



OCD Myth

Everybody has
a bit of **OCD**.

Mythbuster

Only an estimated 1-2% of the population have **OCD**, that's about 780,000 children and adults here in the UK.

But due to media misrepresentations it has wrongly been adopted as a term to describe liking things a certain way.

The **D** in **OCD** means disorder, which means the condition causes great distress and disruption to a person's life and critically impacts on a person's ability to function, which is why the phrase 'Everybody has a bit of OCD' is unhelpful and inaccurate.*

* Always consult a GP if in doubt.

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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 onset of **O**bsessive-**C**ompulsive **D**isorder typically occurs in late adolescence to early twenties, but can impact on children as young as five.

OCD impacts on individuals regardless of their gender, social or cultural background.

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