

Obsessive-Compulsive Disorder (OCD) Chart

Patient information	
Name:	
Age:	Sex:
Date of birth:	Phone number:
Practitioner information	
Name:	
License/ID number:	Contact details:
Signature:	Date:
What is obsessive-compulsive disorder?	
Obsessive-compulsive disorder (OCD) is characterized by persistent, intrusive thoughts (obsessions) and repetitive, often excessive actions (compulsions), or a combination of both. Symptoms can appear at any age but typically emerge during late childhood or early adulthood.	
Prevalence	
In the United States, OCD affects 1-2% of the population, with a slightly higher prevalence among adult women compared to men.	
Treatment and management	
<ul style="list-style-type: none">• Cognitive behavioral therapy (CBT)• Medication such as selective serotonin reuptake inhibitors (SSRIs)• Neuromodulation Treatment (transcranial magnetic stimulation (TMS) (combined with exposure and ritual prevention)	
Symptoms	
OCD symptoms manifest as obsessions and compulsions such as:	
Obsessional thoughts: <ul style="list-style-type: none">• Persistent worry about something being incomplete.• Fear of losing or discarding something valuable.• Obsessive focus on order, symmetry, or precision.• Fear of causing harm or being harmed, either to oneself or loved ones.• Intrusive religious or blasphemous fears.• Disturbing sexual thoughts or images.• Anxiety about contamination from the environment or other people.• Random, seemingly insignificant thoughts, sounds, images, words, or music.	

Symptoms
OCD symptoms manifest as obsessions and compulsions such as:
Compulsions: <ul style="list-style-type: none">• Repeatedly checking items like locks, appliances, or doors.• Engaging in excessive handwashing or ritualized showering.• Obsessive cleaning of household objects.• Arranging or organizing items in a specific manner.• Performing rituals tied to numbers, such as counting or repeating actions a set number of times.• Seeking constant reassurance or approval.• Avoiding situations, places, or people that trigger distress or obsessions.

References:

American Psychiatric Association. (2024). What is obsessive-compulsive disorder? <https://www.psychiatry.org/patients-families/obsessive-compulsive-disorder/what-is-obsessive-compulsive-disorder>

National Institute of Mental Health. (2024). Obsessive-compulsive disorder. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd>

Client symptoms
Obsessions:
Compulsions:
Triggers
Stressful situations and environmental triggers:

