

# ECHO: OCD

Jennifer Scott, PMHNP  
April 2, 2025

# Objectives

- Discuss primary symptoms of OCD
- Discuss pharmacologic treatments for OCD
- Discuss non-pharmacologic treatments for OCD

# DSM-5 Criteria

- Presence of obsessions and/or compulsions
- Obsessions
  - Persistent, intrusive, and unwanted
  - Thoughts, urges, or images
  - Common themes cleaning, symmetry, harm
- Compulsions
  - Repetitive behaviors or acts
  - Driven by the obsessions
  - Often not realistic and are excessive
- Time-consuming and cause distress

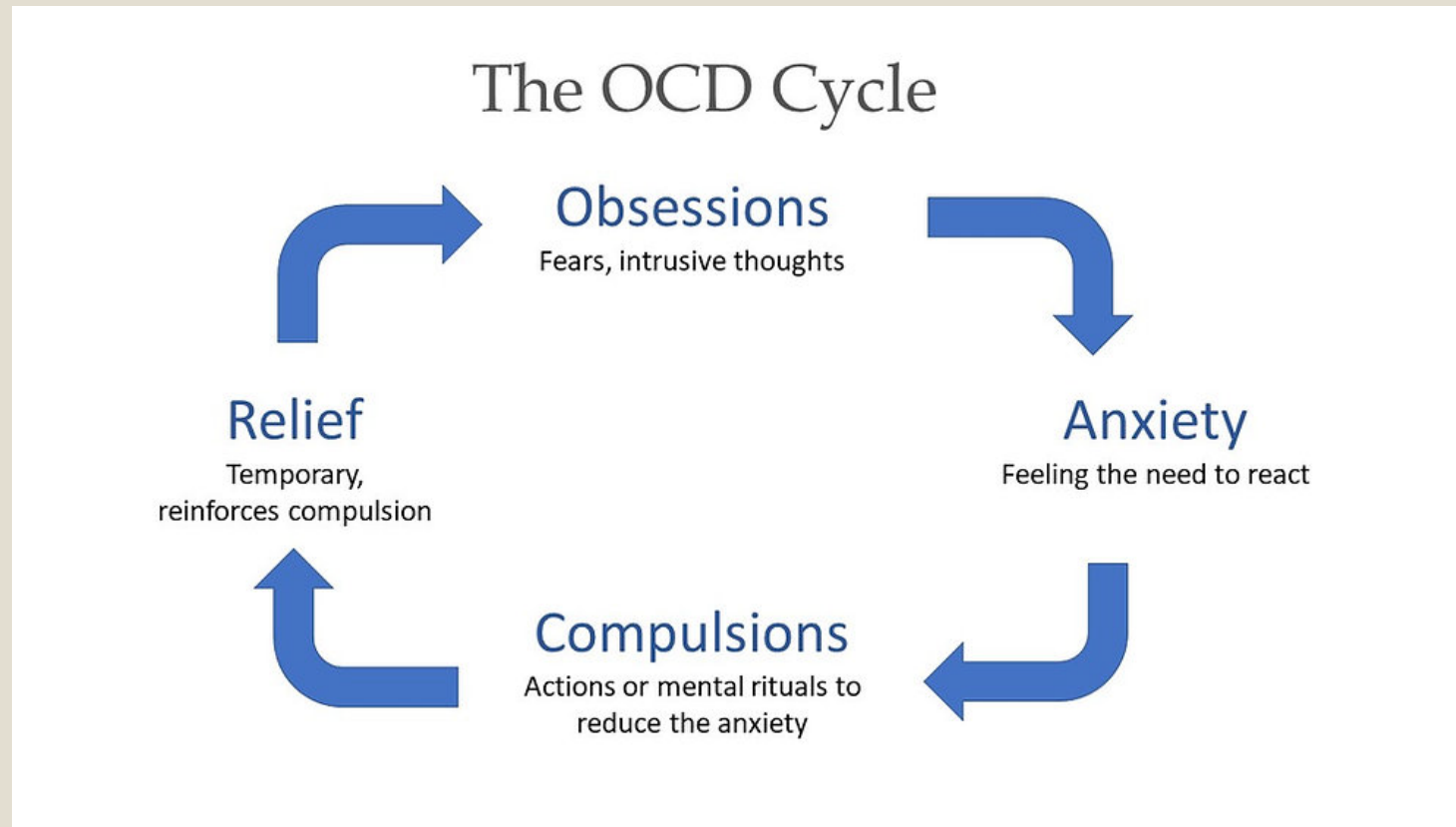
# Other Facts

- U.S. prevalence is between 1-3%
- Average age of onset is 19 years old, with males being slightly earlier
- More prevalent in females than males
- A genetic risk factor, with 2x rate in first-degree relatives with OCD

# OCD Related Disorders

- Body Dysmorphia Disorder
- Hoarding Disorder
- Trichotillomania
- Excoriation
- Substance/medication-induced OCD
- OCD related to medical condition
- Unspecified obsessive compulsive and related disorder

# The OCD Cycle



# Pharmacological Treatments

- Similar treatment to anxiety disorders
  - SSRIs
  - Clomipramine

# Non-pharmacological Treatments

- Cognitive Behavioral Therapy (CBT)
- Exposure and Response Prevention (ERP)



# Other Treatments

- IOP/residential
- Deep Brain Stimulation
- Transcranial Magnetic Stimulation
- Support groups

# Questions

- Thank you!
- [jpscott@northernlight.org](mailto:jpscott@northernlight.org)