**Debunking the Myths of OCD**

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<https://tinyurl.com/ocd141>

1. Obsessive Compulsive Disorder has two aspects: (3 points)
   * The intrusive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, images or impulses known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   * And the behavioural \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people engage in to relieve the anxiety the obsessions cause
2. People affected by OCD have **little or no** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over their obsessive thoughts and compulsive behaviours which tend to be time-consuming and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with work, school, or social life to the point of causing significant distress. (2 points)
3. Fear of contracting an illness such as HIV from touching public surfaces is referred to as a(n) \_\_\_\_\_\_\_\_ whereas frequently washing your hands in scalding hot water after touching such surfaces is referred to as a(n) \_\_\_\_\_\_\_\_? (1 point)
   1. Compulsion; obsession
   2. Delusion; compulsion
   3. Obsession; compulsion
4. All of the following are types of obsessions **except:** (1 point)
5. Fear of contamination
6. Scrupulosity or religiosity
7. Fear of harming others
8. Checking the locks
9. Which of the following are treatment options for OCD? (1 point)
10. SSRIs (Selective serotonin re-uptake inhibitors – medications that increase serotonin in the brain by limiting its reabsorption by brain cells)
11. Behavioural therapy (Exposure and response prevention)
12. Surgery
13. All of the above
14. Which of the following is considered to be the cause of OCD? (1 point)
15. Genetics
16. Specific brain abnormalities
17. Still unknown
18. OCD is associated with low levels of \_\_\_\_\_\_\_? (1 point)
19. Epinephrine
20. Serotonin
21. Cortisol