

Obsessive-Compulsive Disorder (OCD)

While it is a good habit to avoid mistakes or omissions with repeated checking or maintain good hygiene with frequent hand washing, Obsessive-Compulsive Disorder (OCD) is indicated if one cannot do anything other than repeating the same behavior and can hardly sleep well as a result.

Common Symptoms

OCD symptoms fall into two main categories. The first is repetitive behaviours: patients feel compelled to repeatedly perform certain actions, such as washing hands, bathing, or checking appliances or door locks, and are at ease only after multiple confirmations. Even though they know it is unnecessary, they feel extremely uncomfortable if they don't do it. The second category includes thoughts, impulses, or ideas that cause embarrassment, disgust, fear, or even pain. These thoughts repeatedly emerge in their minds, which make them feel distressed or feel like "losing their mind."



Causes

Family history, imbalances in brain chemicals, family upbringing, personal character traits (such as perfectionism or anxiety susceptibility), and life stress.

Treatment

Non-medication treatment mainly involves psychotherapy, with cognitive-behavioural therapy, being particularly effective. Medications such as serotonin-enhancing antidepressants are primarily used, sometimes with sleeping pills or sedatives as needed, and show good efficacy. Transcranial magnetic stimulation (TMS) is also adopted.



Hong Kong Sanatorium & Hospital 3/F, Central Block 2 Village Road, Happy Valley, Hong Kong Tel: (852) 2895 8497 Fax: (852) 2892 7451 Email: mhc@hksh-hospital.com www.hksh-hospital.com

Central

HKSH Healthcare
1/F, 33 Des Voeux Road Central
Central, Hong Kong
Tel: (852) 2523 7887
Fax: (852) 2523 7873
Email: mhccn@hksh-healthcare.co
www.hksh-healthcare.com

orth Point

HKSH Healthcare
3/F, The Tanner Hill
8 Tanner Road, North Point, Hong Kong
Tel: (852) 2219 9012
Fax: (852) 2892 7572
Email: mhcth@hksh-healthcare.com
www.hksh-healthcare.com