

Obsessive-compulsive disorder (OCD)

Definition

Neuropsychiatric disorder characterized by obsessions and/or compulsions that are distressing, time-consuming or cause substantial impairment

Many different themes, not the only contamination!

DX

- DSM-V: Time-consuming (> 1 hour per day) obsessions and/or compulsions that are not better explained by another mental disorder or substance use
- ICD-10: obsessions and/or compulsions present on most days for ≥ 2 successive weeks

Differential DX

- Obsessive-compulsive personality disorder (OCPD): Adaptive and supportive of ego, not distressing
- Depression
- Generalized anxiety disorder
- Posttraumatic stress disorder
- Psychotic disorder

Epidemiology

Bimodal onset:

- Childhood: 10 years
 - Adolescent/young adult: 19-21 years
- The majority have comorbid psychiatric conditions

Treatment

CCBT \pm SSRI

Successful medication treatment for $\geq 1-2$ years with gradual tapering of the dose every 1-2 months, monitoring for symptom reemergence or exacerbation