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Common Myths about OCD Sufferers

Myth: They're dangerous to themselves and others.

Fact: People often confuse OCD with other psychiatric conditions, such as paranoid schizophrenia. People with OCD rarely act upon dangerous thoughts or impulses.

Myth: The disorder can't be treated.

Fact: Through a combination of psychotherapy and medication, employees with OCD can be treated and often become excellent, loyal workers.

Myth: They can't be trusted.

Fact: People with OCD often hide their illness from co-workers and employers because they feel ashamed. However, they're often perfectionists, a trait that is reflected in their high-quality work.

Myth: The disorder is progressive – people with OCD grow worse over time.

Fact: OCD is a fluctuating disorder. There are times when employees may be completely asymptomatic.

Myth: They require a rigid work environment.

Fact: While some people with OCD perform best in a highly structured workplace, others perform well in flexible jobs because they can better manage their symptoms.

Source: Dr. Terry Eagan, psychiatrist, medical director, **Moonview** Sanctuary, Santa Monica, Calif.