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

The fact is that cleaning in Obsessive-Compulsive Disorder is always done so in utter misery, in response to distressing thoughts and feelings, not through a love of cleaning.

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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

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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