

# Can I Tell You About OCD

## Obsessive–compulsive disorder

*obsessions. It can sometimes be difficult to tell the difference between compulsions and complex tics, and about 10–40% of people with OCD also have a lifetime*

Obsessive–compulsive disorder (OCD) is a mental disorder in which an individual has intrusive thoughts (an obsession) and feels the need to perform certain routines (compulsions) repeatedly to relieve the distress caused by the obsession, to the extent where it impairs general function.

Obsessions are persistent unwanted thoughts, mental images, or urges that generate feelings of anxiety, disgust, or discomfort. Some common obsessions include fear of contamination, obsession with symmetry, the fear of acting blasphemously, sexual obsessions, and the fear of possibly harming others or themselves. Compulsions are repeated actions or routines that occur in response to obsessions to achieve a relief from anxiety. Common compulsions include excessive hand washing, cleaning, counting, ordering, repeating, avoiding triggers, hoarding, neutralizing, seeking assurance, praying, and checking things. OCD can also manifest exclusively through mental compulsions, such as mental avoidance and excessive rumination. This manifestation is sometimes referred to as primarily obsessional obsessive–compulsive disorder.

Compulsions occur often and typically take up at least one hour per day, impairing one's quality of life. Compulsions cause relief in the moment, but cause obsessions to grow over time due to the repeated reward-seeking behavior of completing the ritual for relief. Many adults with OCD are aware that their compulsions do not make sense, but they still perform them to relieve the distress caused by obsessions. For this reason, thoughts and behaviors in OCD are usually considered egodystonic (inconsistent with one's ideal self-image). In contrast, thoughts and behaviors in obsessive–compulsive personality disorder (OCPD) are usually considered egosyntonic (consistent with one's ideal self-image), helping differentiate between OCPD and OCD.

Although the exact cause of OCD is unknown, several regions of the brain have been implicated in its neuroanatomical model including the anterior cingulate cortex, orbitofrontal cortex, amygdala, and BNST. The presence of a genetic component is evidenced by the increased likelihood for both identical twins to be affected than both fraternal twins. Risk factors include a history of child abuse or other stress-inducing events such as during the postpartum period or after streptococcal infections. Diagnosis is based on clinical presentation and requires ruling out other drug-related or medical causes; rating scales such as the Yale–Brown Obsessive–Compulsive Scale (Y-BOCS) assess severity. Other disorders with similar symptoms include generalized anxiety disorder, major depressive disorder, eating disorders, tic disorders, body-focused repetitive behavior, and obsessive–compulsive personality disorder. Personality disorders are a common comorbidity, with schizotypal and OCPD having poor treatment response. The condition is also associated with a general increase in suicidality. The phrase obsessive–compulsive is sometimes used in an informal manner unrelated to OCD to describe someone as excessively meticulous, perfectionistic, absorbed, or otherwise fixated. However, the actual disorder can vary in presentation and individuals with OCD may not be concerned with cleanliness or symmetry.

OCD is chronic and long-lasting with periods of severe symptoms followed by periods of improvement. Treatment can improve ability to function and quality of life, and is usually reflected by improved Y-BOCS scores. Treatment for OCD may involve psychotherapy, pharmacotherapy such as antidepressants or surgical procedures such as deep brain stimulation or, in extreme cases, psychosurgery. Psychotherapies derived from cognitive behavioral therapy (CBT) models, such as exposure and response prevention, acceptance and commitment therapy, and inference based-therapy, are more effective than non-CBT interventions. Selective serotonin reuptake inhibitors (SSRIs) are more effective when used in excess of the recommended depression

dosage; however, higher doses can increase side effect intensity. Commonly used SSRIs include sertraline, fluoxetine, fluvoxamine, paroxetine, citalopram, and escitalopram. Some patients fail to improve after taking the maximum tolerated dose of multiple SSRIs for at least two months; these cases qualify as treatment-resistant and can require second-line treatment such as clomipramine or atypical antipsychotic augmentation. While SSRIs continue to be first-line, recent data for treatment-resistant OCD supports adjunctive use of neuroleptic medications, deep brain stimulation and neurosurgical ablation. There is growing evidence to support the use of deep brain stimulation and repetitive transcranial magnetic stimulation for treatment-resistant OCD.

Dacre Montgomery

*I never stopped being curious. I never let the failures get me down. Because I believed in myself and I never let anyone tell me otherwise. You can do*

Dacre Kayd Montgomery-Harvey (; born 22 November 1994) is an Australian actor. Montgomery began acting in short films as a teenager before making his feature film debut in the adventure comedy *A Few Less Men* (2017).

In 2017, Montgomery starred as Jason Scott / Red Ranger in the superhero film *Power Rangers* and began playing Billy Hargrove in the Netflix science fiction horror series *Stranger Things* (2017–2022). His performance in the latter earned him critical acclaim and various awards nominations. He has since starred in the Christmas horror film *Better Watch Out* (2017) and the romantic comedy *The Broken Hearts Gallery* (2020) and portrayed Steve Binder in Baz Lurhmann's *Elvis* (2022).

Lucy Spraggan

*2022. "I am so happy to announce [sic] my NEW single "OCD" is OUT NOW! I hope that some of you can relate with this! Have a little listen and tell me what*

Lucy Honour Ruby Spraggan (born 21 July 1991) is an English singer-songwriter. Spraggan was a contestant on *The X Factor* in 2012, and she was the first contestant in the show's history to score a Top 40 single and album before the live shows aired, with her independently released album *Top Room at the Zoo*. Following the show Spraggan signed a recording contract with Columbia Records, and she has released seven studio albums in total.

Spraggan auditioned for *The X Factor* in 2012, performing her composition "Last Night". Spraggan quit her run on *The X Factor* due to illness, she was the fifth contestant to be out. She later revealed in her biography, *Process*, that her departure was a consequence of her being raped by a porter in a hotel. Her debut major-label album, *Join the Club*, was released on 7 October 2013, reaching No 7 on the UK Albums Chart. She has since released five more studio albums, *Choices*, was released on 26 February 2021 and debuted at number 5 on the UK Albums Chart. The album was preceded by the singles "Flowers", "Roots" and "Sober". Subsequently; Spraggan's seventh studio album, *Balance*, was released in August 2023. Her autobiography, *Process*, was released on 20 July 2023.

Bree Cameron

*returns with an OCD diagnosis. However, her return is marred by a "run in" with Alf's daughter Roo Stewart (Georgie Parker), who tells Bree that she is*

Bree Cameron is a fictional character from the Australian television soap opera *Home and Away*, played by Juliet Godwin. She was introduced after the sudden departure of actor Harley Bonner, who played Dr. Logan Bennett. Godwin auditioned a number of times for *Home and Away*, but upon receiving the character brief for Bree, she was excited to send in an audition tape. Following an additional round of auditions, Godwin's agent informed her she had secured the role. She filmed her first scenes on-location at Palm Beach, and made her

debut as Bree during the episode broadcast on 9 August 2022. Bree is characterised as kind, caring, laidback, and compassionate. She is also a surfer, something that Godwin had started learning before she was cast. Bree is passionate, confident, and committed to her career in medicine. Godwin carried out her own research into the medical terms that her characters uses and spoke with the serial's medical adviser. Bree is quick to relocate to Summer Bay upon seeing a vacancy at the local hospital as she needs a "fresh start". Her first scenes see her treating Constable Cash Newman (Nicholas Cartwright) after when he was shot on duty.

As the character settles into the Bay, it emerges that she is the victim of domestic violence at the hands of her husband Jacob Cameron (Alex Williams). Godwin felt grateful for the storyline and hoped it would bring awareness and help other women in Bree's situation. She carried out extensive research and spoke with survivors and psychologists. Viewers can see there are issues in Bree and Jacob's marriage from the start, as Jacob clearly dislikes her being friends with other men. Her situation also affects her job when she accuses Dean Thompson (Patrick O'Connor) of abusing his partner, but it prompts her to report Jacob to the police. The couple's story concludes with Bree killing Jacob in self-defence, after he takes her out to the bush and continues to abuse her. Bree is left with severe PTSD from the situation, and the scriptwriters included scenes of Bree struggling to regain her identity in the aftermath, which reflected real life.

Writers established a close friendship between Bree and musician Remi Carter (Adam Rowland) and he becomes a confidante during her domestic violence storyline. Eventually their friendship develops into a romance, and Godwin admitted that she loved them as a couple. She said Remi helped Bree to see what true love looked like. After Bree kills Jacob, her relationship with Remi suffers as she reveals that she had sex with Jacob to "mollify" him. She also learns she is pregnant and makes the decision to have an abortion, which Remi supports. They face further challenges, including her reluctance to be intimate and Remi's kiss with another woman. In early 2024, Bree ends the relationship when Remi refuses to give up his motorbike. Bree is given a new love interest, director Nelson Giles (Mahesh Jadu), while Remi dates actress Stevie Marlow (Catherine Vann-Davies). The relationships form a "love square", and there are a number of instances in which Remi and Bree are forced to interact. The couple eventually reconcile, following Stevie's death and Nelson's exit.

The on-screen death of Felicity Newman (Jacqui Purvis) leads to a new issue-based storyline for Bree, as she fears making a mistake leading to the death of another patient. Godwin said Bree starts to doubt her ability as a doctor and she becomes overly cautious. She starts acting erratically, working longer shifts, and struggles to sleep. Tahlia Pritchard of Yahoo! Lifestyle believed Felicity's death had also caused Bree's past PTSD to flare up again. When Bree freezes in a loop of thoughts about her abilities, it almost kills Alf Stewart (Ray Meagher) as she accidentally withholds medication. Bree eventually seeks professional help and receives an OCD diagnosis. On 15 July 2025, Godwin's departure was confirmed when a photo of her farewell dinner was posted on social media. The scene in which Bree kills Jacob was nominated for the OMG Soap Moment at the Digital Spy Reader Awards. The domestic violence plot was branded "one of the most important storylines Home and Away had tackled" by Georgie Kearney of 7News. Rachel Choy of Punkee criticised Bree and Remi's break-up after everything they had been through, while viewers praised Bree's OCD storyline for its realism.

Sarah Jeffery

*we've all heard that before, that Instagram is a lie, but genuinely I can tell you, it does not paint a full picture. It's very curated and deceiving.*

Sarah Marie Jeffery (born April 3, 1996) is a Canadian actress and singer. She is known for portraying Maggie Vera, one of the lead characters on The CW's reboot series Charmed (2018-2022), or her previous work as Audrey, daughter of Sleeping Beauty, in the Disney Channel's Descendants franchise.

Howie Mandel

*Hollywood Hills area of Los Angeles. Mandel has spoken publicly about having OCD, which can take many forms, including mysophobia. Mandel's anxiety affects*

Howard Michael Mandel (born November 29, 1955) is a Canadian comedian, television personality, actor, and producer. Mandel is known for voicing Gizmo in the 1984 film *Gremlins* and the 1990 sequel *Gremlins 2: The New Batch*, playing rowdy emergency room resident, Dr. Wayne Fiscus, on the NBC medical drama *St. Elsewhere*, and creating and starring in the Fox children's cartoon *Bobby's World*. He has also been a judge on NBC's *America's Got Talent* since 2010, and Citytv's *Canada's Got Talent* since 2022. He hosted the American NBC and later CNBC game show *Deal or No Deal*, as well as the show's daytime and Canadian-English counterparts.

Dil Se Di Dua... Saubhagyavati Bhava?

*abusive childhood, is irrationally dominating (he has been diagnosed with OCD) while being sweet, polite and nice in front of people. Viraj sees Jhanvi*

Dil Se Di Dua... Saubhagyavati Bhava? (transl. Heartfelt Prayers... May You Be Fortunate?) is an Indian Hindi-language psychological thriller television series. Produced by UTV Software Communications and Trishula Productions, it aired on Life OK (later rebranded as Star Bharat) from December 2011 to January 2013. It starred Sriti Jha, Harshad Chopda and Karanvir Bohra. The series was inspired from 1991 American film, *Sleeping with the Enemy*.

V. S. Ramachandran

*in OCD therapy". Reuters. Retrieved 16 June 2025. Jalal, Baland; Ramachandran, Vilayanur S. (2 January 2017). ""I feel your disgust and relief";: can the*

Vilayanur Subramanian Ramachandran (born 10 August 1951) is an Indian-American neuroscientist. He is known for his experiments and theories in behavioral neurology, including the invention of the mirror box. Ramachandran is a distinguished professor in UCSD's Department of Psychology, where he is the director of the Center for Brain and Cognition.

After earning a medical degree in India, Ramachandran studied experimental neuroscience at Cambridge, obtaining his PhD there in 1978. Most of his research has been in the fields of behavioral neurology and visual psychophysics. After early work on human vision, Ramachandran turned to work on wider aspects of neurology including phantom limbs and phantom pain. Ramachandran also performed the world's first "phantom limb amputation" surgeries by inventing the mirror therapy, which is now widely used for reducing phantom pains (with the goal of eliminating phantom sensations altogether in long term), and also for helping to restore motor control in stroke victims with weakened limbs.

Ramachandran's books *Phantoms in the Brain* (1998), *The Tell-Tale Brain* (2010), and others describe neurological and clinical studies of people with synesthesia, Capgras syndrome, and a wide range of other unusual conditions. Ramachandran has also described his work in many public lectures, including lectures for the BBC, and two official TED talks.

List of Girls episodes

*give a damn about Jessa in any way. Jessa tearfully tries to guilt Hannah into feeling bad about what she said, but Hannah just tells Jessa "I don't care*

*Girls* is an American comedy-drama television series created by Lena Dunham, who serves as executive producer along with Judd Apatow and Jenni Konner. The series premiered on HBO on April 15, 2012. *Girls* stars Dunham as Hannah Horvath, an aspiring writer in her 20s trying to navigate her personal and professional life in New York City after her parents discontinue their financial support. Allison Williams,

Jemima Kirke, Zosia Mamet, Adam Driver, and Alex Karpovsky co-star as Hannah's circle of friends, who are also trying to figure out their own lives and relationships. During the course of the series, 62 episodes of *Girls* aired over six seasons, between April 15, 2012, and April 16, 2017.

Jack Nicholson

*Randle McMurphy in One Flew Over the Cuckoo's Nest (1975) and an author with OCD in As Good as It Gets (1997), as well as for Best Supporting Actor for playing*

John Joseph Nicholson (born April 22, 1937) is an American retired actor and filmmaker. Nicholson is widely regarded as one of the greatest actors of the 20th century, often playing charismatic rebels fighting against the social structure. Over his five-decade-long career, he received numerous accolades, including three Academy Awards, three British Academy Film Awards, six Golden Globe Awards, and a Grammy Award.

Nicholson won Academy Awards for Best Actor for playing Randle McMurphy in *One Flew Over the Cuckoo's Nest* (1975) and an author with OCD in *As Good as It Gets* (1997), as well as for Best Supporting Actor for playing an aging playboy in *Terms of Endearment* (1983). He received further Oscar nominations for *Easy Rider* (1969), *Five Easy Pieces* (1970), *The Last Detail* (1973), *Chinatown* (1974), *Reds* (1981), *Prizzi's Honor* (1985), *Ironweed* (1987), *A Few Good Men* (1992), and *About Schmidt* (2002).

Nicholson made his film debut in Roger Corman's *The Cry Baby Killer* (1958). His other notable roles were in *Psych-Out* (1968), *Carnal Knowledge* (1971), *The King of Marvin Gardens* (1972), *The Passenger* (1975), *The Missouri Breaks* (1976), *The Shining* (1980), *Broadcast News* (1987), *Batman* (1989), *Hoffa* (1992), *Mars Attacks!* (1996), *Anger Management* (2003), *Something's Gotta Give* (2003), *The Departed* (2006), and *The Bucket List* (2007). He also had a cameo in Corman's cult classic *The Little Shop of Horrors* (1960), which has been heavily promoted on home video releases. As director, Nicholson has helmed three films: *Drive, He Said* (1971), *Goin' South* (1978), and *The Two Jakes* (1990). He has also written several other films, including *The Monkees'* vehicle *Head* (1968). He retired from acting after starring in *How Do You Know* (2010).

Nicholson is one of three male actors to win three Academy Awards and one of only two actors to be nominated for an Academy Award for acting in films made in every decade from the 1960s to the 2000s (alongside Michael Caine). His 12 Academy Award nominations make him the most nominated male actor in the Academy's history. He was honored with the AFI Life Achievement Award in 1994, the Cecil B. DeMille Award in 1999 and the Kennedy Center Honor in 2001.

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