



Excessive Behavior as a Facet of Obsessive Compulsive Disorder

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DESCRIPTION

Compulsive behavior, also known as compulsion, is the act of doing something over and over again. It's possible that compulsive behaviors are an attempt to get rid of obsessions. Most of the time, the act is small, limited, and repetitive, but it doesn't cause a pathological disturbance. A person may engage in compulsive behaviors in an effort to lessen the apprehension brought on by internal feelings that they wish to control or avoid. A significant reason for enthusiastic way of behaving is supposed to be over the top habitual problem. The fundamental thought of habitual way of behaving is that the reasonable exorbitant movement isn't associated with the reason to which it seems coordinated. Shopping, checking, counting, washing, gambling, eating, hoarding, trichotillomania, and picking at skin, itching, sex, and other things are all examples of compulsive behaviors. Cultural examples of compulsive behavior also exist. Problems with eating too much, engaging in sexual activities, romantic relationships, gambling, using the internet, shopping, and exercising behaviors that could result in significant suffering are the focus of this paper. Excessive behaviors are seen as manifestations of underlying issues that frequently co-occur with other mental health issues. These behaviors can either complement or replace one another. In addition, they might go unnoticed in clinical settings. Given the intricacy of over the top ways of behaving, incorporated and individualized treatment has been suggested. This paper presents an outline of the phrasing concerning inordinate ways of behaving, and the effect of naming is recognized. Following that, the requirements for treatment and the methods for identification and assessment are discussed. Since recognizable proof, evaluation, and treatment happen in cooperation among client and professional, this paper presents a conversation of the need to enable experts to distinguish and survey unreasonable ways of behaving and give a coordinated

treatment. In addition, the necessity of assisting practitioners in managing and enduring the overwhelming suffering and negative consequences of excessive behavior is discussed. In order to comprehend the significance of excessive behaviors, treatment requirements, and client provider interactions, qualitative research is recommended. Fixations are tireless undesirable contemplations, mental pictures, or urges that produce sensations of tension, nausea, or inconvenience. Normal fixations incorporate apprehension about tainting, fixation on evenness, the feeling of dread toward acting disrespectfully, the victim's sexual direction, and the anxiety toward potentially hurting others or themselves. Impulses are rehashed activities or schedules that happen because of fixations to accomplish a help from uneasiness. Excessive hand washing, cleaning, counting, putting things in order, avoiding triggers, hoarding, neutralizing, seeking assurance, praying, and checking things are all common compulsions. Primarily obsessional obsessive compulsive disorder refers to OCD patients who are only able to fulfil mental compulsions. Numerous grown-ups with OCD know that their impulses don't appear to be legit, yet they perform them in any case to ease the pain brought about by fixations. Compulsions are frequent, typically occupying at least one hour per day and reducing quality of life. Compulsions provide instantaneous relief, but obsessions develop over time. As per kindness, around 1 out of 40 U.S. grown-ups and 1 of every 100 U.S. youngsters have OCD. Compulsive behavior is a central feature of both addiction and OCD. Simply put, addiction is the compulsion to engage in a rewarding activity. While in OCD, an impulse is a feature of the problem. Washing and checking are the most common compulsions for people with OCD. Although some compulsive behaviors, like obsessive sexual behavior, have been identified as behavioral addictions, others are not. Obsessive compulsive disorder appears to affect roughly 50 million people worldwide today. Because

Received:	19-April-2023	Manuscript No:	IPJABT-23-16194
Editor assigned:	21-April-2023	PreQC No:	IPJABT-23-16194 (PQ)
Reviewed:	05-May-2023	QC No:	IPJABT-23-16194
Revised:	19-June-2023	Manuscript No:	IPJABT-23-16194 (R)
Published:	26-June-2023	DOI	10.35841/ipjabt-7.3.22

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Citation: Tejada E (2023) Excessive Behavior as a Facet of Obsessive Compulsive Disorder. J Addict Behav Ther. 7:22.

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affected individuals are frequently more secretive than other people who have mental health issues, more serious mental health disorders are diagnosed more frequently. Numerous who display impulsive conduct will guarantee it's anything but an issue and may get through the condition for quite a long time prior to looking for help.