

# Obsessive-compulsive disorder treatment

Traditional treatments for OCD include [psychotherapy](#) (such as cognitive-behavioral therapy) and [medications](#) (like selective serotonin reuptake inhibitors), but not all individuals respond adequately to these approaches.

The purpose of an article by Fontenelle et al. was to introduce the reader to an updated evidence-based drug treatment algorithm to be employed in patients with obsessive-compulsive disorder (OCD). Relevant studies were identified through a comprehensive review and classified according to the type of patients enrolled, the quality of the study design and the invasiveness, availability and complexity of the therapeutic approach. When ineffective, therapeutic trials with first-line strategies (such as the selective serotonin reuptake inhibitors [SSRIs] and [venlafaxine](#)) should be followed by treatment approaches such as clomipramine, augmentation with antipsychotics or pindolol, SSRI megadoses or cognitive behavioral therapy. These therapeutic strategies are expected to help most patients with OCD. Additional approaches include intravenous clomipramine, oral morphine, 'heroic drug strategies', deep brain stimulation, and functional neurosurgery. Independent studies are urgently needed to help identify the most promising drug treatment sequences for OCD <sup>1)</sup>.

## Transcranial magnetic stimulation

[Transcranial magnetic stimulation for obsessive-compulsive disorder treatment](#)

## Surgery

Despite the development of effective pharmacologic and cognitive behavioral treatments for obsessive-compulsive disorder (OCD), some patients continue to be treatment-refractory and severely impaired.

see [Obsessive compulsive disorder surgery](#).

<sup>1)</sup>

Fontenelle LF, Nascimento AL, Mendlowicz MV, Shavitt RG, Versiani M. An update on the pharmacological treatment of obsessive-compulsive disorder. Expert Opin Pharmacother. 2007 Apr;8(5):563-83. Review. PubMed PMID: 17376013.

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