

Live: How do you know if you really have Obsessive Compulsive Disorder?

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In recent years OCD or Obsessive Compulsive Disorder has been the subject of many TV documentaries, reality TV shows and even stand-up comedy routines.

But how much do we actually know about the condition and are such shows part of the problem when it comes to lack of understanding?

Official estimates are that 1.2% of the population suffers from OCD, however new research released by Benenden Health reveals more than 40% of people polled believe they exhibit traits of the mental illness, highlighting the real lack of awareness many people have.

From obsessive checking of things like making sure appliances are turned off and doors are locked, to compulsive hand washing, hoarding and pervasive thoughts that if everything isn't in order bad things will happen, OCD can come in many different forms.

But how serious is the condition, what can it lead to from a mental health perspective and how easy is it to treat?

Benenden Health is hosting a live and interactive Web TV show from 2pm where Beth Murphy, Head of Information at Mind discusses OCD.

Read more: <http://www.birminghammail.co.uk/lifestyle/health/live-how-you-know-you-6300867>