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Introduction

Obsessive-Compulsive Disorder (OCD) is a mental health condition characterized by the presence of obsessions and compulsions that significantly impact a person's daily life. OCD affects people of all ages, genders, and backgrounds, and it can have a profound impact on their quality of life and overall well-being [1]. This article delves into the intricacies of OCD, exploring its symptoms, causes, diagnosis, and available treatment options, with the aim of fostering a better understanding and empathy towards those who experience this challenging disorder [2].

Obsessive-Compulsive Disorder (OCD) is a complex psychiatric disorder that affects people of all ages, genders, and cultural backgrounds. It is characterized by the presence of distressing and intrusive thoughts, images, or urges (obsessions) that lead to repetitive behaviors or mental rituals (compulsions) aimed at reducing anxiety or preventing feared outcomes. OCD can significantly impair individuals' daily functioning, relationships, and overall quality of life [3].

The symptoms of OCD can vary widely, but common obsessions include excessive concerns about cleanliness and contamination, fear of harm coming to oneself or others, excessive need for symmetry or exactness, and intrusive sexual or religious thoughts. Compulsions often manifest as repetitive behaviors such as excessive hand washing, checking rituals, counting or arranging objects, or seeking reassurance from others [4].

Prevalence studies indicate that OCD affects approximately 2-3% of the global population, making it one of the most prevalent mental health disorders. It typically emerges in late childhood, adolescence, or

acts that individuals feel compelled to perform in response to their obsessions. Compulsions are aimed at reducing anxiety or preventing a feared outcome. Examples of common compulsions include excessive hand washing, checking behaviors (e.g., repeatedly ensuring doors are locked), counting rituals, and seeking reassurance [7].

The cycle of OCD: OCD operates in a cycle of obsessions and

