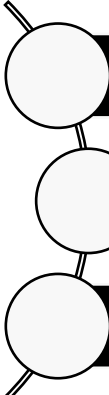


## Highlight 2.4. Key Learning Points

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- 1. The cognitive-specificity hypothesis states that each mental health condition has distinct dysfunctional beliefs and thought patterns.
  - 2. Pinpointing specific cognitive patterns in OCD is complicated by the diverse range of obsessions and themes.
  - 3. The two factor model is more of a psychoanalytic than cognitive model that fails to provide a specific cognitive account fo OCD.

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