

# OCD Cheat Sheet

by Shelbi (kfisher17) via cheatography.com/79317/cs/21865/

Obsession VS Compulsion	
Obsession	Compulsion
Fear of contamination	Washing or cleaning rituals
Recurrent worries about doing things incorrectly/incompletely	Checking excessively, performing actions in a particular order
Need for symmetry	Ordering, arranging, straig- htening
Unwanted thoughts about being immoral	Asking forgiveness, praying, reassurance seeking
Concerns about throwing away something valuable	Hoarding

#### **Goals of Treatment**

Short- Reduction in frequency and severity of obsessive thoughts;

Term Reduction in time spent performing compulsive acts;

improved psychosocial and occupational functioning;

improved psychosocial and occupational functions

Obsession is the fear, Compulsion is the response

Long- Remission Term

## Pharm | FIRST LINE

Citalopram

Escitalopram

SSRI maximum doses in OCD are typically higher than max doses in anxiety and depression

# **Duration of Therapy**

#### Continue Tx for at least 1 to 2 years

- 0 to 3 months: monitor Q wk to QOW
- 3 to 6 months: monitor Q month
- 6 to 24 months: monitor Q 1 to 2 months

# Lifelong treatment recommended when:

- ≥ 2 severe relapses or ≥ 3 mild relapses
- · Unable to achieve remission

#### Discontinuation or treatment

· Evaluate risks vs benefit

## **Duration of Therapy (cont)**

- · taper slowly
- · encourage non-pharmacologic tx

## **DSM 5 Diagnostic Criterion**

Presence of obsessions, compulsions, or both

Must be time consuming (> 1 hour) **OR** Cause clinically significant distress in any area of life

Not attributed to a medical diagnosis or substance induced

Not better explained by another mental disorder

## Yale-Brown Obsessive-Compulsive Scale (Y-BOCS)

Most commonly used scale

40 point, 10-item clinician rated scale

Measures overall severity of obsessions and compulsions

Response: ≥ 25% reduction in score

Remission: score ≤ 8

Useful in monitoring

#### **Treatment Considerations**

Pharmacotherapy ± CBT

Appropriate when:

- an insufficient response to monotherapy (either drug or CBT)
- Patient prefers short duration
- Comorbid psychiatric conditions with no response to pharmacot-

herapy alone

# Pharm | SECOND LINE

#### **CLOMIPRAMINE**

TCA with strong 5-HT reuptake inhibition

Active metabolite inhibits NE reuptake

Studies showed it was more effective than SSRIs, but use is limited due to ADRs

True medication trial is at least 12 weeks at maintenance dosage

Note: In PTSD, 8 to 12 weeks was a true medication trial



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