

Staff Guidance

Disability: OCD

Characteristics:

OCD is an anxiety disorder; it affects how people think and is characterized by obsessions and compulsions and corresponding rituals that take up a considerable amount of time (more than 1 hour a day). Obsessions and compulsions create distress in the lives of individuals to the point that they can interfere with daily functioning, schoolwork, and relationships. It is often triggered around times of stress. It is managed through CBT and medication.

Effects on Self and Study:

High targets for achievement which can link in to obsessional behaviour such as needing to recheck work before handing in or re reading literature - getting 'stuck' in one area and not being able to move on.

Continual 'soundtrack' of worries can lead to difficulties concentrating or listening effectively.

May seem distracted.

Can lead to getting behind in reading, taking longer in exams.

Need for long daily rituals can impact on being late for lectures and other appointments.

Sharing accommodation at university may trigger cleaning rituals and cause stress.

Possible Reasonable Adjustments:

*Extra time in exams

*Clear guidance on key readings and those which are additional

*Mentor to support study skills and academic time and anxiety management

*Permission to record lectures and lecture notes available on Blackboard.

*Adjustments relevant to anxiety

Each student is an individual and as such may only require some of these adjustments or none at all. These are guidelines of things that could be considered however some courses may require more specific adjustments. It is advisable that students, academics and the MH Co-ordinator work together to achieve appropriate adjustments. Some courses involve Fitness to Practice requiring students to achieve professional competencies to qualify.