

Obsessive Compulsive Disorder (OCD)

Obsession → Ideas, Images, Impulsion (3I)

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Recurrent and unwanted

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Foreign to one's personality.

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Tries to resist, But unable to.

↓
Lead to marked Distress or anxiety

Compulsion → To prevent or neutralize the fear or distress arising out of obsession.

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which is irrational & compulsive.

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It is performed with subjective compulsion.

Epidemiology

→ Unmarried men more affected, in India.

→ Upper social status and high intelligence.

→ Prevalence of 2-3%. Usually age of late 20.

Cause → Unknown.

→ Genetic + Environmental, Identical twins.

→ ↑ Serotonergic neurotransmitter.

Clinical Syndrome By ICD 10-

① Predominantly obsessive thoughts.

② Predominantly compulsive acts.

③ Mixed obsessional thoughts and acts.

Four clinical syndromes

① Washers ② Checkers ③ Pure Obsession.

④ Primary obsessive blunders.

① Washers: → Commonest type.

→ Obsession.

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Contamination with dirt, → Washing clothes,
germs, body excretion, bathroom bedroom,
door knobs.

↓
Washing becomes ritual.

② Checkers

→ Has multiple doubts: → checking repeatedly
Eq → Door not closed, to remove the
kitchen gas, counting doubt.
money

↓
If not stopped becomes
anxious.

③ Pure Obsession

→ Obsession in which not have compulsive act.
→ The content is usually sexual or aggressive
→ It is counteracted by counterthoughts.
By thinking about prior and corr in his mind

④ Primary Obsessive Slowness

→ Rare syndrome with obsession of ideas
and/or compulsive rituals, in relation
to absence of manifested anxiety.
→ Marked slowness in daily activity.

Treatment

→ Counselling and treatment depending
upon underlying cause.