

## Obsessive Compulsive Disorder- An Overview

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### Commentary

Obsessive Compulsive Disorder (OCD) is a chronic, relapsing, and debilitating mental health condition characterized by intrusive, unwanted thoughts (obsessions) and repetitive, compulsive behaviors (compulsions) that the individual feels driven to perform. The disorder is often associated with significant distress and impairment in social, academic, and occupational functioning. The etiology of OCD is multifactorial, involving a combination of genetic, neurobiological, and environmental factors. The disorder is most commonly diagnosed in children and adolescents, with a peak age of onset between 10 and 15 years. The prevalence of OCD is estimated to be between 1% and 3% in the general population. The disorder is often comorbid with other mental health conditions, such as anxiety disorders, depression, and tic disorders. The treatment of OCD typically involves a combination of pharmacological and psychological interventions. Selective Serotonin Reuptake Inhibitors (SSRIs) are the first-line pharmacological treatment for OCD, with fluoxetine, fluvoxamine, and sertraline being the most commonly used. Psychological treatments, such as Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP), are also highly effective in the treatment of OCD. The combination of medication and therapy is often the most effective approach. The prognosis for OCD is generally positive, with many individuals achieving significant symptom reduction and improved quality of life with appropriate treatment. However, the disorder is often chronic, and relapses are common. Long-term management and support are essential for individuals with OCD to maintain their gains and prevent relapse.

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