

OCD: Improving Diagnosis, Maximizing Treatment

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CME Test Questions

1. According to the DSM-IV definition of Obsessive Compulsive Disorder (OCD), to be diagnosed with OCD a patient must have:
 - a. both obsessions and compulsions
 - b. symptoms that are distressing to the patient
 - c. fear of contamination
 - d. obsessions or compulsions that take at least two hours per day
 - e. all of the above

2. Regarding the prevalence of OCD, which of the following is true?
 - a. OCD affects about 1% of the population.
 - b. OCD affects males at about ten times the rate of females.
 - c. OCD occurs almost entirely in people of Caucasian ethnicity.
 - d. OCD usually goes away on its own, making prevalence hard to measure.

3. Although the diagnosis is often straightforward, at times OCD may be confused with other disorders. Which of the following is correct?
 - a. OCD may be confused with schizophrenia because OCD patients usually have flat affect and other negative symptoms.
 - b. Unlike people with schizophrenia, OCD patients always recognize that their obsessions are irrational.
 - c. OCD symptoms involve only three themes: fear of contamination, religious obsessions, or hoarding.
 - d. The fears OCD patients have tend to be less realistic than the fears seen in Generalized Anxiety Disorder.

4. First-line treatment for OCD, as stated in the American Psychiatric Association guideline, may include:
 - a. an antipsychotic medication
 - b. a monoamine oxidase inhibitor antidepressant
 - c. cognitive behavioral therapy
 - d. any of the tricyclic antidepressants

5. SSRIs are used in OCD because:
 - a. It has been proven that OCD is caused by a problem with serotonin transport.
 - b. OCD is usually preceded by depression.
 - c. SSRIs have been shown to reduce symptoms in a large number of OCD patients.
 - d. Most people with OCD cannot tolerate psychological therapy.

6. When SSRIs are used in OCD:
 - a. Most patients have complete resolution of symptoms.
 - b. The American Psychiatric Association recommends continuing SSRIs as lifelong treatment.
 - c. Early side effects often resolve with time.
 - d. SSRIs should be offered only after behavior therapy has failed.

7. Regarding the use of SSRIs in OCD versus their use in depression, which of the following is correct?
 - a. OCD usually requires lower doses than depression.
 - b. OCD requires a longer treatment trial than depression.
 - c. OCD symptoms can be expected to resolve quickly, while depression usually lifts slowly and incompletely.
 - d. In OCD, SSRIs are considered short-term treatment and should be stopped after twelve weeks.

8. If the first trial of treatment with an SSRI fails, which of the following is the most appropriate next step?
 - a. Add an MAOI.
 - b. Try a different SSRI.
 - c. Continue the same SSRI for three more months.
 - d. Inform the patient that SSRIs will not work in this case, and begin cognitive behavioral therapy.

9. Exposure and response prevention involves all of the following EXCEPT:
 - a. Repeated exposure to feared thoughts or events.
 - b. Ranking obsessions according to the level of anxiety they produce.
 - c. Encouraging the patient to continue performing rituals until anxiety lessens.
 - d. A high level of commitment from the patient.

10. Cognitive behavioral therapy for OCD:

- a. Requires inpatient treatment.
- b. Can be done by most patients at home, without special guidance.
- c. Should not be attempted without concomitant SSRI treatment.
- d. Is a first-line option alone or with pharmacologic treatment.

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