

Obsessive compulsive disorder

in children and adolescents

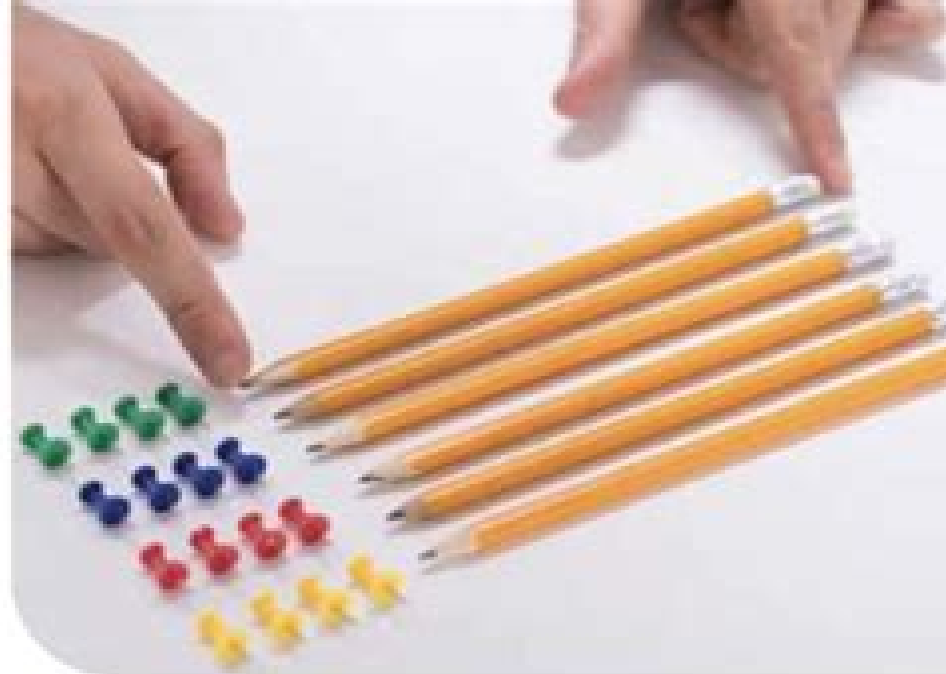
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GPs are uniquely placed to detect and begin management – including exposure and response prevention therapy – of obsessive compulsive disorder in young people, guided by validated self-report measures and with the aim of achieving sustained remission.



Obsessive compulsive disorder (OCD) is estimated to occur in one in 50 Australian children and is often chronic and impairing. The prevalence of 2 to 3% holds across the lifespan, with the illness remitting in some children while new cases emerge in adolescence.¹ This pattern is reflected in the bimodal distribution of OCD, with peaks of onset around 11 and 18 years of age.¹ OCD is characterised by obsessions (repetitive unwanted thoughts, urges or images) and compulsions (repetitive actions that the person feels driven to perform), either or both of which may be present (Box 1).

As with other neurodevelopmental disorders, paediatric OCD often presents with comorbidities, such as attention deficit hyperactivity disorder (ADHD), and is more common in boys than girls.² However, OCD in adults is reasonably equally distributed between the sexes.³ A subgroup of OCD with tics has a characteristically prepubertal onset in boys and is frequently associated with ADHD.^{3,4}

OCD in children and adolescents often interrupts educational, social, emotional and cognitive development. It can also have a profound impact on home life, and family members may 'accommodate' OCD (the facilitation or participation in symptoms).

Obsessive Compulsive Disorder In Children And Adolescents

Wolfgang Guggemos



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