
FEUP
Healthy Minds

You deserve it



Contacts

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Psychological support by appointment:

Mondays to Fridays, from 9:30 to 15:30

ORIENTATION AND INTEGRATION OFFICE

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Obsessive- Compulsive Disorder (OCD)



Obsessive-Compulsive Disorder (OCD) is a mental health condition in which a person has obsessive thoughts and compulsive behaviors, affecting men, women and children. It often starts around puberty and young adulthood.

OCD can cause significant suffering and interfere with your life, but treatment can help you keep it under control.

An obsession is...

an involuntary, unpleasant thought or image that repeats itself in your mind, causing feelings of anxiety, disgust or discomfort.

A compulsion is...

a repetitive behavior or mental act that you feel you have to do to temporarily relieve unpleasant feelings aroused by the obsessive thought.

For instance, someone with an obsessive fear of being burgled might feel that they need to check that all the windows and doors are locked before leaving the house.

Identifying with some of the symptoms of OCD can lead people to believe that they are diagnosed with this disorder.

It is important to understand that a diagnosis of this nature involves a series of factors and that isolated thoughts or behaviors may not constitute a diagnosis.

OCD is not just about...

- Enjoying to have everything organized;
- Appreciating the symmetry or order of things;
- Washing hands frequently;
- Occasionally feeling the need to check that a certain action has been done;
- Preferring to perform a certain task almost always in the same way;
- ...

OCD involves significant associated psychological distress and its diagnosis should not be trivialized or confused with common behaviors.

The causes of OCD are unclear and there may be different factors, such as family history, differences in the brain, life events and personality.

People with OCD are sometimes reluctant to seek help because they feel ashamed or embarrassed, but **there is no reason for this because OCD is a health condition like any other.** Having OCD doesn't mean you've gone mad and it's not your fault that you have it.

If you have obsessive thoughts frequently and they have an effect on your daily life, talk to a Professional.

POC is unlikely to improve without proper support and treatment.