Rehab Facility Reveals Breakthrough Insights into the Root Causes of OCD

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New Port Richey, FL ? Clean Recovery Centers recently published a blog post that uncovers the underlying causes of obsessive-compulsive disorder (OCD). This condition is a type of anxiety disorder defined as having obsessive thoughts and behavioral compulsions. It can affect anyone. The average age of diagnosis is around 19 years old, but someone can receive a diagnosis as early as 6 or 7. While the root cause of OCD is still being studied, it is generally believed to be a combination of genetics, environmental triggers, and chemical imbalances within the brain. The brain is made up of various regions and spaces that require neurotransmitters to communicate messages. The neurotransmitter serotonin has been linked to OCD in various studies.

?Studies on serotonin function in blood and cerebral spinal fluid have not given clear results in those with OCD. Research suggests that the serotonin system might be unbalanced, showing strong reactions in behavior and weaker responses in hormone regulation when serotonin is activated. However, there are still some unclear findings. While improving serotonin activity can help alleviate OCD symptoms, it does not prove that serotonin dysregulation is the main cause of OCD. This is especially true as serotonin also affects other systems that might play a bigger role,? the blog post states.

One of the potential causes of OCD is genetics. Around 10-20% of children with this condition have a parent who also has OCD. Many other studies have shown potential genetic links to OCD. Environmental triggers are also possible in the development of this condition, which could include the loss of a loved one, physical or emotional abuse, or a past trauma. The environment that a person was raised in can shape how the brain processes fear, anxiety, and reward, which could result in compulsive behaviors over time. Lesser-known causes of developing OCD might include hormonal changes, such as those during pregnancy or postpartum, or it could come from a traumatic brain injury (TBI).

Sometimes OCD can happen due to certain infections, such as Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) and Pediatric Acute-onset Neuropsychiatric Syndrome (PANS). These can both trigger OCD-like symptoms and demonstrate how physical health and immune responses can leave a lasting impact on a person's mental health. When a child has PANDAS, they will have OCD-like symptoms, as well as motor tics. Typically, this impacts children between 3 years old and pubescent age. With PANS, they might have a sudden onset of symptoms resembling OCD or eating disorders.

?You may not be able to control what led to your OCD, but you hold the power to decide how you handle it. Seeking OCD treatment will help you understand your symptoms and learn techniques to manage them in the future. Therapies, medications, and coping skill classes will give you insight into your obsessions and compulsions, making them more manageable for your future. OCD may be lifelong, but with the proper care, you can keep symptoms at bay and live a fulfilling and meaningful life,? the blog post continues.

Clean Recovery Centers provides treatment for OCD at its New Port Richey location. It can diagnose mental health conditions, like OCD, and treat them as a primary diagnosis. It can also treat mental health at all levels of treatment, including inpatient. Its facility has RRT-certified therapists, and all of its housing is certified through FARR (Florida Association of Recovery Residences).

Call (888) 330-2532 or visit their website to learn more about Clean Recovery Centers and their OCD treatment options.

Get clean. Live clean. Stay clean.

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Clean Recovery Centers - New Port Richey

Clean Recovery Centers in New Port Richey, Florida is a drug and alcohol detoxification and residential level 1 treatment facility for substance use disorder.

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