

# The Role of Family Support in Improving Quality of Life for Individuals with Obsessive - Compulsive Disorder

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**Abstract:** *Obsessive-Compulsive Disorder significantly impacts the lives of individuals, affecting their emotional, psychological, and social well-being. While therapeutic interventions such as Cognitive Behavioral Therapy and medication play a crucial role in managing symptoms, family support emerges as a key factor in improving the quality of life for individuals with OCD. This paper explores the importance of family involvement in the treatment process and the role of family support in enhancing various aspects of QoL for individuals with OCD. We review existing literature, examine the benefits of family support, and propose strategies to involve families in the treatment process.*

**Keywords:** Quality of Life, Emotional well-being, Treatment adherence, Family dynamics, Marital relationships