



Mental Disorders

Obsessive Compulsive Disorder

Obsessive Compulsive Disorder is a mental disorder that involves of excessive thoughts and repetitive behaviors that interfere with daily activities. According to the Black OCD Project, research on Black people living with OCD has been little in comparison to OCD research of other groups. African-Americans have similar rates of OCD as the larger population but they are less likely to receive treatment. Similar to other mental disorders, Black women living with OCD experience barriers to care such as cost of treatment, stigma and shame, and a lack of community health providers.

Symptoms

- Recurring and persistent thoughts, urges, images.
- Difficulty to ignore or stop thoughts, urges, and impulses.
- Repetitive behaviors or mental thoughts like counting, repeating words, and actions.
- Repetitive and recurring thoughts are time-consuming and cause problems at home, family, workplace, school, and in other communities.

Warning Signs

- Repeating behaviors to complete daily tasks (i.e. brushing teeth, driving, and leaving the house).
- Thoughts that interrupt completing daily tasks.
- Spending extended time to completed daily tasks because of repetitive behaviors and thoughts.
- Close friends and families notifying a person about repetitive behaviors and thoughts.

Treatment

- Psychotherapy: Exposure Therapy, Cognitive Behavioral Therapy, Habit Reversal Training.
- Mindfulness Practices: Breathing Meditations, Yoga, Relaxation Techniques
- Medication