

A comprehensive guide to obsessive-compulsive and related disorders

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Obsessive-Compulsive and Related Disorders (OCDs) encompass a group of conditions characterized by repetitive, intrusive thoughts (obsessions) and/or ritualistic behaviors (compulsions). These disorders significantly impact daily functioning and quality of life. The spectrum includes Obsessive-Compulsive Disorder (OCD), Body Dysmorphic Disorder (BDD), Hoarding Disorder (HD), Trichotillomania (TTM), and excoriation (skin-picking) disorder. This review explores the clinical features, underlying neurobiological mechanisms, and treatment approaches for OCDs. Cognitive-Behavioral Therapy (CBT), particularly Exposure and Response Prevention (ERP), remains the gold standard for treatment, often supplemented by pharmacotherapy with Selective Serotonin Reuptake Inhibitors (SSRIs). Emerging research into the genetic and neurobiological underpinnings of OCDs is shedding light on novel therapeutic targets, offering hope for more effective and personalized interventions. Understanding the complex interplay of genetic, environmental, and psychological factors in OCDs is crucial for advancing diagnostic precision and treatment efficacy.

KEYWORDS:

INTRODUCTION

These disorders can significantly impair an individual's daily

is crucial for those affected and their loved ones. Obsessive-

images that cause significant anxiety or distress. Common

OBSESSIVE-COMPULSIVE DISORDERS:

can significantly impair an individual's daily functioning and

affected and their loved ones. Obsessive-Compulsive and

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significant emotional distress and impairment. Hoarding Disorder is characterized by persistent difficulty discarding

This difficulty is due to a perceived need to save items and

out of one's hair, leading to noticeable hair loss. This

gratification after pulling. Excoriation Disorder involves

these disorders often run in families. Specific genes related

studies have identified abnormalities in the brain circuits

widely depending on the specific disorder but generally

Effective treatment for OCDs often involves a combination

used and effective form of psychotherapy for OCDs (Marras A,2016). A specific type of CBT called Exposure and Response Prevention (ERP) is particularly effective

specific symptoms and behaviors are also effective. For

particularly if SSRIs are ineffective (Murphy YE, 2015).

individuals experience significant improvement in their

the underlying causes and effective treatments for OCDs holds promise for developing more targeted and effective

can significantly impact daily life, effective treatments,

affected (Van Ameringe

CONCLUSION

can significantly impact daily life, effective treatments,

affected.

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