

# PURE OCD FACT SHEET



## WHAT IS PURE OCD?

Purely obsessional OCD, or "Pure O," is characterized by intrusive thoughts that make a sufferer doubt core aspects of their identity, such as their morality or sexuality. Sufferers typically display no outwardly compulsive behaviors. Rather, their coping mechanisms are internal.

## HOW IS IT DIFFERENT FROM TRADITIONAL OCD?

As the name suggests, purely obsessional OCD involves only the obsession component of obsessive-compulsive disorder. Although sufferers may experience compulsions, they are internal, rather than external.



## WHAT ARE COMMON SYMPTOMS?

Purely obsessional OCD is defined by experiencing unwanted disturbing thoughts, or "spikes." Common themes include violence, blasphemy and incest. These "spikes" have nothing to do with a person's character or sense of self. The thoughts are involuntary and unwanted.

## WHO IS LIKELY TO SUFFER?

OCD can affect anyone. Purely obsessional OCD often starts during adolescence. Notably, the people least likely to act on intrusive thoughts are those most likely to experience them. For example, deeply religious people are more likely than others to "spike" about blasphemy.



## HOW IS PURE OCD TREATED?

Treatment for Pure OCD, like traditional OCD, typically involves a combination of medication and therapy. The prevailing treatment method for all types of OCD is an immersive approach called exposure and response prevention therapy (ERP).

## RESOURCES FOR OCD SUFFERERS

- [OCD Foundation](#)
- [Beyond OCD](#)
- [National Alliance on Mental Illness](#)
- [Pure O: A Rude Awakening - The Guardian](#)
- [This Is What It's Like to Live With OCD - SELF](#)

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