



OCD Myth
People with
OCD love to
clean.

Mythbuster

Inaccurate media portrayals of OCD often lead to this widely held misconception.

The fact is that cleaning in **O**bsessive-**C**ompulsive **D**isorder is always done so in utter misery, in response to distressing thoughts and feelings, not through a love of cleaning.

ocduk.org

 @OCDUK  @OCDUK  @OCDUKcharity



OCD
UK

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

The World Health Organization included **Obsessive-Compulsive Disorder** in their list of the top ten most disabling illnesses through **loss of income** and for poorer **quality of life**.

For women aged 15 to 44 years, **OCD** was listed fifth in the leading causes of disability.

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OCD - It's more than you think!