



Research Article

PROFILE OF PATIENTS WITH OBSESSIVE-COMPULSIVE DISORDER ATTENDING PSYCHIATRIC OUT PATIENT DEPARTMENT: A HOSPITAL BASED STUDY

Nizam-Ud-Din, Ajaz A Suhaff*, Abdul Majid Gania, Aijaz A Bhat. Himayun Majeed and Bilal A Teli

Department of Psychiatry SKIMS Medical College Bemina, Srinagar, Jammu & Kashmir

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ABSTRACT

Aims and objectives: To Assess the Socio-Demographic profile and clinical profile of Patient with Obsessive Compulsive Disorder. **Materials and Methods:** This cross-sectional study was conducted in the department of psychiatry SKIMS Medical College Bemina. The study was approved by the Institutional Ethical Committee. Written informed consent was taken from all the patients who expressed their willingness to participate in the study.

Results: In our study majority of the patients were in the age group of 18-34 years 66.27%, females 61.62%, belonged to rural area 69.76%, unmarried 53.48%, students 27.90%. Majority of the patients had Contaminations related Obsessions 43.02%, and compulsion in majority of our participants was Washing/Cleaning 38.37%.

Conclusion: In our study majority of the patients were predominantly females, unmarried, students belonged the rural areas. People of productive ages were the most affected by obsessive compulsive disorder. Awareness programmes about the disorder is very important.

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INTRODUCTION

Obsessive compulsive disorder (OCD) is one of the most disabling psychiatric disorder according to WHO. OCD is a chronic mental disorder which is characterized by recurrent intrusive thoughts (obsessions) and repetitive stereotyped behaviors (compulsions).[2] OCD prevalence varies over age, regions, and others however the lifetime prevalence of OCD is usually believed to be 2–3%. [3] Diagnosis of obsessive-compulsive disorder (OCD) was considered extremely rare mental health disorder as well as the prognosis for those patients with a diagnosis of OCD was also considered poor previously.[4] Nowadays OCD have at their disposal both pharmacological and psychological treatments that are highly effective for the good percentage of patients of OCD.[5] Prevalence of OCD is equal in males and females in adulthood, higher in male pediatric patients.OCD has been seen to occur in comorbidity with other psychiatric illnesses.[6] most commonly depression and anxiety disorders. Patients with OCD have high risk for suicidal behavior.[7,8]

Aim and Objectives

To Assess the Socio-Demographic profile and clinical profile of Patient with Obsessive Compulsive Disorder.

MATERIALS AND METHODS

This cross-sectional study was conducted in the department of psychiatry SKIMS Medical College Bemina. The study was approved by the Institutional Ethical Committee. Written informed consent was taken from all the patients who expressed their willingness to participate in the study.

Duration of study: One year from April 2021 to March 2022. 86 consecutive patients who satisfied the criteria for obsessive compulsive disorder according to ICD 10 diagnostic criteria were recruited for the study.

Inclusion Criteria

1. Those participants who gave consent.
2. More than 16 years of age and above.
3. Either Gender
4. Duration of illness greater than six months.

Exclusion Criteria

1. Not willing to provide informed consent for the interview
2. Uncooperative patients
3. Patients with evidence of organic disease
4. Patients with severe psychotic illness.

*Corresponding author: Ajaz A Suhaff

Department of Psychiatry SKIMS Medical College Bemina,
Srinagar, Jammu & Kashmir

Instruments Used

1. Semi structured proforma for socio demographic Data.
2. ICD 10 criteria for diagnosis OCD.[9]

RESULTS

Age of the patients	No. of the patients	Percentage
18-34 years	57	66.27%
35-49 years	16	18.60%
50-59 years	12	13.95%
60 and above years	1	1.16%
Gender		
Males	33	38.37%
Females	53	61.62%
Residence		
Rural	60	69.76%
Urban	26	30.23%
Marital Status		
Unmarried	46	53.48%
Married	35	40.69%
Divorcee	4	4.65%
Separated	1	1.16%
Occupation		
Students	24	27.90%
Business	12	13.95%
Govt. Employee	16	18.60%
Housemaker	18	20.93%
Unemployed	16	18.60%

Types of obsessions present in Patients	No. of patients	Percentage
Contaminations related Obsessions	37	43.02%
Pathological Doubts about daily activities	26	30.23%
Need for symmetry related obsessions	11	12.79%
Sexual obsessions	8	9.30%
Religious Blasphemous obsessions	4	4.65%
Miscellaneous (including suicidal obsessions, superstitious fears, etc)	6	6.97%

Types of Compulsions present in Patients	No. of patients	Percentage
Washing/Cleaning	33	38.37%
Checking	24	27.90%
Repeating/Counting/Ordering	14	16.27%
Sexual compulsions	8	9.30%
Mental Rituals	18	20.93%
Superstitious Behaviours	9	10.46%

In our study majority of the patients were in the age group of 18-34 years 66.27%, followed by 35-49 years 18.60%, 50-59 years 13.95% and 60 and above years 1.16%. Majority of the patients in our study were females 61.62% as compared to males 38.37%. As far as residence is concerned majority of our participants belonged to rural area 69.76% as compared to urban population 30.23%.

Majority of our patient population were unmarried 53.48%, followed by married 40.69%, divorcee 4.65% and separated 1.16%. As far as occupation is concerned majority of our participants were students 27.90%, followed by businessmen 13.95%, house maker 20.93%, Govt. employee 18.60%, and unemployed 18.60%.

As far as type of obsessions are concerned our study majority of the patients had Contaminations related Obsessions 43.02%, followed by Pathological Doubts about daily activities 30.23%, Need for symmetry related obsessions 12.79%, Sexual obsessions 9.30%, Religious Blasphemous obsessions 4.65%, and Miscellaneous (including suicidal obsessions, superstitious fears, etc) 6.97%. As far as type of compulsion is concerned majority of our participants had Washing/Cleaning

38.37%, followed by Checking 27.90%, Mental Rituals 20.93%, Repeating/Counting/Ordering 16.27%, Superstitious Behaviours 10.46%, Sexual compulsions 9.30%.

DISCUSSION

The purpose of this study was to identify to identify socio-demographic characteristics that are associated in patients with obsessive-compulsive. In our study majority of the patients were in the age group of 18-34 years 66.27% similar findings were reported in a study performed by Karim *et al*, 2006. [10]

In our study females were in majority 61.62% as compared to males 38.37% which is contrast with other studies. [11,12] Reason could be that females have higher rates of lifetime diagnosis for most of the anxiety disorders including OCD.[13] In our study majority of our patients had Contaminations related Obsessions 43.02%, followed by Pathological Doubts about daily activities 30.23%, and as far as compulsions are concerned majority of our participants had Washing/Cleaning 38.37%, followed by Checking 27.90%. Similar findings were found in other studies where the fear of contamination and washing/cleaning compulsions were the most common presenting symptoms.[14]

As per findings majority of the participants were in the young age group consistent with other studies this study also found the people of productive ages to be the most affected. Even though studies showed similar sex distribution.[15,16]

CONCLUSION

In our study majority of the patients were predominantly females, unmarried, students belonged the rural areas. People of productive ages were the most affected by obsessive compulsive disorder. Awareness programmes about the disorder is very important.

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