



## OCD Myth

All **OCD** compulsions are visible, like hand washing, cleaning and checking of objects.

# Mythbuster

For many people **suffering** from **Obsessive-Compulsive Disorder**, their rituals and behaviours (compulsions) are less obvious. They might be thinking based, like trying to remember past events or checking of their own body. They might also be avoidance of particular people, places or objects.

In all cases, they are in response to frequent unwanted and upsetting intrusive thoughts or feelings (obsessions).

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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 common misconceptions, only around 26.5% of people that suffer from **O**bsessive-**C**ompulsive **D**isorder carry out compulsive rituals that involve washing or cleaning.

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