



Understanding Obsessive-compulsive Disorder: A Comprehensive Review of Diagnostic Criteria, Treatment Modalities, and Impact on Daily Functioning

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INTRODUCTION

Obsessive-Compulsive Disorder is a prevalent and debilitating mental health condition characterized by the presence of persistent, intrusive thoughts (obsessions) and repetitive behaviors or mental acts (compulsions) performed to alleviate the distress caused by these thoughts. The disorder can significantly impair an individual's quality of life, affecting various domains such as occupational functioning, social relationships, and overall well-being. Accurate diagnosis and effective treatment are crucial for managing and improving outcomes for those affected. This article provides an overview of the diagnostic criteria, explores current treatment modalities, and examines the impact of the disorder on daily functioning. The diagnosis is primarily guided by criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition.

DESCRIPTION

According to the DSM-5, is diagnosed when an individual experiences obsession, compulsions, or both. Obsessions are defined as recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted, causing significant anxiety or distress. Compulsions are defined as repetitive behaviors or mental acts performed in response to an obsession or according to rigid rules, aimed at reducing distress or preventing a feared event or situation. To meet the diagnostic criteria, these symptoms must consume a substantial amount of time and cause significant functional impairment or distress. One of the core challenges in diagnosing is differentiating it from other mental health conditions that may present with similar symptoms. For instance, symptoms of can overlap with those of anxiety disorders, depressive disorders, and psychotic disorders. This therapeutic approach aims to reduce

the power of obsessions and break the cycle of compulsive behaviors. Research has consistently shown that with is highly effective in reducing symptoms and improving overall functioning. Pharmacotherapy is another critical component of treatment. Selective serotonin reuptake inhibitors are commonly prescribed to help alleviate symptoms by increasing serotonin levels in the brain such as fluoxetine, fluvoxamine, and sertraline have demonstrated efficacy in treating, although response to medication can vary among individuals. In some cases, augmentation strategies, such as adding antipsychotic medications, may be considered for patients who do not respond adequately to SSRIs alone. Despite the availability of effective treatments can be challenging to manage, and many individuals experience significant functional impairment. The disorder can interfere with daily activities, including work, school, and social interactions, leading to reduced quality of life and increased disability.

CONCLUSION

Additionally, research into the genetic and neuroimaging correlates of is providing valuable insights into the mechanisms of the disorder and informing the development of more targeted therapies. In conclusion, Obsessive-Compulsive Disorder is a complex and impactful mental health condition that requires careful diagnosis and comprehensive treatment. The combination of cognitive-behavioral therapy, particularly exposure and response prevention, and pharmacotherapy represents the cornerstone of effective treatment. Ongoing research and advancements in treatment approaches offer hope for improved management and outcomes for individuals affected. Addressing the multifaceted challenges of through continued research, enhanced therapeutic interventions, and supportive care is essential for helping individuals lead fulfilling lives and achieve long-term symptom relief.

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