



ASSESSING THE COMORBIDITY OF DEPRESSION AMONG THE PATIENTS OF OBSESSIVE-COMPULSIVE DISORDER

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ABSTRACT Most often patients suffering from OCD also have depressive symptoms, which might be secondary to the OCD and its burden to the quality of life, or it might be independent to OCD. The presence of depressive symptoms is the important factors, which make patient with OCD as suicidal. Suicidal tendencies in OCD always correlated with severity of depressive symptoms. But in clinical settings, we most often missed to evaluate suicidal tendencies and other comorbidities of OCD. Objective: So this study mainly focuses on various socio demographic differences and clinical profiles of patient with OCD and its comorbidity of depression. Methodology: In this study, 70 consecutive patients with OCD, attending Institute of Mental Health, Government Mental Hospital, Amritsar were included in this study as cases. Then both Hamilton Depression Rating Scale (HADRS) and Yale Brown Obsessive Compulsive Scale (YBOCS) were administered on the patients to analyze comorbidity of depression and the socio demographic profile and clinical profile of the patients. Results: Results showed that OCD patients had significant comorbidity of depression among them. Depression was found to be more severe in female OCD patients than the male OCD patients. Obsessive-compulsive disorder most often has depressive manifestations. Conclusion: The comorbid depressive symptoms make patients with OCD with suicidal ideations. It is essential to look for depressive symptoms in OCD in order to prevent suicidal attempts.

KEYWORDS : OCD, Depression, comorbidity

INTRODUCTION

For some people with Obsessive-Compulsive Disorder, the condition can lead to symptoms of depression. Whilst having depressions is not a pre-cursor to suffering with OCD, it's not unusual for some people that suffer with OCD to also be affected by symptoms of depression. Clinical depression is more than simply feeling unhappy or fed up for a few days, when you're depressed you feel persistently sad for weeks or months and can interfere with your work, social and family life (Abramowitz et al., 2007).

Individuals with obsessive-compulsive disorder (OCD) commonly experience comorbid mood disturbances such as major depressive disorder (MDD). People with obsessive-compulsive disorder frequently suffer from depression, a comorbidity associated with greater symptom severity and suicide risk (Jones et al., 2018).

Obsessive Compulsive disorder (OCD) is a common, chronic disabling and often debilitating disorder, marked by obsessions and compulsions. The cardinal features of obsessive-compulsive disorder (OCD) include obsessions, compulsions, or both that are time-consuming and cause clinically significant distress or impairment in social, occupational, or other areas of functioning. Obsessive-compulsive disorder, which was once thought to be uncommon condition, has been increasingly recognized now. The lifetime prevalence of this disorder is between 2 to 3% in general population. It is twice as prevalent as schizophrenia and bipolar disorder and the fourth most common psychiatric disorder. Above all, 50 - 60% of the OCD patients also experience two or more co-morbid psychiatric conditions during their lifetime. However, OCD has not received due attention of the clinicians, researchers and policy makers because it is a non-psychotic illness. One of most common comorbid condition in OCD is depression. Most often patients suffering from OCD also have depressive symptoms, which might be secondary to the OCD and its burden to the quality of life, or it might be independent to OCD. The same way Depression also has some obsessive manifestation. The presence of depressive symptoms is the important factors, which make patient with OCD as suicidal. Suicidal tendencies in OCD always correlated with severity of depressive symptoms. But in clinical settings, we most often miss to evaluate suicidal tendencies and other comorbidities of OCD. So this study mainly focuses on various socio demographic differences and clinical profiles of patient with OCD and depression (Moritz et al., 2003).

Hofmeijer-Sevink et al., (2018) observed that Obsessive-compulsive symptoms (OCS) co-occur frequently with anxiety and depressive disorders, but the nature of their relationship and their impact on

severity of anxiety and depressive disorders is poorly understood. Data were obtained from the third (at 2-year follow-up) and fourth wave (at 4-year follow-up) of data collection in the Netherlands Study of Anxiety and Depression cohort, including 469 healthy controls, 909 participants with a remitted disorder, and 747 participants with a current anxiety and/or depressive disorder. It was seen that OCS are closely related to both the presence and severity of anxiety and depressive disorders and affect their course trajectories. Hence, OCS might be regarded as a course specifier signaling unfavorable outcomes. This specifier may be useful in clinical care to adapt and intensify treatment in individual patients.

Therefore, the present study is aimed at assessing the level of comorbidity of depression among the patients suffering from Obsessive Compulsive Disorder.

Objectives

1. To examine the level of comorbidity of depression among the OCD patients.
2. To assess the gender profile and clinical profile of the OCD Patients.

Materials and Methods

Setting of Study

The study was carried out at the psychiatry OPD at Institute of Mental Health, Government Mental Hospital, Amritsar.

Study Period

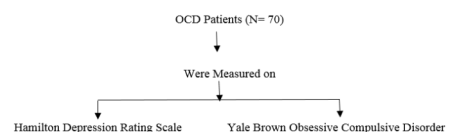
The study was carried out over a six-month period from July 2018 to December 2018.

Study Sample

70 consecutive patients who satisfied the criteria for obsessive compulsive disorder according to ICD 10 diagnostic criteria were recruited for the study. The OCD patients fulfilling the inclusion criteria were taken as the study sample. The distribution of the sample was as follows:

The Design of Study

An exploratory study design was implemented on the patients as follows:



Inclusion Criteria

- (1) Diagnosed as obsessive compulsive disorder according to ICD 10 criteria.
- (2) Duration of illness greater than six months.
- (3) No evidence of organic disease.
- (4) Willing to provide informed consent for the interview.

Exclusion Criteria

- (1) Uncooperative patients
- (2) Refusal to participate in the study.
- (3) Duration of illness less than six months.
- (4) Patients with evidence of organic disease.
- (5) OCD with psychotic features.

Tools

(1) Semi structured Performa for socio demographic Data (Gender)

(2) Yale Brown Obsessive Compulsive Scale (YBOCS) (Goodman et al., 1989)

(3) Hamilton Depression Rating Scale (HDRS). (Hamilton, 1960)
Statistical Analysis

Relevant statistical procedures such as frequency, percentage, mean were applied to see the level of depression present among the patients of Obsessive Compulsive Disorder.

Result Table

Table 1- Distribution of Number of OCD patients according to severity as per the scores of Yale Brown Obsessive Compulsive Scale (N=70).

S.No.	Category (OCD)	Frequency	Percentage	Category (HDRS)	Frequency	Percentage
1	Sub Clinical	8	11.4	6- mild	6	75
2	Mild	16	22.8	9-mild, 5- mild to moderate	14	87.5
3	Moderate	28	40	11- mild, 13- mild to moderate	24	85.7
4	Extreme	18	25.7	6- mild to moderate, 12- moderate to severe	18	100
	Total	70	100	26- mild, 24- mild to moderate, 12- moderate to severe	62	88.5

Table 2- Distribution of OCD symptoms and comorbid level of depression among male patients.

S.No.	Category (OCD) (Male)	Frequency	Percentage	Category (HDRS) (Male)	Frequency	Percentage
1	Sub Clinical	3	10	2- mild	2	66.6
2	Mild	9	30	5-mild, 3- mild to moderate	8	88.8
3	Moderate	10	33.3	3- mild, 5- mild to moderate	8	80
4	Extreme	8	26.6	1- mild to moderate, 7- moderate to severe	8	100
	Total	30	100	10- mild, 9- mild to moderate, 5- moderate to severe	26	86.6

Table 3- Distribution of OCD symptoms and comorbid level of depression among female patients.

S.No.	Category (OCD) (Female)	Frequency	Percentage	Category (HDRS) (Female)	Frequency	Percentage
1	Sub Clinical	5	12.5	4- mild	4	80
2	Mild	7	17.5	4-mild, 2- mild to moderate	6	85.7
3	Moderate	18	45	8- mild, 8- mild to moderate	16	88.8
4	Extreme	10	25	5- mild to moderate, 5- moderate to severe	10	100
	Total	40	100	16- mild, 15- mild to moderate, 5- moderate to severe	36	90

DISCUSSION

The aim of the present study is to assess the severity of depressive symptoms among the patients of Obsessive Compulsive Disorders. The total sample of 70 was administered on Yale Brown Obsessive Compulsive Scale (YBOCS) and it was found that out of 70 Patients, 8 patients came under subclinical level of OCD (11.4%). 16 patients (22.8%) had mild level of OCD symptoms, 28 patients (40%) were found to have moderate symptoms and 18 patients (25.7%) had extreme symptoms of Obsessive Compulsive Disorder.

The symptoms of depression were observed among the patients suffering from OCD. Among the OCD patients of subclinical level 75% had mild level of depression symptoms, patients lying under the category of mild OCD symptoms had 56.2% of depressive symptoms in mild category and 31.2% in mild to moderate category of depressive symptoms making a total of 87.5%.

Out of the 28 OCD patients under moderate category, 24 (85.7%) patients were reported to have comorbid depressive symptoms. It was seen that 11 had mild symptoms of depression and 13 had mild to moderate level of symptoms of depression as per the scoring of Hamilton Depression Rating Scale.

18 patients suffering from Obsessive Compulsive Disorder at the extreme category seem to all have comorbid depressive symptoms, out of the 18 patients, 6 OCD patients suffered from mild to moderate and 12 OCD patients suffered from moderate to severe level of depression. When the gender-wise distribution of the sample was done it was found that out of 30 male OCD patients, 3 (10%) patients were in subclinical, 9 (30%) patients are under mild category, 10 (33.3%) patients had moderate level and 8 (26.6%) patients had extreme level of OCD symptoms. 66.6 % had mild symptoms, 88.8% had mild and mild to moderate symptoms, 80% had mild to moderate symptoms. Out of the 10 patients having extreme level of OCD symptoms, 1 patient had mild to moderate and 7 patients had moderate to severe symptoms. In total it indicated that out of 30 OCD patients, 26 (86.6%) had comorbidity of depressive symptoms.

Among the 40 female patients of Obsessive Compulsive Disorder, 90% (36) of the female patients had comorbidity of depression. Out of these 36 patients, 16 had mild symptoms, 15 of them had mild to moderate symptoms and 5 had moderate to severe symptoms of depression.

The study is supported by Raman et al., (2018) where the researchers examined the various socio demographic differences and clinical profiles of patient with OCD and depression. Results compared with patients with major depression, OCD patients are young (p=0.017), predominantly males (p=0.019), more educated (p=0.003) and more often associated with suicidal ideation (p=0.024). It was concluded that Obsessive-compulsive disorder most often has depressive manifestations. The comorbid depressive symptoms make patients with OCD with suicidal ideations. It is essential to look for depressive

symptoms in OCD in order to prevent suicidal attempts.

Therefore, it is observed that though majority of the patients suffering from OCD were found to have comorbid depressive symptoms, but female patients suffering from Obsessive Compulsive Disorder were found to have more severe symptoms of depression.

Conclusion

Thus, it may be concluded that 88.5 % of the total patients suffering from OCD had comorbid depressive symptoms. 86.6% of males and 95% of females also suffered from the symptoms of depression. The comorbid depressive symptoms make patients with OCD with suicidal ideations. It is essential to look for depressive symptoms in OCD in order to prevent suicidal attempts.

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