養和精神健康門診
HKSH Mental Health Clinic

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.

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Patient feedback is incorporated

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