

**Abstract**

**Review Article**

## **Cognitive Behaviour Therapy for Obsessive Compulsive Disorder**

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**Introduction:** Obsessive Compulsive Disorder (OCD) is a chronic psychiatric illness that includes obsessions and compulsions. It is a heterogeneous and intricate ailment described as the main cause for disability. Recycling of thoughts is one of the symptoms of this condition. Common obsessive behaviour patterns entail repeated check-ups, whose purpose is to “neutralize” the compulsions that relieve the individual. A person is usually aware of one’s excessive attitude. Psychological treatment routines are effective and Cognitive Behaviour Therapy (CBT) is often administered. Therapeutic Intervention is based on the concept that information processing is distorted when dealing with problematic situations.

**Aim:** The purpose of this dissertation is to find and present contemporary models of implementing CBT for OCD instances and their reporting, as well as the comparison of their effectiveness, in relation to other therapeutical interventions.

**Methodology:** The elaboration process of this study project is based on contemporary scientific articles and research essays. They have been sought in scientific journals, in recognised database sources, using keywords both in Greek and English. The scientific articles were selected from literature published during the last decade.

**Results:** Following detailed review of research projects studied during the preparation of this dissertation, quite a few surveys concerning the techniques applied by CBT in OCD were spotted and analyzed.

**Conclusions:** OCD comprises a serious, often chronic, psychiatric ailment, posing an imminent risk to people of any age group including boys, adolescent, adult men and women. This disorder is not curable. Instead, its degree can be limited, by administering medication, combined with various treatment techniques. There is a margin for further research, targeted at enhancing life quality standards for those individuals.

**Key-words:** Cognitive Behaviour Therapy, Obsessive Compulsive Disorder, compulsions, obsession, Cognitive Therapy, Behaviour Therapy.