

# **Pregnancy related obsessive compulsive disorder : A study in Egyptian sample**

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**Current Psychiatry. Ain Shams University (Print)**

**2001 v8 n8**

To highlight such an area about the association between pregnancy and obsessive compulsive disorder in an Egyptian sample, trying to explore the prevalence, nature or characteristics and the possible explanations for this association, if present.

Case control study.

Tools used were:

Structured Clinical Interview based on DSM-IV SCID I Clinician version(1997) for clinical psychiatric diagnosis.

SCID II (Structured Clinical Interview for DSM IV Axis II Personality Disorders (1997).

Yale-Brown-Obsessive-Compulsive Scale for assessment of severity and phenomenology of obsessions, only for those who will fulfill criteria of OCD (Arabic version translated by Okasha et.al 1994).

The standard gynecologic and obstetric history and examination for pregnant group.

OCD was significantly higher in pregnant females ( $p < 0.05$ ). The most frequent obsessions encountered were religious thoughts followed by cleanliness thoughts and rituals and then impulses related to harming the foetus.

Positive family history of OCD and the presence of obsessive compulsive personality were the two significant associations. Several explanations can be put forward to understand such a relation between pregnancy and OCD, including the possible effect of gonadal steroids on serotonergic system.