**Mythbuster**

OCD is not an adjective, so a person can’t be OCD. The D in OCD stands for **disorder**.

This means when someone is diagnosed to be **suffering** from Obsessive-Compulsive Disorder, they will be experiencing a severe impact on their daily functioning and quality of life.

_**OCD Myth**_

Somebody can be a ‘little bit’ OCD.
If you've ever said "I'm a little bit OCD", then this handout is just for you!

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OCD fact

Despite everyday popular culture suggesting that everybody has a bit of OCD, in reality only 1.2% of the UK population actually suffer from OCD.

If the problem does not impact on your functioning and quality of life, it’s unlikely to be OCD! *

* Always consult a GP if in doubt.