

Can I Tell You About OCD

Obsessive–compulsive disorder

obsessions. It can sometimes be difficult to tell the difference between compulsions and complex tics, and about 10–40% of people with OCD also have a lifetime

Obsessive–compulsive disorder (OCD) is a mental disorder in which an individual has intrusive thoughts (an obsession) and feels the need to perform certain routines (compulsions) repeatedly to relieve the distress caused by the obsession, to the extent where it impairs general function.

Obsessions are persistent unwanted thoughts, mental images, or urges that generate feelings of anxiety, disgust, or discomfort. Some common obsessions include fear of contamination, obsession with symmetry, the fear of acting blasphemously, sexual obsessions, and the fear of possibly harming others or themselves. Compulsions are repeated actions or routines that occur in response to obsessions to achieve a relief from anxiety. Common compulsions include excessive hand washing, cleaning, counting, ordering, repeating...

Emma Pillsbury

Emma's OCD affects her far more than usual, and she feels regretful because she thought she would have overcome it by that point in her life. Will tells Emma

Emma Pillsbury Schuester (previously Pillsbury-Howell) is a fictional character from the Fox musical comedy-drama series *Glee*. Portrayed by actress Jayma Mays, Emma appeared in *Glee* from its pilot episode, first broadcast on May 19, 2009. Emma was developed by *Glee* creators Ryan Murphy, Brad Falchuk and Ian Brennan. She is a guidance counselor at the fictional William McKinley High School in Lima, Ohio, where the series is set. Emma suffers from obsessive-compulsive disorder and has romantic feelings for *glee* club director Will Schuester (Matthew Morrison), but she becomes engaged to football coach Ken Tanaka (Patrick Gallagher), as Will is married. Ken ultimately breaks up with her on their wedding day because of her feelings for Will, and when Will leaves his wife, Terri (Jessalyn Gilsig...

Diane Hutchinson

intrigue and need to learn more about OCD. She noted that OCD is a widely known issue, but the severity of 'how much it can inhibit people's lives' was lesser

Diane Hutchinson (also O'Connor) is a fictional character from the British Channel 4 soap opera *Hollyoaks*, played by Alex Fletcher. The character made her first appearance on 1 September 2010. Diane was introduced into the series by *Hollyoaks*' executive producer Paul Marquess, during his rejuvenation of the show. Marquess axed numerous characters and replaced them with new families. Fletcher began filming in June 2010, the same month her casting was publicised. Diane was introduced with her husband, Rob (Gary Cargill) and stepchildren, Sinead (Stephanie Davis) and Finn O'Connor (Connor Wilkinson). The O'Connors are one of three families that were introduced 2010. Diane is characterised as a "loving wife" and a "devoted stepmum". Fletcher initially hoped that Diane would be likeable, despite...

The Return of Dr. Octagon

alias, following Dr. Octagonecologist. It was released on June 27, 2006, on OCD International in the United States. The album revives the character of Dr

The Return of Dr. Octagon is the eighth solo studio album by American rapper Kool Keith (Keith Matthew Thornton), and his second release under the 'Dr. Octagon' alias, following *Dr. Octagonecologist*. It was

released on June 27, 2006, on OCD International in the United States. The album revives the character of Dr. Octagon, who was killed off on Thornton's 1999 release *First Come, First Served*. Production for the album began in 2002 under the title *The Resurrection of Dr. Octagon* with producer Fanatik J.

Thornton signed a contract with CMH Records to release the album. Following a contractual dispute, Fanatik J was released from the project. The album's production was completed by the One-Watt Sun production team based upon three completed vocal recordings and older unfinished recordings. Thornton...

V. S. Ramachandran

in OCD therapy; Reuters. Retrieved 16 June 2025. Jalal, Baland; Ramachandran, Vilayanur S. (2 January 2017). *"I feel your disgust and relief"; can the*

Vilayanur Subramanian Ramachandran (born 10 August 1951) is an Indian-American neuroscientist. He is known for his experiments and theories in behavioral neurology, including the invention of the mirror box. Ramachandran is a distinguished professor in UCSD's Department of Psychology, where he is the director of the Center for Brain and Cognition.

After earning a medical degree in India, Ramachandran studied experimental neuroscience at Cambridge, obtaining his PhD there in 1978. Most of his research has been in the fields of behavioral neurology and visual psychophysics. After early work on human vision, Ramachandran turned to work on wider aspects of neurology including phantom limbs and phantom pain. Ramachandran also performed the world's first "phantom limb amputation" surgeries by inventing...

Dacre Montgomery

Instagram in December of 2023. Montgomery has opened up about having OCD in an Instagram post about an episode of his podcast, stating how it is a condition

Dacre Kayd Montgomery-Harvey (; born 22 November 1994) is an Australian actor. Montgomery began acting in short films as a teenager before making his feature film debut in the adventure comedy *A Few Less Men* (2017).

In 2017, Montgomery starred as Jason Scott / Red Ranger in the superhero film *Power Rangers* and began playing Billy Hargrove in the Netflix science fiction horror series *Stranger Things* (2017–2022). His performance in the latter earned him critical acclaim and various awards nominations. He has since starred in the Christmas horror film *Better Watch Out* (2017) and the romantic comedy *The Broken Hearts Gallery* (2020) and portrayed Steve Binder in Baz Lurhmann's *Elvis* (2022).

The Clique (series)

clique at the fictional, all-girls middle school, Octavian Country Day (OCD). Claire and her family move from Orlando, Florida to Westchester, New York

The Clique is a young adult novel series written by Canadian author Lisi Harrison and originally published by Little, Brown and Company, a subsidiary of the Hachette Group. The series was reprinted by Poppy books. The series revolves around five girls: Massie Block, Alicia Rivera, Dylan Marvil, Kristen Gregory, and Claire Lyons, who are known as The Pretty Committee. The Pretty Committee is a popular clique at the fictional, all-girls middle school, Octavian Country Day (OCD). Claire and her family move from Orlando, Florida to Westchester, New York, where they live in the Blocks' guesthouse. Claire is initially considered an outcast due to her financial and fashion status. As the series progresses, Claire slowly develops a friendship with Massie, realizing that she must earn her friendship...

Jimmi Clay

cleaning so much. Jimmi opens up about his OCD and Will agrees to take more consideration with the house. Will tells Jimmi that he is going on a date

Dr. Jimmi Clay is a fictional character from the BBC soap opera *Doctors*, portrayed by Adrian Lewis Morgan. The actor joined the cast shortly after his role in *Holby City* came to an end. Morgan was a fan of the soap and was pleased to audition for a regular part. He made his first appearance during the episode broadcast on 5 September 2005 and has gone on to become the programme's longest serving cast member. Upon his introduction, Jimmi is portrayed as being recently separated from his wife and being new to the medical profession. Jimmi has obsessive-compulsive disorder (OCD) and Morgan carried out his own research into the disorder to help his portrayal. He later admitted that Jimmi's OCD had begun to impact his own life.

Producers introduced the character's former wife shortly after his arrival...

Sarah Jeffery

we've all heard that before, that Instagram is a lie, but genuinely I can tell you, it does not paint a full picture. It's very curated and deceiving.

Sarah Marie Jeffery (born April 3, 1996) is a Canadian actress and singer. She is known for portraying Maggie Vera, one of the lead characters on The CW's reboot series *Charmed* (2018-2022), or her previous work as Audrey, daughter of *Sleeping Beauty*, in the Disney Channel's *Descendants* franchise.

Lucy Spraggan

2022. "I am so happy to announce [sic] my NEW single "OCD" is OUT NOW! I hope that some of you can relate with this! Have a little listen and tell me what

Lucy Honour Ruby Spraggan (born 21 July 1991) is an English singer-songwriter. Spraggan was a contestant on *The X Factor* in 2012, and she was the first contestant in the show's history to score a Top 40 single and album before the live shows aired, with her independently released album *Top Room at the Zoo*. Following the show Spraggan signed a recording contract with Columbia Records, and she has released seven studio albums in total.

Spraggan auditioned for *The X Factor* in 2012, performing her composition "Last Night". Spraggan quit her run on *The X Factor* due to illness, she was the fifth contestant to be out. She later revealed in her biography, *Process*, that her departure was a consequence of her being raped by a porter in a hotel. Her debut major-label album, *Join the Club*, was released...

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