



Obsessive-Compulsive Disorder: An Information Guide

Neil A. Rector, Christina Bartha

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Obsessive-compulsive disorder (OCD) is a severe and debilitating anxiety disorder that affects one person in 40. It affects not only how people feel or think, but also how they behave. OCD symptoms -- such as compulsive hoarding or handwashing -- often evoke uncomfortable emotions in family and friends.

This guide discusses:

- what OCD is and what causes it
- treatments, including both cognitive and behavioural therapy and medication
- recovery and relapse prevention
- family involvement

The guide is a thorough and helpful introduction for people with OCD, their family and friends.

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