

# Obsessive-Compulsive Disorder (OCD) Chart

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

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

**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
<b>Obsessions:</b>
<b>Compulsions:</b>
Triggers
<b>Stressful situations and environmental triggers:</b>

