

**A13: Quick quiz**

- 1 'OCD is caused by a brain disorder.' TRUE/FALSE
- 2 Name two other factors which can contribute to the development of OCD.
  - a \_\_\_\_\_
  - b \_\_\_\_\_
- 3 'If you really try hard enough, you can control unwanted thoughts and stop them from occurring.' TRUE/FALSE
- 4 'The content of your obsessive or intrusive thoughts reflects your deep desires and intentions.' TRUE/FALSE
- 5 Why is it that rituals or compulsions (such as washing, checking, avoidance, reassurance seeking, neutralising thoughts, and counting) make intrusive thoughts worse?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 6 Identify which of the thoughts below belong to someone with OCD, and which are taken from the general population without OCD.
  - a The thought of throwing a baby down the stairs
  - b The idea of taking a meat cleaver and threatening someone in the family
  - c Thoughts of catching a disease through touching a toilet seat
  - d The idea that dirt is always on my hands
  - e An image of myself singing inappropriately at a friend's funeral
  - f The impulse to do something shameful or terrible

**A13: Quick quiz (continued)**

- g** The idea of having sex with ugly people on the bus
- h** The image that my house has burnt down and I've lost everything I own
- i** The idea that objects are not arranged perfectly
- j** The idea that I haven't put my handbrake on properly, and my car will roll into traffic.
- 7** 'If I think about something terrible happening or write it down, I make it more likely to actually occur.' TRUE/FALSE
- 8** What is the problem with using 'feeling right' (such as washing hands until they 'feel clean' or arranging objects until they 'feel right') as a criterion for a ritual being done correctly?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- 9** List two examples of 'unhelpful thoughts about thoughts' that give intrusive thoughts the power to make you anxious.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- 10** List two examples of the more helpful metacognitions, or thoughts about thoughts.
- a** \_\_\_\_\_
- b** \_\_\_\_\_