

Why Now? Factors Contributing to Delayed Help Seeking Behavior With OCD

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Abstract

Obsessive-Compulsive Disorder (OCD) is a debilitating mental health condition that affects approximately 2.3% of the U.S. population. Despite advancements in evidence-based treatments, barriers such as stigma, misdiagnosis, and access inequities prevent timely intervention for those in need. This presentation explores factors influencing treatment-seeking behaviors among adults with OCD, utilizing the Barriers to Access to Care Evaluation (BACE v3) scale. Guided by the COM-B theoretical framework, the presentation highlights key educational, environmental, and emotional barriers while proposing actionable strategies for improving access to care and fostering meaningful change in the mental health landscape.

Keywords: obsessive-compulsive disorder, OCD, barriers, treatment-seeking, stigma