

Early Onset OCD: Comorbidity & Differential Diagnosis

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☐ Comorbidity:

- **50-80% have comorbidities**
- **Even in their 1st relatives**
- **These comorbidities are high**

☐ Comorbidity:

- 30-70% multiple anxiety disorders:
- Often follows OCD
- *SAD*
- *Specific phobias, agoraphobia*
- *GAD*

☐ Comorbidity:

- 30-60% mood disorders
- *Often follows OCD*
- *Commonly depression*
- 5-10% Bipolar mood disorder

□ Comorbidity:

- 25% ODD
- *Often precedes OCD*

- 25% ADHD
- *Often precedes OCD*

□ Comorbidity:

- 20-50% TD
- 20% Enuresis
- 20% LLD

❑ Comorbidity:

- Up to **15%** OCPD
- *Some develop OCPD as coping*
- **5-10%** BD
- **7%** ASD

□ Comorbidity

- Earlier age at onset:
- → **increased risk for ADHD**
- → **other anxiety disorders**

□ Comorbidity

- Mood & psychotic disorders:
- → more prevalent in **adolescent** subjects

□ Tic-Related Early Onset OCD:

- Tic/OCD may be different manifestations of same gene
- **Tic/OCD: High rate of TIC/OCD in 1st relatives**
- Girls < **Boys**
- **Earlier onset**

□ Tic-Related Early Onset OCD:

- *touching, tapping, repeating, rubbing, blinking, staring, symmetry, exactness, incompleteness, intrusive aggressive thoughts, hoarding, ordering, counting, just so, ...*
- **Less satisfaction with SSRI alone !**

(Non-Tic related OCD: cleaning, checking,)

□ Comorbidity

- Only **TD** can modify the **expression** of OCD
- Certain comorbid disorders:
- May have **adverse effect** on treatment outcome

□ PANS / PANDAS:

- **PANS: Pediatric Acute Onset Neuropsychiatric Syndrome**
- **PANDAS: Pediatric Autoimmune Neuropsychiatric disorder**
- **Associated with GABHS:**
- **GABHS: Group A Beta-Hemolytic Streptococcal Infection**

- **Autoimmune** subgroup of OCD
- **Ab** against GABHS cross-reacts with **caudate tissue & basal ganglia**
- Can cause distinct **neurobehavioral** syndrome

- **Include:**
- OCD
- Tics
- Hyperactivity
- Sydenham chorea

- **Abrupt early-onset/exacerbation of OCD/Tic symptoms**
- After **Respiratory Tract Infection (GABHS)**
- **May not occur for many months after infection**
- **Throat culture, ASOT, Anti DNA GABHS, ANA**

- **Treatment is still under investigation !**
- *Penicillin prophylaxis ??*
- *Plasmapheresis ??*
- *IV immunoglobuline ??*
- **Standard treatment** for both **OCD & GABHS** are recommended



Differential Diagnosis

- **Differential Diagnosis:**
- **Developmentally normal ritualistic habits**
- **Benign OC like symptoms**
- *2/3 of age 2-4 years preschool children*
- **No impairment in family functioning!**

□ Differential Diagnosis:

- **Mood Disorders** (*mostly depression*)
- **Anxiety Disorders**
- **Mental Retardation**
- **ASD** (*most difficult DD*)
- **Tic Disorder**

□ Differential Diagnosis:

- There is a “**spectrum**” of “**compulsive/impulsive habit disorders**”
- They **share** important features with **OCD**
- But also have important **differences**
- Are named “**obsessive-compulsive spectrum**” disorders

• Important features they share with OCD:

- **Intrusive** thoughts ?? (*sense of urge*)
- **Anxiety** ?? (*sense of tension*)
- **Repetitive** behaviors
- Shared **genetic** mechanisms
- Shared **physiopathology** mechanisms

□ Obsessive Compulsive Spectrum Disorders:

- *Tic disorder*
- *Trichotillomania*
- *Compulsive nail biting*
- *Compulsive skin picking*
- *Impulse control disorders*
- ...

❑ Differential Diagnosis:

- **Not preceded** by intrusive cognitions / thoughts (*obsessions*)
- But by a general/localized intrusive **sense of tension / premonitory urge**
- **Impulsive** behaviors are a source of **temporary gratification** (*not anxiety relief*)
- But may be **followed** by **remorse** or **shame**



- **Differential Diagnosis:**

- **CNS Tumors**

- **CNS Injuries**

- **CO Poisoning**

- **Post Viral Encephalitis**

□ Differential Diagnosis

- **TLE**
- **Sydenham Chorea**
- **Prader-Willi Syndrome**

- **Differential Diagnosis:**
- **Allergic reaction to wasp sting**
- **High dose stimulants**
- **Dopamine agonists**

□ Support Groups & Associations

- <http://www.geonius.com/oed/organizations.html>
- www.OEFOUNDATION.org





