

# **Obsessive-Compulsive Disorder**

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## → Prevalance

- Lifetime prevalence in the general population 2 to 3 %.

## → Age

- Mean age of onset: 20 years, can occur in adolescence or childhood or older age.

# DSM-5 Diagnostic Criteria for Obsessive-Compulsive Disorder

## A. Either obsessions or compulsions or both:

- **Obsessions:**

1. Recurrent and persistent thoughts, impulses, or mental images that are experienced as intrusive and inappropriate and that cause marked anxiety or distress.
2. The person attempts to ignore or suppress such thoughts, impulses, or images, or to neutralize them with some other thought or action (**compulsion**).

## -Types of obsessions:

### -According to form:

Thoughts ,mental images or impulses.

### -According to content:

- Contamination.
- Pathological doubt.
- Symmetry.
- Religious.
- Sexual.
- Aggressive.

- **Compulsions :**

- Repetitive behavior that the person feels driven to perform in response to an obsession to reduce anxiety and distress or preventing some dreaded event.

## **-examples of compulsions:**

- Washing
- Checking
- Praying
- slowness

B. The obsessions or compulsions cause marked distress, are time-consuming (take more than 1 hour a day), or cause social or occupational dysfunction.

# Treatment

## 1. Pharmacotherapy :

- Selective serotonin reuptake inhibitors (**SSRIs**)  
e.g. fluoxetine, paroxetine.
- Clomipramine.

## 2. Cognitive Behavioral Therapy(C.B.T):

exposure-response prevention.