

# OCD – Evidence-Based Treatments and Tips

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# What is OCD?

- Obsessive-compulsive disorder (OCD) is characterized by recurrent, unwanted thoughts or urges that create anxiety and repetitive behaviors or mental acts that temporarily relieve anxiety.



# FDA approved Medications

## ➤ Selective Serotonin Reuptake Inhibitors

- Sertraline (Zoloft)
- Paroxetine (Paxil)
- Fluvoxamine (Luvox)
- Fluoxetine (Prozac)

## ➤ Tricyclic Antidepressants

- Clomipramine (Anafranil)

➤ Transcranial Magnetic Stimulation can be used in treatment-resistant cases

➤ Deep Brain Stimulation is another option for treatment-resistant cases

# Psychotherapy

- Treatment is usually a combination of medication and therapy
- Cognitive Behavioral therapy (CBT) – Changes problematic thoughts, behaviors, and emotions
- Exposure and Response Prevention (ERP) – A specific type of CBT that is the gold standard treatment for OCD
- The goal of ERP is to gradually expose patients to their fears to decrease associated anxiety and prevent compulsions

# Tips for Improvement

- Lifestyle changes, including regular exercise, good sleep hygiene, healthy diet, and stress management
- Follow a structured schedule using planners, apps, and timers for daily tasks
- Try not to avoid social situations or going to work
- Participate in healthy hobbies and activities - yoga, deep breathing, massage
- Join support groups with others who face similar challenges
- Mindful meditation – some studies have shown that using these meditation techniques to remain in the present moment can improve OCD symptoms