

EXAMPLE
Basic Speech Outline

Name: Student

Topic: O.C.D

General Purpose: Informative

Specific Purpose: How to control the symptoms of OCD.

Thesis/Central Idea: OCD is a common psychiatric illness that can affect people's lives.

I. Introduction (:30)

A. Attention Getter: Germs! Germs! They're everywhere! My hands are dirty I have to wash them. This is about the 50th time today I wash my hands. What is wrong with me? Hi everyone, I'm a patient with OCD.

B. Topic: Today I'm going to tell you about OCD

C. Thesis: OCD is a common psychiatric illness that can affect people's lives.

D. Preview / Roadmap: I'm going to tell you the causes of OCD, symptoms, and treatments.

II. Main Point 1 (1:30)

A. Intro to point: OCD is known as obsessive-compulsive disorder. This disorder is commonly characterized by: obsessive, distress, intrusive thoughts, compulsive tasks and rituals to satisfy the obsession.

B. Main Idea: The abnormalities in the brain are believed the causes of OCD.

1. Evidence: According to Wikipedia on September 25, 2007, that there is some type of abnormality in the neurotransmitter serotonin. Serotonin is a chemical neurotransmitter that transmits information from one nerve to another throughout the brain. It is released by one nerve ending also known as synapses, and is picked up by another nerve ending. After a message is sent, enzymes in the brain clean the serotonin out of the synapses.

C. Main Idea: Patients with OCD have damaged receptor sites and is blocked to prevent serotonin to function potentially.

D. Big Point: As Medline Plus explains, on September 25, 2007, recent data shows, that about 7 millions Americans are diagnose with OCD. About the age of 20 to 30 is when the symptoms are noticed by the abnormalities in the brain.

E. Transition: We now know how OCD is believed caused by damage receptor sites in the brain, but what are the symptoms of an OCD patient.

III. Main Point 2 (1:30)

A. Intro to point: OCD symptoms vary in many different forms. Have you ever turn off an oven and know that you turn it off, but once you leave the house you are thinking if the oven is turn off? This is one of the symptoms of OCD. These patients do not realize that what they are suffering from is OCD.

B. Main Idea: The symptoms include: repeated hand washing, clearing throat (when there isn't anything to be cleared), the need for either sides of the body to feel even or odd (ex. If one hand gets wet, the other must be wet also) counting systems (such as counting in groups, grouping objects in odd and even numbers), aligning objects, fear of