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COMM-111

Informative Speech

Topic: Obsessive Compulsive Disorder (OCD)

General purpose: To inform

Specific purpose: After hearing my speech, the audience will know more about OCD and will not contribute to any more stigma surrounding the disorder.

INTRODUCTION

- I. Attention getter: I'm sure for most of you, OCD is considered the "clean freak" disorder.
- II. Connection to audience: Some of you might even know of someone that has OCD, or have heard stories from other people.
- III. Credibility: I have done extensive research on the disorder and have also talked to many friends that live with it every day.
- IV. Thesis: There is a lot of misconception about what OCD actually is and it is harmful to people who have the disorder.
- V. Preview: In this speech, I will be talking about what OCD is, the different types, and how it actually affects someone's life.

BODY

Main point #1

- I. The Gale Encyclopedia of Psychology from 2022 defines obsessive compulsive disorder as "a psychiatric illness characterized by the recurrence of intrusive, distressing, repetitive thoughts or images (obsessions), followed by repeated attempts to suppress

these thoughts through the performance of certain irrational, often ritualistic, behaviors (compulsions)’’.

A. This might be different from the usual assumptions that come to one’s mind when thinking about OCD.

1. The obsessions can range from many things which can then result in different types of OCD which I will talk about later.
2. These obsessions can feel so real and true to the person that has them that it is almost impossible for the person to resist going through with the compulsion to “make it go away”.
3. Many people know of contamination OCD, how if something is not clean one might get sick or something bad might happen, but that is only one type of obsession being simplified to explain the entire disorder.

B. Many people believe that when someone has OCD, the compulsion is simply a lack of self-control and that the person can choose to do it or not.

1. While there are different degrees of severity regarding completing compulsions, blanket statements revolving around the disorder are almost always going to be false in some sort of way.
2. OCD is a disorder with a large spectrum and no two people will have the same aspects of their disorder.

Transition: In order to truly understand OCD as a whole, it is important to know the different types and how they tend to work.

Main point #2

II. Contamination OCD tends to be what people think of when they think about OCD, but there are so many different subgroups of OCD that have different types within those groups.

A. According to Sandstone Care in 2023, there are four main groups of OCD:
cleaning, order, harm, and hoarding.

1. Cleaning typically revolves around the cleanliness or sterilization of something and order is usually about something being in a specific order relating to counting, positioning, etc.
2. These groups contains many of the types that are not talked about, which can include religious OCD/scrupulosity disorder, an obsession with religion and the rituals it comes with, harm OCD, the worry that one will accidentally hurt themselves or others intentionally, and even something called pedophilia OCD.
 - a. Pedophilia OCD is not what you may think. According to the National Library of Medicine in 2022, pedophilia OCD is when a person is convinced that they will accidentally do something to a child in an inappropriate way.
 - b. The important thing to note is that people with pedophilia OCD are completely different from actual pedophiles.
 - c. The person with this OCD will never actually do it, but they are convinced that they will do so and take precautionary measures to prevent it from happening, such as isolation, which can lead to depression and fear.

B. There are many different types of OCD that dictate the way that people live their lives every day and it is important to recognize them so they are not mislabeled as something incorrectly.

1. It is important for people to receive the right treatment about their disorders and grouping OCD into one large group makes it difficult for each person to get the help they deserve.
2. As you can see from the different types I just showed, it would be difficult to treat OCD as a whole and not take into consideration the specifications of each type.
3. Something that works for contamination OCD would most likely not work for people with religious OCD.

Transition: Now that I have shown you some of the different types of OCD, I will now show you how it impacts the lives of people who have the disorder.

Main point #3

III. Howie Mandel is someone that has contamination OCD and it has been impacting his life since he was a child.

- A. According to the interview that he did with ABC News in 2009, he said he would get bullied as a kid and he knew there was something wrong with him but couldn't figure it out.
- B. He also shows his daily routine when he goes to film a television show, demonstrating the precautions he takes in order to avoid possible contamination.
 1. He refuses to touch door knobs, the makeup used on him must be brand new, and he only fist bumps people– no handshakes.

C. In fact, Howie Mandel used to have hair but intentionally cut all of his hair off because it made him feel cleaner.

1. He says that his hands and hair feel like a prime area for bacteria to grow, which led to no handshakes and no hair.

D. Howie Mandel also talked about how he raised his children in the same interview, which I have a video clip for.

1. As you can see, Howie's anxiety revolving germs is almost debilitating and makes it incredibly hard to live, especially when raising children.

CONCLUSION:

- I. Signal closing: To conclude,
- II. Summary of main points: I talked about what OCD is, what types there are, and how it affects someone who has it.
- III. Restate thesis: There is a lot of misconception behind OCD and it is harmful to the people that actually have it and have to live with it.
- IV. Closing impact: After hearing everything I have said today, you better remember it and fight to beat the stigma surrounding OCD, because someone has to.

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