


Highlight 1.2

Key Learning Points

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- 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.

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