

OCD During Pregnancy



OCD stands for **obsessive compulsive disorder**, it's a mental health issue that **can start or worsen** in pregnancy.

How to Recognize OCD?

Normal Worries

✓

Thoughts come and go

✓

Do not take up much time

✓

Do not get in the way of daily life

VS

Possible Signs of OCD

!

Intrusive thoughts that won't go away

!

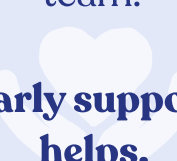
Feelings of needing to do things "just right" or to prevent harm

!

Cause distress or **interfere** with daily life

Seek Support

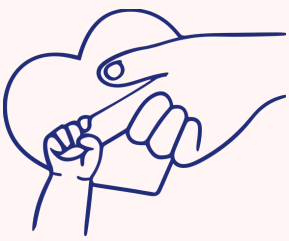
If OCD symptoms are affecting your daily life, talk to your healthcare team.

**Early support helps.**

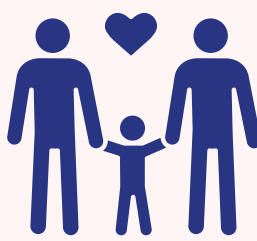
Risks of unmanged OCD



Higher risk of postpartum depression/anxiety



Can make bonding with your baby more difficult



Can increase strain on your relationships



Stress and OCD can affect your well-being

Treatment Options During Pregnancy

Mild Symptoms



Exercise

+



Stress Management

+



Support

Focus on self-care and healthy habits

Moderate Symptoms



Psychotherapy (CBT + ERP)

+



Stress Management

+



Support

Therapy is the first-line treatment

Severe Symptoms



Psychotherapy (CBT + ERP)

+



Medication (SSRIs)

+



Specialist Care

Medication can be recommended with therapy



Do not stop or change your medication without medical advice.

You're not alone. Support makes a difference.



Want to learn more?

Scan the QR code to visit www.healthypregnancyhub.ca.





CHU Sainte-Justine
Le centre hospitalier universitaire mère-enfant
Université de Montréal



HUB GROSSESSE EN SANTÉ
HEALTHY PREGNANCY HUB



CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada