



Science, Community & Compassion

HOWIE MANDEL SHARES ABOUT HIS STRUGGLES WITH OCD

America's Got Talent judge
& executive producer of *Deal With It*
[Opens up about his struggles with OCD](#)



WHAT IS OCD?

Obsessive-Compulsive Disorder (OCD) is an anxiety disorder characterized by rituals, routines, or repetitive thoughts that impede daily life. Patients with OCD experience upsetting thoughts (obsessions), which cause them to perform rituals or routines (compulsions).

ONE OF MANDEL'S MAIN OBSESSIONS IS GERMS

He alleviates this fear by engaging in compulsions, which ease the tension caused by his anxiety.



**MANDEL'S FEARS
INCLUDE:**

HOTEL ROOMS

A modern hotel room interior at night. The room features a large bed with a white and blue striped blanket, a patterned armchair, a round glass coffee table with decorative vases, and a tall floor lamp. The walls are covered in a textured, woven pattern, and the ceiling has a recessed lighting design. Large windows with blinds are visible in the background, showing a view of the city at night.

BEDBUGS





COMPULSIONS

TO CALM HIS OBSESSIONS, MANDEL:

- Travels with a magnifying glass and black light
- Never touches hotel linens
- Brings his own linens everywhere
- Flies back to California the night of appearances west of the Mississippi (in a private jet)
- Flies to his Canada home for any Northeast appearances
- Fist bumps instead of shaking hands

MANY PEOPLE SHARE SIMILAR FEARS

3.3 million people in the US have OCD, and many more share Mandel's fear of germs.

HELP IS AVAILABLE



- Mandel is on medication and is going to therapy for his OCD.
- Cognitive Behavioral Therapy (CBT) can help patients with OCD.
- [Our ABCtracker™ can help you conquer your OCD.](#)

LEARN MORE

To learn more about OCD, treatment options for anxiety, and use our free ABCtracker™, visit our website.

AnxietyTM.org

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