

Download How To Deal With Ocd During Pregnancy

Obstetricians or primary care clinicians should actively screen for symptoms of OCD during the course of pregnancy and early in the postpartum period (within 2 to 4 weeks) in all women, particularly in those with a history of OCD or other risk factors for perinatal OCD. 5 Two options have been proposed for screening: ask “It’s not uncommon for new mothers to experience intrusive, unwanted thoughts and repetitive acts a result of concerns of causing harm to their baby. Most women who have had OCD before pregnancy will focus on the pregnancy as the center of their obsessions. For example, if a person had obsessions about catching an incurable illness such as AIDS, that fear will likely be multiplied during pregnancy. Same goes for any kind of OCD fear. Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT by Fiona Challacombe, Victoria Bream Oldfield and Paul Salkovskis, Vermillion. More information and support. Maternal OCD is a charity that provides information about OCD during pregnancy and after birth. OCD Action is the largest UK charity focussing on OCD. They provide support and information. How can we treat OCD during pregnancy? The treatment of OCD in pregnancy is adapted from the research on successful OCD treatment outside of pregnancy. This includes psychotherapy as well as medications. For OCD, the types of psychotherapy that have been most effective include Cognitive-Behavioral Therapy and Exposure-Response Prevention.