

A follow up study of a sample of Egyptian OCD patients : Illness characteristics and outcome

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In order to contribute in a better symptom exploration and therapeutic plan design, this study attempted to help in learning more about the Egyptian cultural aspects and therapeutic outcome of OCD. The aim was to study the characteristics of a sample of Egyptian OCD patients as regards demographics, phenomenology and change of symptoms over time, in addition to the course and therapeutic outcome of OCD. Fifty-one patients with a primary diagnosis of OCD were recruited for the study. Patients were assessed for illness severity (Y-BOCS), type and character of symptoms (Y-BOCS symptom Checklist), comorbidity and family history of psychiatric disorders (Composite International Diagnostic Interview CIDI). Follow up measures included illness severity, phenomenology, relapse rate, illness course, therapeutic outcome, hospitalization, compliance and comorbid disorders. This study emphasized that the subjective perception and experience of the disease differs across cultures. However, this cross-cultural difference has not been obvious as regards the age of presentation, age at onset, positive family history, the presence of mixed and multiple symptoms, relapse rate, comorbidity, developing a psychotic disorder and treatment response/treatment resistance. Culture affects the phenomenology of OCD rather than its clinical or outcome perspectives.