

## OBSESSIVE-COMPULSIVE SYMPTOMS IN SCHIZOPHRENIA

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### ABSTRACT:

#### OBJECTIVE

To determine the frequency and the severity of Obsessive-Compulsive symptoms in schizophrenic patients.

#### STUDY DESIGN

Descriptive-Cross Sectional Study.

#### PLACE AND DURATION OF STUDY

This study was conducted at department of psychiatry Civil Hospital Karachi, from January 15, 2011 to July 14, 2011.

#### SUBJECTS AND METHODS

One thirty four new and old cases of Schizophrenia who fulfilled the inclusion criteria were included in this study after taking the informed consent from the patient or from the first degree relative where patient was not capable of giving informed consent. The SPSS version 11.0 was applied to analyze the data.

#### RESULTS

82 (61.2%) male and 52 (38.8%) female patients were included in the study. Male to Female ratio was 1.6:1. The mean age of patients was 33.3 years that ranges from 16-45 years. About quarter of the patients came up with OC symptoms that are 28.4%, among them 16.4% had Obsessions while 11.9% of them had compulsions. On Yale Brown Obsessive Compulsive Symptoms scale 47.4% had severe symptoms, 39.5% of cases were having moderate symptoms, while 7.9% cases had mild symptoms.

#### CONCLUSION

Results of the present study propose that prevalence of OCD symptoms is high among schizophrenic patients.

#### KEY WORDS:

Schizophrenia, OCS, OCD, Y-BOCS

### INTRODUCTION

Schizophrenia is a psychotic disorder with clearly upsetting psychopathology that affects different domains like thoughts, emotions, perception, and behavior which lead fragmentation in personality. It is a serious mental disorder which affects 1% population and is equal in both sexes.<sup>1</sup> Schizophrenia is a disease of adolescence that start between 15 and 45 years.<sup>2</sup>

Obsessive-Compulsive disorder (OCD) is an anxiety disorder which has certain characteristics symptoms such as Obsessions that include words, ideas, and beliefs recognized by patients as their own, intrudes into the mind and usually unpleasant while compulsions are conscious, recurrent behavior or mental acts such as counting, checking, ordering and hand washing. The life time prevalence of OCD in general population is 2 to 3 percent that affect male and female equally. The mean age of onset was estimated around 20 years.<sup>3</sup>

Schizophrenia is associated with other illness like disturbance or impairment in cognition, presence of depressive disorder; history of substance use disorder and some patients show aggressive behavior and these factors affect the prognosis directly or indirectly<sup>4</sup>.

Since the turn of the century, there have been numerous case reports and studies, both national and international, documented the coexistence of obsessive compulsive disorder and psychosis in 3.5% to 40% of cases and there is biological overlap in the brain circuits of schizophrenia and OCD<sup>5-10</sup>. In comparison to early research, recent studies has shown that, schizophrenic population has significant higher proportion of OC symptoms and has poor outcome.<sup>11</sup>

The prevalence is variable widely in different studies for OCS 10% to 64% and for OCD upto 31.7% because of different factors like difficulties in differentiating clinically obsessions and firm convictions; it may be the part of prodrome and presents throughout the course of schizophrenia, these studies have also postulated the prevalence of OCD in patients with first episode psychosis that is 11.0% to 15.2%<sup>12-14</sup>.

### SUBJECTS AND METHODS

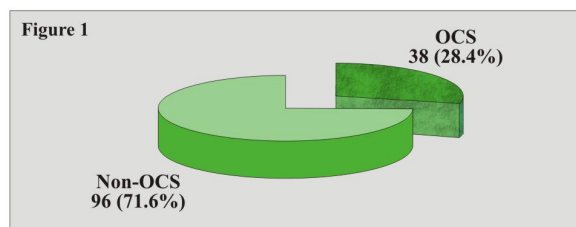
This was a descriptive- cross sectional study conducted at department of psychiatry civil hospital Karachi, from 15th January 2011 to 14th July 2011. This study consisted of one hundred and thirty four new and old cases of

schizophrenia attending out-patient department or admitted in psychiatry ward. All patients of both genders between the ages of 15-45 year who fulfill ICD-10 diagnostic criteria of schizophrenia were enclosed.

Y-BOCS was applied for the severity of the OC-Symptoms. Patients who suffer from psychotic symptoms due to substance abuse or general medical condition or any organic brain disease and patients with psychotic symptoms other than schizophrenia were excluded.

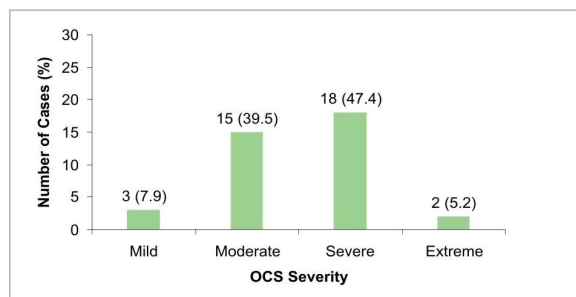
## RESULTS

One hundred thirty four schizophrenic patients fulfilling the inclusion criteria were included in the study. The sample comprised of 82 (61.2%) male and 52 (38.8%) female. Male to Female ratio was 1.6:1. The mean age of patients was 33.3 years that ranges from 16-45 years. During interview one fourth 28.4% (n=38) of entire sample size were found to have Obsessive Compulsive Symptoms (see figure-1).



Among the patients with OC symptoms, 16.4% exhibits Obsessions and compulsions were present in 11.9% (see figure 2).

Figure 2



No Statistical differences were found between genders in the frequency of obsessive compulsive symptoms; males 30.5 % as compare with female 25%,  $p = 0.6$ . Age differences were also not found statistically significant,  $p = 0.7$ . Break up of obsessions and compulsions with severity is presented in Table-1.

Table 2

Severity of OCS	Obsessions n = 22	Compulsions n = 16
Mild	2 (9.1%)	1 (6.3%)
Moderate	8 (36.4%)	7 (43.5%)
Severe	12 (54.5%)	6 (37.5%)
Extreme	0	2 (12.5%)

Table-2 and 3 is representing the severity of OCS with respect to age and gender respectively.

Table-2

Severity of OCS	Male n = 25	Female n = 13
Mild	2 (8%)	1 (7.7%)
Moderate	9 (36%)	6 (46.1%)
Severe	13 (52%)	5 (38.5%)
Extreme	1 (4%)	1 (7.7%)

Table-3

Severity of OCS	Age (Years)	
	16 - 30	31 - 45
Mild	1 (5.9%)	2 (9.5%)
Moderate	6 (35.3%)	9 (42.9%)
Severe	9 (52.9%)	9 (42.9%)
Extreme	1 (5.9%)	1 (4.7%)

## DISCUSSION

In the present study, the fraction of OCS on Y-BOCS among patients with schizophrenia was 28.4% similar results were found in studies conducted by Berman<sup>15</sup>, Porto<sup>16</sup>, Tibbo<sup>17</sup>, Poyurovsky<sup>18</sup>, 26%, 25% and 23.5% respectively. Significant difference was observed by Fenton and McGlashan in their study that was 12.9%, that may be because of use of different diagnostic criteria and assessment tools, furthermore, related to patient or disease characteristics, mode of treatment (inpatient or outpatient), course of illness (in terms of onset, severity, duration, exacerbation or deterioration), and type of medication (typical vs. atypical anti psychotics).<sup>19</sup>

In this study severity of OC symptoms according to the Yale Brown Obsessive Compulsive Scale. (Y-BOCS) is found to be severe in majority of cases (47.4%) and moderate in 39.5% of all cases. Very few (7.9%) patients have mild and only 5.2% patients have extreme symptoms.

## CONCLUSION

OC-symptoms are common co-occurring symptoms with schizophrenia affecting both males and females.

## Recommendations

- 1- Comprehensive assessment of all schizophrenic patients for OC symptoms.
- 2- Once the patient is stable on maintenance antipsychotic regimen, treatment of OC-symptoms with an anti-OCD medication in schizophrenia should be considered.
- 3- Current evidence indicates that pharmacotherapy should be combined with the psychological therapy for an optimal outcome in treatment of OC-symptoms.

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