

Obsessions

are defined by the following:

- Recurrent and persistent thoughts, impulses, or images that are experienced, at some time during the disturbance, as intrusive and inappropriate and that cause marked anxiety or distress
- Thoughts, impulses or images that are not simply excessive worries about real-life problems
- The effort by the affected person to ignore and suppress such thoughts, impulses or images, or to neutralize them with some other thought or action
- Recognition by the affected person that the obsessional thoughts, impulses or images are a product of his or her own mind rather than imposed from without

Either
Obsessions
and
Compulsions

Compulsions

are defined by the following:

- repetitive activities (e.g., handwashing, ordering, checking) or mental acts (e.g., playing, counting, repeating words silently) that the person feels driven to perform in response to an obsession or according to rigid rules that must be applied rigidly
- Behaviour or mental acts aimed at preventing or reducing distress or preventing some dreaded event or situation but either clearly excessive or not connecting in a realistic way with what they are designed to neutralize or prevent
- Recognition, by the affected person (unless he or she is a child), at some point during the course of the disorder, that the obsessions or compulsions are excessive or unreasonable
- Obsessions or compulsion that cause marked distress, are time-consuming (take more than 1 hr/day), or interfere substantially with the person's normal routine, occupational or academic functioning, or usual social activities or relationships
- Content of the obsessions and compulsions not restricted to any other Axis I disorder, such as an obsession with food in the context of an eating disorder, that is present
- Disturbance not due to the direct physiological effect of a substance or a general medical condition

Specified as OCD with poor insight if, for most of the time during the current episode, the person does not recognize that the obsessions and compulsions are excessive or unreasonable.