


## Highlight 2.6

### Key Learning Points

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- 1 An inflated sense of responsibility was proposed to be a key cognitive factor in the escalation of intrusive thoughts into obsessions.
  - 2 The Obsessive-Compulsive Cognitions Working Group (OCCWG) was established to systematically explore the cognitive aspects of OCD.
  - 3 Research by the OCCWG yielded disappointing findings, challenging the cognitive specificity hypothesis.

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