

What is Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) is seen in as many as 1-3% of children and adolescents. OCD is characterized by recurrent intense obsessions and/or compulsions that cause severe distress and interfere with day-to-day functioning.

Resource Toolbox



Common Obsessions

- Fears of bad things happening or doing something wrong
- Feeling that things have to be "just right"
- Disturbing and unwanted thoughts
- Fears of germs, getting sick or dying

Common Compulsions

- Repeating or starting things over until they are "just right"
- Frequent, excessive checking
- Counting, ordering, or arranging things

1. Helpful Websites

Scan the QR code below to access:



- IOCDF.org
- AACAP.org

2. Handouts for Families

Scan the QR code below to access:



- [OCD in Kids and Teens](#)
- [OCD Myths](#)
- [OCD NAMI](#)

3. Handouts for Families

Scan the QR code below to access:



- [Assessment and Treatment of Children and Adolescents with OCD](#)
- [Educational Resources](#)
- [Social Media Resources](#)

4. Insightful Read

Mental Health Strategies for Pediatric Care, Susan G. Forman, PhD, Jeffrey D. Shahidullah, PhD, Cody A. Hostutler, PhD, Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP

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Obsessive Compulsive Disorder (OCD) is a mental health disorder where a person gets caught in a cycle of obsessions, that cause anxiety and compulsions that are used to try to get rid of the anxiety.

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1. Helpful Websites and Tools

Scan or click on the QR code below to access:



- OCD Educational Resources
- OCD Mobile Apps
- Types of OCD Medication

3. Books for Children

- *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD* by Dawn Huebner, PhD (ages 6-12)
- *Blink, Blink, Clap, Clap: An OCD Storybook* by E. Katia Moritz, PhD (ages 5-12)

3. Books for Parents

- *Freeing your Child from Obsessive-Compulsive Disorder* by Tamar E Chansky, PhD
- *Helping Your Child With OCD* by Lee Fitzgibbons, PhD and Cherry Pedrick, R.N.
- *Obsessive-Compulsive Disorder: Help for Children and Adolescents* by Mitzi Waltz