Warning Signs of OCD

**Intrusive Thoughts:**
Uncontrollable and unwanted thoughts: Repeated thoughts that create tremendous anxiety or fear.

**Compulsive Behavior:**
Repeatedly checking or redoing actions/behaviors in a ritualistic manner.

**Becoming Isolated:**
Avoiding places, people or experiences become common occurrences with the onset of OCD symptoms.

**Seeking Reassurance:**
Asking others for reassurance by repeating the same questions.

**Depression:**
OCD may cause mood changes that can often lead to depression.

Take an OCD test at [www.gatewayocd.com](http://www.gatewayocd.com)
Obsessive-Compulsive Disorder

What is OCD?

Obsessive-Compulsive Disorder (OCD) is a genetically-based anxiety disorder comprised of obsessions and compulsions. Obsessions are thoughts and images that create distress and compulsions are performed in order to minimize anxiety or distress.

Statistics of OCD:

- In the U.S. - 1 out of every 100 adults has OCD*
- 1 out of every 200 kids and teens has OCD*
- OCD affects males, females, and children of all races and backgrounds*
- Typical onset of OCD is from 10-12 years old*
- On average it takes 14-17 years from the time OCD begins for people to obtain treatment*

Is OCD treatable?

Yes, OCD is a treatable condition.

How is OCD treated?

Evidence-based treatment for OCD is behavioral therapy and Exposure Response Prevention (ERP) combined with medication.

How can I help someone with OCD?

The best way to help someone with OCD is to educate yourself on OCD and help them research local OCD specialists in your area and online.

The Gateway Institute

For more information or to take an online OCD test, visit us at www.gatewayocd.com

info@gatewayocd.com  714.549.1030

*Statistics cited from the International OCD Foundation's website (www.iocdf.org)