

## A Study Of Schizophrenic Patients With Co- Morbid Obsessive – Compulsive Disorder And To Find Out There Clinical And Demographic Difference

Dr. Ritu Meena<sup>1</sup>, Sanjay Jain<sup>2</sup>

<sup>1</sup>Department of Psychiatry at SMS Medical college, Jaipur, Rajasthan, India.

Corresponding Author : Ritu Meena

### Abstract:

**Aims and Objective:** To find out the presence of obsessive – compulsive disorder in patients with schizophrenia and to find out there clinical and demographic difference.

**Methods:** Study consisted of 82 subjects including male/female who fulfill ICD10 criteria for schizophrenia and assessed by applying appropriate rating scales including Positive and Negative syndrome scale ( PANSS) for schizophrenia . The Yale Brown Obsessive Compulsive Scale (Y-BOCS) was then used in those subjects who fulfill ICD 10 criteria for OCD and to determine presence and severity of any OCD symptoms.

**Result:** In the individuals with schizophrenia with OCD was 23.1%. And subjects shows higher score on Y-BOCS and PANSS negative symptoms were lower as compared to schizophrenia alone. fear of contamination (36.8 %) and fear of harming oneself or other was (26.3%) . And among compulsions cleaning/washing was(31.5%) while checking and counting was ( 21.0%).

**Keywords:** Schizophrenia , obsessive compulsive disorder.

### I. Introduction

In patients with schizophrenia psychiatric co- morbidities are very common. And presence of comorbidity is reason for several clinical problems in the diagnosis and management of schizophrenia. Out of several co-morbidities obsessive – compulsive symptoms or obsessive – compulsive disorder is one of them .The occurrence of obsessive compulsive symptoms in patients with schizophrenia had been reported well before the introduction of the Statistical Manual of Mental Disorders DSM Jahrreis, 1926; Gordon, 1950; Parkin, 1966; Bernie. and Litman, 1978.<sup>1</sup> OCS can emerge before, concurrent with, or after onset of psychotic symptoms.<sup>2</sup> The neuroimaging and neurophysiological research shows a substantial overlap between schizophrenia and OCD in structural and functional brain abnormalities and involvement of many neurotransmitters like dopamine , serotonin and glutamate in the development of these disorder .<sup>3</sup> Initially , obsessive- compulsive symptoms were thought to occur in a minority of schizophrenia patients (1-3.5%) and were considered to be a protective factor.<sup>4</sup> recent studies have showed much higher comorbidity rates: for OCS varying from 10% to 64% and for OCD from 7.8% to 31.7%.<sup>5,6</sup> In a recent abstract, Fabisch et al. (1997) found in 42 schizophrenic patients using DSM-IV, that the 19% who showed obsessive- compulsive symptoms were more likely to have negative symptoms. Another recent abstract using DSM-IV found 26% of patients with schizophrenia met full OCD criteria and another 46% had "clinically significant" obsessive- compulsive symptoms (Porto et al., 1997).<sup>7</sup> It is important for clinicians and researchers to make a fine line to differentiate obsessions from delusions. The (DSM-IV) allows the diagnosis of OCD with the specifics "with poor insight".<sup>8</sup>

This raises difficulty in making difference between an obsession along with poor insight from a delusion, particularly because OCD has traditionally been distinguished from psychotic disorders on the basis of individuals recognizing compulsions or obsessions as ego-dystonic, implying the presence of insight.<sup>9</sup> scales used to assess severity of psychopathology, such as the Yale Brown Obsessive-Compulsive Scale (Y-BOCS) increase the interrater reliability but do not solve the problem of disentangling delusions form obsessions.<sup>10</sup> The goal of the present study is-

- (1) To find out the presence of obsessive – compulsive disorder in patients with schizophrenia.
- (2) To find out the clinical and demographic difference in patient with schizophrenia alone and schizophrenia comorbid with OCD.

### II. Methods

The present study was consisted of eighty two male and female subjects with ICD10 diagnosis of schizophrenia and meeting the criteria for OCD according to ICD10 criteria and able to give informed consent were recruited from an outpatient population at department of psychiatry at S.M.S Medical college, Jaipur. The individuals had to be considered stable on their dose of antipsychotics for the one month prior to the interview.

If was unable to give informed consent, History of past head injury, any medical and neurological illness, history of alcohol or drug abuse were considered exclusion criteria .Clinical and demographic features included: age, age at onset schizophrenia(years), length of schizophrenia, gender. Severity of symptoms was checked with the help of Positive and Negative Syndrome Scale (PANSS) based on information collected in a semi structured interview .11 Severity of OCD was assessed by Yale – Brown Obsessive – Compulsive scale Y-BOCS.12 The present study was observational, analytical and cross – sectional.

### III. Result

82 individuals (44 male,38 female) with schizophrenia were interviewed , 23.1% ( 19/ 82) met criteria for both OCD and schizophrenia with 20.4 % ( 9/44) of male and 28.9 % (11/38) of females meeting criteria for both. Clinical and demographic characteristics of the subjects with schizophrenia and OCD( n=19) and schizophrenia alone (n=63) are shown in Table no 1. And 19 individuals schizophrenia with OCD out which 9 were male and 11 female .And no such difference between groups were found . Table no 2 shows that among subjects of schizophrenia with OCD the most common obsessions are fear of contamination (36.8 %) and fear of harming oneself or other was (26.3%) . And among compulsions cleaning/washing was(31.5%) while checking and counting was ( 21.0%). In table no 3 the Y-BOCS (scale) for severity of OCD was used in all patients which shows a difference schizophrenic alone (9.8) and schizophrenic with OCD ( 14.2). And also shows difference on PANSS ( scale ) schizophrenic alone positive(19.2 ),negative( 18.4), general ( 39.1) and PANSS total was ( 39.9). And schizophrenia with OCD on positive (18.3), Negative (14.5),general( 28.1)and PANSS total was ( 31.1). All subjects were interviewed by experienced and trained psychiatrist .And all the relevant information was collected from subjects as well as relatives which was needed for study.

**Table 1:-** Demographic and clinical characteristics of schizophrenic patients with and without obsessive - compulsive disorder (OCD)

		Schizophrenia with OCD (n=19)	Schizophrenia without OCD ( n=63)
1	Sex (m/f)	9/11	33/30
2	Age(years)	39±9	41±9
3	Age at onset of schizophrenia ( years)	20±6	20±5
4	Length of illness schizophrenia ( years)	20±4	21±5

**Table 2:-** Type of obsessions and compulsions in subjects with schizophrenia and obsessive -compulsive disorder .(n=19)

S.NO	Content of obsessions	NO of patients	%	Type of compulsions	No of patients	%
1	Fear of contamination	7	36.8	Cleaning/washing	6	31.5
2	Fear of harming oneself or other	5	26.3	Checking	4	21.0
3	Intrusive violent or sexual thought	4	21.0	Counting	4	21.0
4	Miscellaneous	3	15.7	Need to ask	3	15.7
5				Touching	2	10.5

**Table 3:-** Rating scale used in schizophrenic patients with and without OCD

	YBOCS	PANSS POS	PANSS NEG	PANSS GEN	PANSS Total	
Schizophrenia alone( n=63)	9.8	19.2	18.4	39.1	39.9	
Schizophrenia and OCD( n=19)	14.2	18.3	14.5	28.1	31.1	

### IV. Discussion

The sample comprised of 82 subjects of schizophrenia including male ( 44) and female(38) were interviewed by applying appropriate scales like Positive and Negative Syndrome Scale (PANSS) for schizophrenia after diagnosis of schizophrenia was made . For OCD and its Severity was assessed by Yale – Brown Obsessive – Compulsive scale which shows that out of 82 subjects 19 were having OCD and among 19 subjects 9 were male and 11 were female . Among subjects of schizophrenia with OCD the most common obsessions was fear of contamination (36.8 %) and fear of harming oneself or other was (26.3%) . And among compulsions cleaning/washing was(31.5%) while checking and counting was ( 21.0%). Y-BOCS (scale) for severity of OCD was used in all patients which shows a difference schizophrenic alone (9.8) and schizophrenic with OCD (14.2). And also shows difference on PANSS ( scale ) schizophrenic alone positive(19.2), negative

(18.4), general ( 39.1) and PANSS total was ( 39.9). And schizophrenia with OCD on positive (18.3), Negative (14.5), general ( 28.1) and PANSS total was ( 31.1). while other studies shows that the prevalence even higher like Porto et al. 1997 , using the same method of evaluation and the DSM-IV criteria for schizophrenia and OCD, found a prevalence rate of 46%.<sup>13</sup> another study of Berman et al mentioned 25% prevalence of OCD with schizophrenia similar to our study . other studies have reported a wide range of frequencies of comorbid OCD and schizophrenia in both hospitalized patients Kruger et al., 2000 and outpatient populations Meghani et al., 1998; Tibbo et al., 2000; Lysaker . et al., 2000; Bermanzohn et al., 2000 .

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