



# Le trouble obsessionnel-compulsif: Guide d'information (French Edition)

*Neil A. Rector, Christina Bartha*

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Le trouble obsessionnel-compulsif est un trouble anxieux, grave et débilitant, qui touche une personne sur 40. Il affecte non seulement la façon dont les personnes pensent et ce qu'elles ressentent, mais aussi la façon dont elles se comportent. Les symptômes du trouble obsessionnel-compulsif (comme l'accumulation compulsive d'objets ou la tendance à se laver constamment les mains) causent souvent des malaises parmi les membres de la famille et les amis.

Ce guide examine :

- ce qu'est le trouble obsessionnel-compulsif et ses causes ;
- les traitements, y compris la thérapie cognitivo-comportementale et les médicaments ;
- le rétablissement et la prévention des rechutes ;
- la participation de la famille.

Ce guide détaillé et pratique sur le trouble obsessionnel-compulsif permet aux personnes qui en sont atteintes, ainsi qu'à leur famille et à leurs amis, de se familiariser avec la maladie.

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