Behaviours
There can include:
• seeking reassurance from family members, friends and professionals
• frequently checking your body for potential symptoms of ill health
• seeking out or avoiding information on illnesses
• acting as though you are ill, for example, staying off school/college, staying at home.

7. OBSESSIVE COMPULSIVE DISORDER (OCD)

Information
We can all experience obsessive thoughts or a compulsive need to do things (e.g. check something) at certain times in our lives. However, there become a problem when they develop into a major part of your everyday life and when they are having a negative impact on you. This is what is known as OCD.

Symptoms
When someone experiences OCD they can have obsessions or both obsessions and compulsions.

Obsessions are repetitive, intrusive, unwanted thoughts or images that can result in unrealistic fears and a high level of anxiety. Common obsessions include thoughts:
• about death or harm to you or others
• about illness, disease, germs or contamination
• about something bad happening
• about causing harm to others or having caused or failed to prevent harm