

## THE PREVALENCE AND SEVERITY OF OBSESSIVE-COMPULSIVE DISORDER AND ITS RELATIONSHIP WITH DERMATOLOGICAL LESION IN IRANIAN DERMATOLOGICAL CLINIC

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**Introduction:** Obsessive Compulsive Disorder (OCD) is an anxiety disorder which is usually characterized by two types of symptoms, namely obsessions and compulsions.

**Objectives:** Psychosomatic disorders include psycho-cutaneous disease, obsessive-compulsive disorder (OCD) might be expressed as dermatological lesion and are known as dermo-OCD.

**Aims:** The aim of this study was to determine the prevalence and severity of OCD and its relationship with dermatological disease in Sari, Iran, 2011.

**Method:** The sample consisted of 265 consecutively presenting dermatological patients who agreed to participate in the study, the subjects were assessed with structured clinical interview (SCID-I) by psychiatrist resident and also completed the Yale-Brown Obsessive Compulsive Scale (Y-BOCS). T-test and chi-square were used to analyze the data.

**Results:** Of the 265 dermatological patients, 24 (9.1%) met DSM-IV criteria for OCD. Only 9 (37.5%) of them had previously been diagnosed as OCD. The most common obsessions were washing 13 (54.1%) and pathological doubt 7 (25%), contamination 7 (25%), checking 7 (25%).

**Conclusion:** There is a high prevalence of OCD in dermatological patients and with consideration of the importance of OCD with the comorbidity of skin disease, dermatologists must be aware of the relationship between the two disorders and refer OCD patients to psychiatrists.