

Pattern of obsessive compulsive disorder in Southern Saudi Arabia

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Sixty OCD patients and 60 age-matched controls were recruited for this study from Assir Central Hospital, Assir region, Kingdom of Saudi Arabia.

Yale-Brown OC symptom and scale and the structured clinical interview for the DSM-IV-TR were applied on patients and controls. Most of the patients (63.3%) were unemployed with significantly high psychiatric positive family history (36.7%). Comorbid conditions were present in 91.7% of the cases, mostly depression. Females had significantly younger age of onset with more severe disabling symptoms than males. Most of the cases had obsessions (43.3%), followed by compulsions (36.7%) and mixed states (20%).

The most frequent obsessions were contamination and religious obsessions. Cleaning and washing and repeating rituals were the most common compulsions. OCD in Assir region has certain characteristics, which could have been affected by the socio-cultural factors.