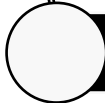


Highlight 1.2.
Key Learning Points



OCD is not simply a problem of the brain; psychological treatments can change both thoughts and brain function.



OCD is not caused by personality traits like rigidity or perfectionism; compulsions are responses to distressing obsessions.



Compulsive behaviors in OCD aim to neutralize obsessions, unlike repetitive behaviors in other conditions like tic disorders or addictions.