



## NURTURE PARENTHOOD

# Perinatal OCD

What is Perinatal Obsessive-Compulsive Disorder (OCD)?

Perinatal OCD is the occurrence of OCD symptoms that occur during pregnancy or during the first two years after giving birth.

### Common Symptoms of Perinatal OCD

#### Obsessions

- Intrusive thoughts about harming baby
- Fears of baby becoming seriously unwell or becoming contaminated
- Fears of making the wrong decisions in parenting
- Intrusive thoughts about bad things happening

#### Compulsions

- Excessive cleaning of baby items or environments where baby is
- Avoiding contamination/bodily fluids
- Constantly checking on baby
- Excessively seeking reassurance
- Rumination
- Avoiding others

### Treatments for Perinatal OCD:

- Psychological interventions: therapeutic support may include Cognitive Behavioural Therapy (CBT), Exposure and Response Prevention (ERP) and Eye Movement Desensitization and Reprocessing (EMDR).
- Where helpful, therapeutic support may be combined with medication such as anti-anxiety medication. You can speak to your doctor about any medications that may be beneficial to you.

If you are struggling with any of the above symptoms and would like therapeutic support in developing skills to manage these feelings, or to make sense of your experience, get in touch via our website or the below email to arrange a consultation. There are a range of resources available on our website that may be of benefit to you.