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Obsessive-compulsive disorder
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Have you ever questioned if your hands were really clean enough, even after washing them? Have you ever questioned if you locked the door as you walked away from the house? Or maybe if you marked the wrong answer on a test? Or have you ever had bad thoughts, such as really scary, even though you didn't want to have them? Most people have had these experiences, but they occur as minor, random thoughts or worries that are easily dispelled from their minds.

Every second our brain receives tremendous quantity of different organ signals. The brain task is not only to adopt these signals but also to give an adequate response.

Taking into account obsessive-compulsive disorder our brain can be compared with e-mail. In this case impulses entering the brain through the conductive ways are similar to letters. This e-mail receives both spam and important messages. So our brain should complete the task allowing to delete unnecessary information and spam. It means that we should not pay attention to them because these accidental thoughts are not important for us. Another mission is preparing the letters for the following analysis. People suffering from the disorder have this process broken. Analyzing unnecessary letters brain adopts spam. As a result patients become unreasonably afraid of their life and health. For instance, such transgressions may include dirty hands or hair fear, fear of losing control and so on. Patients have to make up compulsions which, according to their point of view, can help them to cope with the disease.

Actually, obsessive-compulsive disorder poisons people's life and makes them fight against unreasonable threats. The main ways of managing this disorder include: cognitive behavioral therapy, and sometimes medication called selective serotonin reuptake inhibitors, as well as exposure and response prevention technique.