Abstract

The present study is based on a biopsychosocial approach and employs a qualitative method to make sense of how people learn to live with Obsessive-Compulsive Disorder (OCD). Nine persons diagnosed with OCD participated. They perceive this condition as an external entity, totally incongruent with their values. Couple, friendship, and job difficulties were found. Family dynamics were negatively affected. People with positive attitudes were prone to accomplish personal and professional goals, having an effect on better self-esteem. Problems in treatment adherence were identified. They explain that they have been victims of disapproving and contemptuous comments. They believe they are going to overcome this disorder or at least will maintain a stable lifestyle.

Keywords

Obsessive-Compulsive Disorder, biopsychosocial approach, qualitative method.