes

Considered to have a Neurological basis.

Biology. OCD may be a result of changes in your body's own natural chemistry or brain functions. Having an imbalance of dopamine, serotonin, or glutamine

Genetics. OCD may have a genetic component, but specific genes have yet to be identified.

Environment. Some environmental factors such as infections are suggested as a trigger for OCD, but more research is needed.