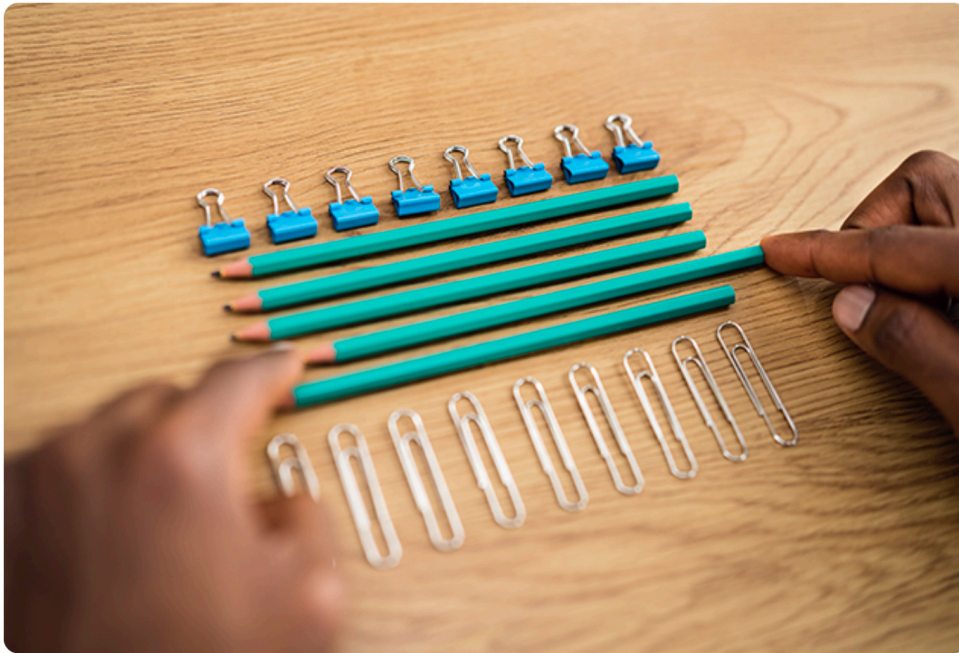




The Risks and Misconceptions of OCD

There's a lot more to obsessive-compulsive disorder than handwashing and checking the stove.



Faisal Tai, M.D., Board Certified Psychiatrist and CEO of PsychPlus, based in Houston, notes that OCD can take various forms, including thoughts and behaviors. "The Mayo Clinic states that OCD generates thoughts that are intrusive and cause distress or anxiety," Tai said. "Behaviors associated with OCD include washing, checking and arranging. Anxiety, depression and OCD are often interrelated and can trigger each other," Tai explained. "Consulting a mental health professional is the best way to understand and treat OCD and related issues."

