Living with Obsessive-compulsive disorder

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Abstract

When a person has obsessive thoughts and compulsive behaviors, it is known as obsessive-compulsive disorder (OCD), which is a prevalent mental health issue. Men, women, and kids are all susceptible to OCD. However, it often begins in the early years of adulthood. For some people, symptoms begin early, frequently around puberty. People may experience distress from OCD, which can seriously interfere with their lives.

Therefore, This paper represents a community forum provided by a project that has been carried out. This community forum helps people affected by OCD and related conditions associated with it.

Keywords: Obsessive-compulsive disorder, Symptoms, Mental Health[1].

Contents

1 Introduction

1.1 Introduction

Obsessive-compulsive disorder (OCD) is a mental and behavioral disease in which a person has intrusive thoughts and/or the need to engage in particular rituals frequently to the point where it causes discomfort or hinders daily functioning[2]. OCD's core symptoms are obsessions and compulsions, as the disorder's name suggests. Obsessions are unwelcome ideas, desires, or pictures that come up repeatedly and make you feel uncomfortable or anxious[3]. Invading ideas about religion and damage are also common obsessions, as are fears of contamination[4]. Compulsions are repetitive behaviors or routines that result from obsessions. Common compulsions include an obsessive need to wash one's hands, clean, order, count and inspect items. OCD sufferers frequently overclean, count stuff several times, and look for confirmation to make sure they're not doing something wrong. Even though many OCD sufferers in adulthood are aware that their compulsions are absurd, they nonetheless engage in them in order to quell the anxiety brought on by their obsessions[5]. One's quality of life is negatively impacted by compulsions since they occur often and generally take up at least one hour each day[6]. OCD is thought to have no recognized etiology. Generalized anxiety disorder, major depressive disorder, eating disorders, tic disorders, and obsessive-compulsive personality disorder are among other conditions with comparable characteristics. A general rise in suicidality is connected to the disease. At some time in their life, 2.3% of persons will experience obsessive-compulsive disorder; rates in any particular year are around 1.2% [7]. Around 50% of patients report negative affects on everyday life before the age of 20[8]. Symptoms seldom start beyond age 35[8]. OCD affects both men and women equally[9]. OCD is a global problem.
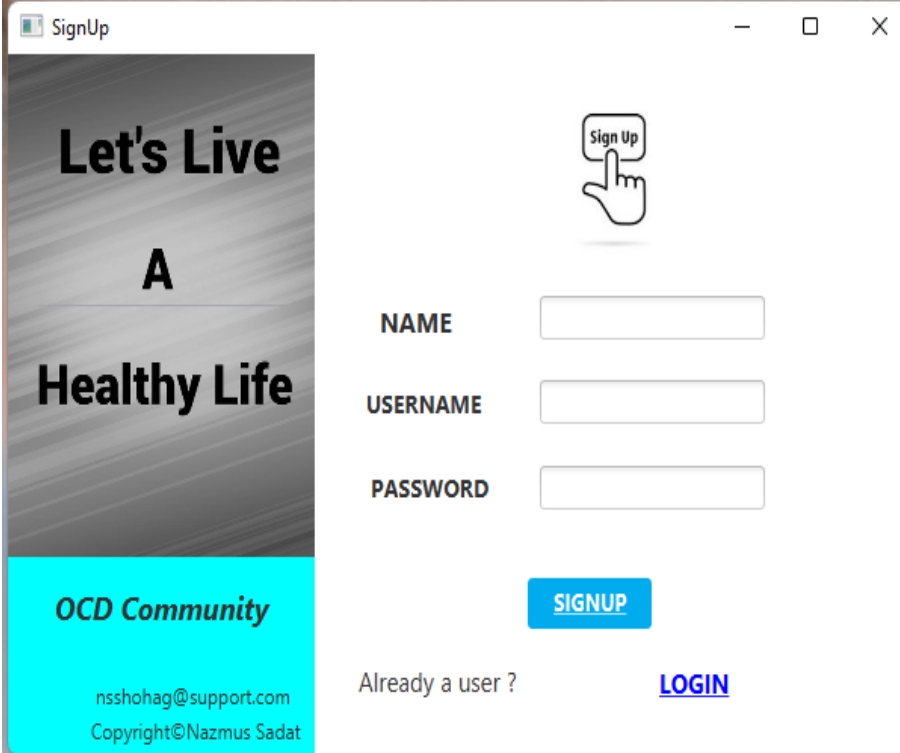
1.2 Problem Defination

Now the world is a digital platform where everything relies on the internet[10]. People just scroll down on social media or the internet. Therefore, a community forum can help people get connected easily. In the community forum, people can share their issues easily and comfortably. Because OCD has no specific treatment options, psychotherapists or people who have coped with OCD can assist those seeking community assistance. It was done on the JavaFX platform. The Java programming language was used to create the forum.

1.3   Related Work

OCD has no specific treatment. OCD is a complex health issue. It is hard to precisely pinpoint the exact cause of OCD[11]. Therefore, the popularity of the internet provides an opportunity to interact with people with OCD and hear their views on coping with OCD and living with it. Few forums are developed and deployed on the internet. Forums such as "Mental Health Forum," "OOCD Actions," and "OCD UK-Discussion Forum" have been developed[12][13][14]. But in Bangladesh, no such forums are available. There have been few studies on OCD. Therefore , a community forum would help the people with OCD in Bangladesh. That is the motivation that drove the work represented in this paper go on.
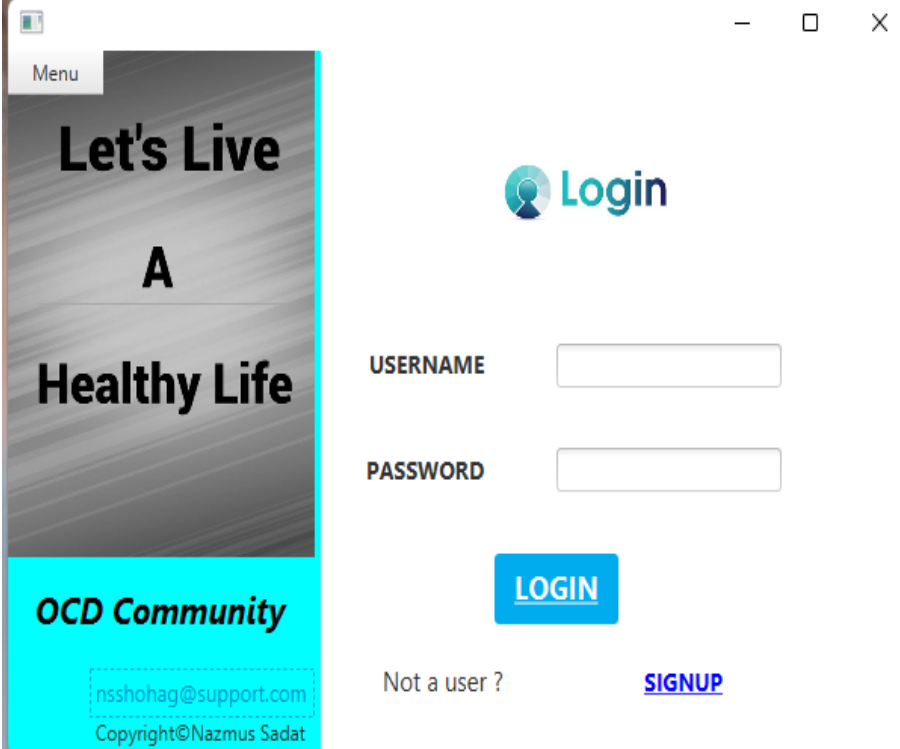
2 Methodology

2.1 Signing Up

Figure 1: SignUp page

Users must provide

- a name

- a valid email address

- a unique username

- a password.

The database will store the following information in the database called "OCD" and store the values:

2.2   Signing In

Figure 2: LogIn page

Here, the username and password are authenticated by the data stored
in the database.
After authentication, the user gets logged in.

2.3 NewsFeed
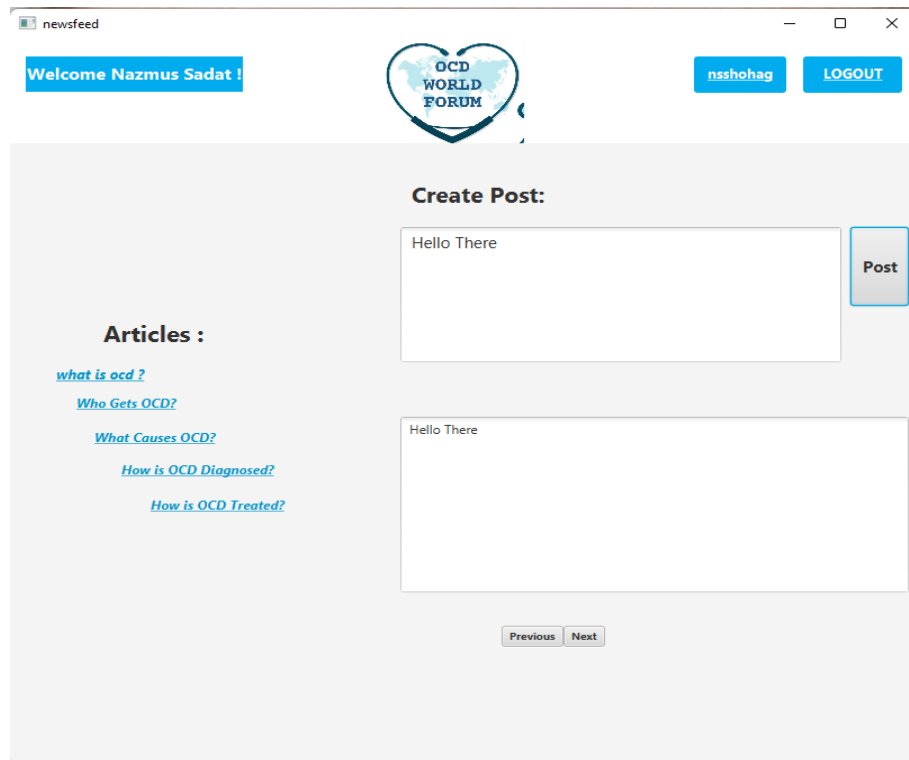
Figure 3: NewsFeed

In the newsfeed, users can see the posts and comments on those posts. Users can comment on those posts.

Users can post their issues or views on the forum; consequently, other users can see the post and comment and share their opinions and views.

There are useful links and articles provided on the newsfeed. Therefore, users can visit them and get benefits.

If the user clicks on the username button, they will be taken to that user's profile page, where they can view the user's details.

2.4 User's Profile
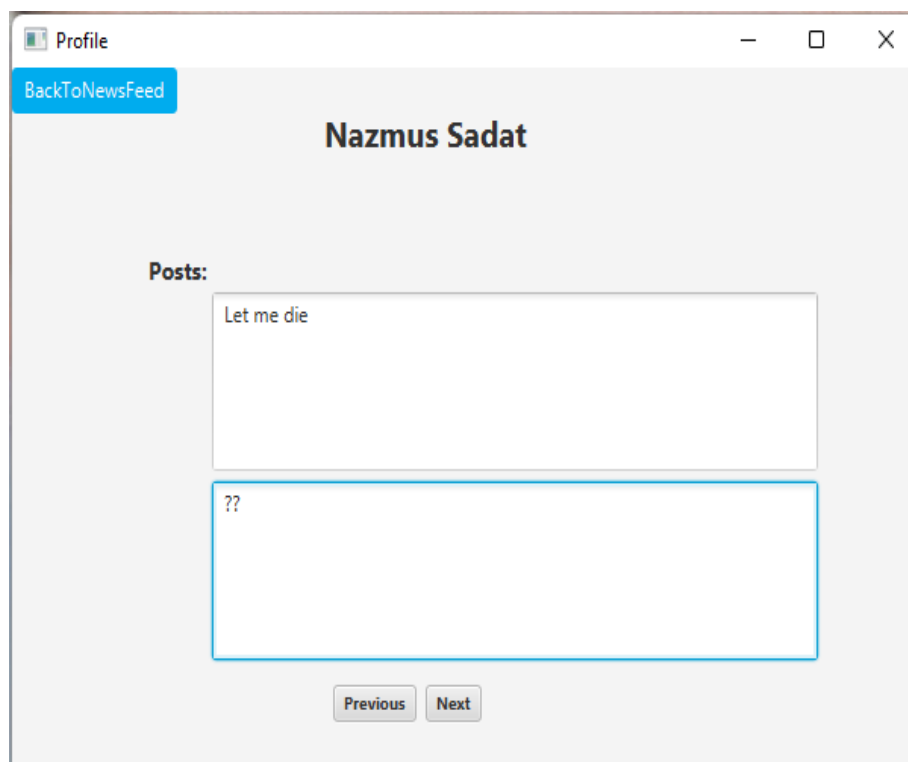
Figure 4: User's Profile

Posts and comments can be found on the user profile page. Further, the details of the user are on the profile page.

3   Result

The application was used by 10 users with OCD who found it useful. And they could share their posts. The application worked properly. Users' reviews said that the community helped them mitigate OCD issues. And the articles available on the forum were rich. Users of the OCD community forum suggested that more features be added.

4   Conclusion

Obsessive-compulsive disorder (OCD) is a widespread, persistent, and long-lasting mental illness. People with OCD have irrational, recurring thoughts (also known as "obsessions") and/or actions (also known as "compulsions") that they feel compelled to repeat. This forum helps them live a prime life. But there are features that can be added to the community forum for the users' convenience.

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