

A woman with red curly hair, wearing a yellow sweater and blue jeans, is holding a white sign. The sign contains text about OCD myths.

OCD Myth

Somebody
can be a
'little bit'
OCD.

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.

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OCD - It's more than you think!



SOME FACTS

ABOUT

OCD

If you've
ever said
*"I'm a little
bit OCD"*,
then this
handout is
just for you!

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.

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OCD - It's more than you think!