# Local Rehab Investigates OCD Symptoms

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Largo, FL ? Clean Recovery Centers is a local mental health and substance use disorder treatment center that recently published a blog investigating OCD symptoms. Their program utilizes a unique, three-phase approach that addresses the complexities of OCD as well as various other conditions.

?Obsessive-compulsive disorder (OCD) is a lifelong mental health condition in the anxiety disorder category. It is defined as experiencing obsessions that lead to compulsions. Obsessions come in the form of intrusive thoughts, images, or sensations that are unwanted and cause anxiety. The result is acting out a compulsion ? a repetitive behavior or ritual. The person will not feel relief until the compulsion is completed. However, this is short-lived until the next obsession comes along.

"OCD symptoms can come and go and many will find they have triggers that cause their symptoms to flare. With medication and therapy, OCD is completely manageable and symptoms can become less and less severe over time,? the blog reads.

The main symptoms of OCD are split into two categories: obsessions and compulsions. One does lead to the other, however, both have a unique set of symptoms that are all their own. Obsessions start with an uncontrollable thought that comes into the mind. These thoughts are from a certain category such as fear,

uncertainty, lack of balance, or aggression. The thought is uncontrollable, and some will stem from a trigger, such as touching something dirty. When the thought or trigger occurs, the person begins to obsess about it, causing anxiety. The only way to stop these feelings is to perform a behavior or ritual that fixes the thoughts.

Compulsions are the acts that make obsessive thoughts go away, though typically only for a short time. For someone having a fear of germs, touching something dirty results in the compulsion of having to wash or clean their hands at that moment. Compulsions are performed to prevent something bad from happening. Typically, compulsions occur in categories related to obsessions. The compulsion to clean and check things is related to fear and uncertainty. Counting and keeping things in a certain order is related to a lack of balance.

?Obsessions can provoke such intense fear or anxiety that you may begin avoiding certain individuals, environments, or situations that you associate with your intrusive thoughts. This avoidance can lead to social isolation and strained relationships, or limit your ability to engage in essential tasks like grocery shopping or attending work meetings.

"OCD symptoms can also disrupt job performance by reducing focus, increasing procrastination due to behaviors, or causing absences related to avoidance behaviors or emotional exhaustion. When these disruptions threaten your livelihood, professional intervention is critical.

"The importance of recognizing that OCD is affecting your livelihood is the first step toward seeking help. Many effective treatment options are available that can teach you skills to improve your quality of life. The right care will depend on your unique needs and goals, but common approaches include therapies and medications. OCD is a treatable condition, and with the right help, it?s possible to lead a fulfilling and productive life. If you feel that OCD is interfering with your daily functioning, relationships, or overall happiness, reaching out to a mental health professional is a vital step toward healing,? the blog continues.

Diagnosing OCD involves a physical and psychological evaluation by a mental health professional. The first step involves a detailed discussion about symptoms, how long they have been going on, and how they have been affecting daily life. This will help the doctor understand the symptomatic history and properly diagnose the condition. They will also perform a physical exam to ensure no underlying conditions are contributing to OCD symptoms.

Clean Recovery Centers has been providing quality mental health care along with treatment for substance use disorders here along the Suncoast. Their program includes housing at each location with meals provided. Their dedicated team understands the complexities of co-occurring disorders and can diagnose and treat mental health conditions even if clients are there for substance use disorder.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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## Clean Recovery Centers - Largo

*Located on the beautiful Suncoast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for drug and alcohol addiction.*

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