

## P01-258 - CHILD OCD- THERAPEUTIC APPROACH. A CASE REPORT

P. Tsitsi<sup>1</sup>, P. Roboti<sup>2</sup>, N. Voura<sup>1</sup>, K. Papanikolaou<sup>1</sup>, G.F. Angelidis<sup>3</sup>

<sup>1</sup>Acute Ward, Psychiatric Hospital of Petra Olympus, <sup>2</sup>Child/Adolescent Clinic, Community Mental Health Center, Psychiatric Hospital of Petra Olympus, <sup>3</sup>Community Mental Health Center, Psychiatric Hospital of Petra Olympus, Katerini, Greece

**Objective:** Obsessive Compulsive Disorder (OCD) is an anxiety disorder characterized by obsessions and compulsions, actions which disrupt everyday functioning, and is frequently recognized in youth. Selective Serotonin Reuptake Inhibitors (SSRIs) are widely recommended as first-line pharmacotherapy.

The aim of this presentation is to demonstrate Escitalopram monotherapy in juvenile with OCD.

**Method/material:** The material used comes from the archives of the Child/Adolescent Clinic of the Community Mental Health Center (CMHC) of Katerini, Greece.

**Discussion/results:** A 9-year-old child was referred to the Child/Adolescent Clinic of the CMHC. The patient presented unwelcome repeated thoughts that induced anxiety symptoms while at the same time he performed several actions (compulsions) to neutralize his obsessions. From his history, a mood disorder episode was described at simultaneously with the onset of OCD. Then, the patient was admitted in a General Hospital (for a month) and was treated with Fluoxetine on and off for several years. Due to relapse of the symptoms, Risperidone was introduced (1mg/day). The scheme was not beneficial enough, so another SSRI (Escitalopram) was initiated while Risperidone was withdrawn gradually. Six months after the initiation of Escitalopram, the patient's situation is stable, the obsessions and compulsions have been restricted and he appears in better mood.

**Conclusions:** Monotherapy with Escitalopram seems to provide significant levels of symptomatic improvement in cases of OCD in juvenile producing effective results to this young patient.