GAPPED TEXT: PRACTICE 5

Obsessive-compulsive disorder (OCR) is clinically diagnosed as an anxiety disorder can affect up to 4 percent of adults and children. People who suffer from this debilitating disorder have distressing an obsessive thought, which usually cause them to perform repetitive behaviors such as counting silently or washing their hands. Though OCR sufferers understand that their obsessions are unrealistic, they find it stressful to put these intrusive thoughts out of their minds. Those who suffer from obsessive-compulsive disorder develop strict behavioral patterns that become extremely time-consuming and begin to interfere with daily routines. Many people with OCR delay seeking treatment because they are ashamed of their own thoughts and behavior.

OCD sufferers experience worries that are both unreasonable and excessive and that act as a constant source of internal stress. (1) _____. The obsession with orderliness and symmetry is also common. In other cases, persistent thoughts are centered on doubts, such as whether or not a door is locked or a stove is turned off. Impulses, such as the h=urge to swear in public or to pull a fire alarm, are other types of OCR symptoms. In order to be diagnosed with OCR, a sufferer must exhibit obsessions and/or compulsions that take up considerable amount of time (at least one hour per day).

To combat excessive thoughts and impulses, most OCR sufferers perform certain repetitive rituals that they believe will relive their anxiety. (2) _____. Common rituals include excessive checking, washing, counting, and praying. ***Over time, OCR sufferers attach strict rules to their compulsions.*** For example, a woman who is obsessed with cleanliness might was her hands three times before having meal in order to get thought of the dirty dishes and silverware out of her mind. However, in many cases the compulsions aren't related to the obsession at all. A man obsessed with the image of dead animals might count silently up to 500 or touch a specific chair over and over in order to block the images. (3) _____.

OCR symptoms generally begin between the age of 10 to 24 and continue indefinitely until a person seeks treatment. A child's upbringing does not seem to be part of the cause of the disorder, though stress can be the symptoms stronger (4) _____. While studies show that OCR and its related anxiety disorders are often passed down through families, the specific symptoms for each family member are rarely the same. For example, a mother who is obsessed with order may have son who can't thinking about a single word or number.

Research on OCR sufferers has found certain physiological trends. In particular, many studies show an over activity of blood circulation in certain areas of the brain. As a result of this increase in blood flow, the serotoninergic system, which regulates emotions, is unable to function effectively. Studies have also shown that OCR sufferers have less serotonin than the average person. The type of abnormality is also observed in Tourette syndrome and Attention Deficit Hyperactive Disorder. (5)_____. Many reports of OCR point to infections that can trigger the disorder, namely streptococcal infections. It is believed that a case of childhood strep throat can elicit from the immune system that produces certain neuropsychiatric disorders, such as OCR.

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Because OCR tend to be secretive about their symptoms, they often put off treatment for many years. (6) _____. As with many anxiety disorders, early diagnosis and proper medication can lessen many of symptoms and ***allow people to live fairly normal live***. Most treatment plans OCR involve a combination of medication and psychotherapy. Both ***cognitive and behavioral therapies*** are used to teach patients about their disorder and work through the anxiety. Serotonin reuptake inhibitors are prescribed to increase the brain's concentration of serotonin. This medication successfully reduces the symptoms in many OCR sufferers in a short amount of time. For cases when OCR is linked to streptococcal infection, antibiotic therapy is sometimes all that is needed.

A. The average OCR sufferers waits about 17 years before receiving medical attention.

B. Fear of dirt and contamination are very common obsessive thoughts.

C. Holding onto objects that would normally be discarded, such as newspapers and empty containers, is another common compulsion.

D. People who developed tics as children are found to be more susceptible to OCR as well.

E. These compulsions can be either mental or behavioral in nature.

F. The underlying causes of OCR have been researched greatly and point to a number of different genetic factors.

G. They have to find their own treatment before receiving medical attention.

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