

Short and long echo 1H spectroscopy in an Egyptian sample of patients with obsessive-compulsive disorder

Maher, K. Ebrahim, A. Husain, H. Skaker, N. Nassib, A. El-Shafei, A. Sadeq, H.

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This work aimed to study the concentrations of various metabolites in the caudate nucleus for a hypothesized difference between both patients and control groups and between both sides within the patient group as well as to identify a relevant biomarker that is sensitive and specific that could enhance the understanding of the pathophysiology of OCD.

Ten OCD patients, who were medication free for at least six weeks, were recruited for this study.

They were assessed using Y-BOCS and compared to five matched healthy controls regarding 'HMRS spectroscopy data. NAA/Cho mean was lower on the left corpus striatum than right in the patients' group and the results are statistically significant. There has been a trend to increased NAA relative to creatine in the corpus striatum supporting the theory of defective neuronal pruning.

Increased choline in corpus striatum suggests that choline concentrations can be a sensitive and specific biomarker for OCD.