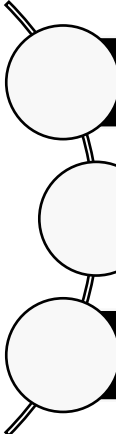


Highlight 2.5. Key Learning Points

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- Adapting the general appraisal model of mental health conditions to OCD raised significant theoretical hurdles.
 - A cognitive explanation for obsessions was sought that wouldn't necessitate their direct confrontation in treatment
 - An arguable solution was found in the concept of intrusive thoughts escalating into obsessions due to appraisal alone.

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