

Short and long echo 1H spectroscopy in patients with obsessive-compulsive disorder

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The aim of this study was to determine the concentrations of various metabolites in the caudate nucleus focusing on Nacetylaspartate (NAA), chromium and choline metabolites for a hypothesized difference between both groups and between both sides within the patient group.

Ten OCD patients who are medication free for at least 6 weeks were recruited from among persons seeking treatment at the Institute of Psychiatry, Ain Shams University, Cairo, Egypt. They were assessed using Y-BOCS and compared to 5 matched healthy controls regarding ¹H-MRS spectroscopy data. Results showed that although not statistically significant, the level of NAA was higher on both sides in cases rather than controls, similarly levels of chromium and choline. All metabolite levels were higher on the left than on the right side within the patient group. However, the results were not statistically significant. Moreover, there was a reversal of concentration of NAA, being higher on the left side in cases, whereas it was lower on the left side in controls. There was a negative and statistically significant correlation between chromium level on the left and symptom severity. Similarly, a negative and statistically significant correlation existed between the sum of chromium and choline levels and symptom severity.