# CNS SPECTRUMS®

THE INTERNATIONAL JOURNAL OF NEUROPSYCHIATRIC MEDICINE

# **SUPPLEMENT**

From Obsessive-Compulsive Spectrum to Obsessive-Compulsive Disorders: The Cape Town Consensus Statement

### Introduction

J. Zohar

Obsessive-Compulsive Disorder and Obsessive-Compulsive Spectrum Disorders: *Diagnostic and Dimensional Issues* 

E. Hollander, S. Kim, S. Khanna, and S. Pallanti

Neurobiology of Obsessive-Compulsive Disorder: Serotonin and Beyond

H.G.M. Westenberg, N.A. Fineberg, and D. Denys

**Treatment of Obsessive-Compulsive Disorder** 

D.J. Stein, J.C. Ipser, D.S. Baldwin, and B. Bandelow

**Special Populations** 

J. Zohar, L. Fostick, D.W. Black, and J.J. Lopez-Ibor

Specificities of Treatment in Pediatric Obsessive-Compulsive Disorder

M.F. Flament, D. Geller, M. Irak, and P. Blier

#### **Consensus Statement**

J. Zohar, E. Hollander, D.J. Stein, H.G.M. Westenberg, and The Cape Town Consensus Group

Index Medicus/MEDLINE citation: CNS Spectr

## EDITORIAL ADVISORY BOARD

#### **EDITOR EMERITUS**

Jack M. Gorman, MD Mount Sinai School of Medicine New York, NY

EDITOR Eric Hollander, MD Mount Sinai School of Medicine New York, NY

#### INTERNATIONAL EDITOR

Joseph Zohar, MD Chaim Sheba Medical Center Tel-Hashomer, Israel

#### **ASSOCIATE INTERNATIONAL EDITORS**

**EUROPE** 

Donatella Marazziti, MD University of Pisa Pisa, Italy

MID-ATLANTIC Dan J. Stein, MD, PhD University of Cape Town Cape Town, South Africa

FAR EAST Shigeto Yamawaki, MD, PhD Hiroshima University School of Medicine Hiroshima, Japan

#### MEDICAL REVIEWER

David L. Ginsberg, MD

#### CME COURSE DIRECTOR

Eric Hollander, MD

#### SUPPLEMENT EDITOR

Joseph Zohar, MD

#### **NEUROLOGISTS**

Mitchell F. Brin, MD University of California, Irvine Irvine, CA

Jeffrey L. Cummings, MD University of California, Los Angeles Los Angeles, CA

Jerome Engel, Jr., MD, PhD University of California, Los Angeles Los Angeles, CA

Mark S. George, MD Medical University of South Carolina Charleston, SC

Richard B. Lipton, MD Albert Einstein College of Medicine Bronx, NY

C. Warren Olanow, MD, FRCPC Mount Sinai School of Medicine New York, NY

Steven George Pavlakis, MD Maimonides Medical Center Brooklyn, NY

Stephen D. Silberstein, MD, FACP Thomas Jefferson University Philadelphia, PA

Michael Trimble, MD, FRCP, FRPsych National Hospital for Neurology and Neurosurgery London, United Kingdom

PSYCHIATRISTS
Margaret Altemus, MD
Cornell University Medical College New York, NY

Dennis S. Charney, MD Mount Sinai School of Medicine New York, NY

Dwight L. Evans, MD University of Pennsylvania Philadelphia, PA

Siegfried Kasper, MD University of Vienna Vienna, Austria

Martin B. Keller, MD Brown Medical School Providence, RI Lorrin M. Koran, MD

Stanford University School of Medicine Stanford, CA

Yves Lecrubier, MD Hôpital de la Salpêtrière Paris, France

Herbert Y. Meltzer, MD Vanderbilt University Medical Center Nashville, TN

Stuart A. Montgomery, MD St. Mary's Hospital Medical School London, United Kingdom

Charles B. Nemeroff, MD, PhD Emory University School of Medicine Atlanta, GA

Humberto Nicolini, MD, PhD National Mexican Institute of Psychiatry Mexico City, Mexico

University of Florence Florence, Italy Katharine Phillips, MD Brown Medical School

Stefano Pallanti, MD, PhD

Providence, RI

Harold A. Pincus, MD Columbia University New York, NY

Scott L. Rauch, MD Massachusetts General Hospital Charlestown, MA

Alan F. Schatzberg, MD Stanford University School of Medicine Stanford, CA

Thomas E. Schlaepfer, MD University of Bonn Bonn, Germany

Stephen M. Stahl, MD, PhD University of California, San Diego La Jolla, CA

Norman Sussman, MD New York University Medical School New York, NY

Karen Dineen Wagner, MD, PhD The University of Texas Medical Branch Galveston, Texas

Herman G.M. Westenberg, MD University Hospital Utrecht Utrecht, The Netherlands

Stuart C. Yudofsky, MD Baylor College of Medicine Houston, TX

#### PUBLICATION STAFF -

#### CEO & PUBLISHER

Darren L. Brodeur

#### ASSOCIATE PUBLISHER

#### VP, MANAGING EDITOR

Christopher Naccari

#### VP, SENIOR EDITOR

Deborah Hughes

## **SENIOR GLOBAL** ACCOUNT DIRECTOR Richard Ehrlich

#### SENIOR EDITOR—CNS SPECTRUMS

**SENIOR ACQUISITIONS EDITOR** 

#### Lisa Arrington

ACQUISITIONS EDITOR Virginia Jackson

# ASSOCIATE EDITOR— ENDURING MATERIALS

Shelley Wong

ASSOCIATE EDITORS
Peter Cook—Psychiatry Weekly
Dena Croog—Primary Psychiatry

# ASSISTANT EDITORS Carlos Perkins, Jr.

Rebecca Sussman

#### SALES & MARKETING ASSOCIATE

Kimberly Schneider

#### **MEDIA SALES REPRESENTATIVE**

Jodi Malcom

#### **OFFICE MANAGER**

Ronald Means

#### **INTERNS**

Stephanie Spano Lonnie Stoltzfoos

#### ART DIRECTOR

#### **GRAPHIC DESIGNER**

Michael J. Vodilko

#### **CHIEF FINANCIAL OFFICER**

John Spano

# STAFF ACCOUNTANT Diana Tan

#### **INFORMATION TECHNOLOGY**

Clint Bagwell Consulting Leah Kozak

#### **CORPORATION COUNSEL**

Lawrence Ross, Esq. Bressler, Amery, and Ross



Publishers of







The International Journal of Neuropsychiatric Medicine

## TABLE OF CONTENTS

From Obsessive-Compulsive Spectrum to Obsessive-Compulsive Disorders: The Cape Town Consensus Statement

- 4 Introduction
  By Joseph Zohar, MD
- 5 Obsessive-Compulsive
  Disorder and
  Obsessive-Compulsive
  Spectrum Disorders:
  Diagnostic and
  Dimensional Issues

By Eric Hollander, MD, Suah Kim, BA, Sumant Khanna, MD, PhD, and Stefano Pallanti, MD, PhD

14 Neurobiology of Obsessive-Compulsive Disorder: Serotonin and Beyond

By Herman G.M. Westenberg, PhD, Naomi A. Fineberg, MRCPsych, and Damiaan Denys, MD

This supplement is provided as a service to medicine through funding from Lundbeck.

Founded in 1996, CNS Spectrums is indexed in the Index Medicus database and is available on MEDLINE under the citation CNS Spectr. CNS Spectrums is distributed to CINP members in 52 countries and is accredited for international CME by the European Accreditation Committee in CNS (EACIC).

CNS Spectrums (ISSN 1092-8529) is published monthly by MBL Communications, Inc. 333 Hudson Street, 7th Floor, New York, NY 10013.

One-year subscription rates: domestic \$120; foreign \$195; in-training \$85. For subscriptions: Tel: 212-328-0800; Fax: 212-328-0600; Web: www.cns-spectrums.com. Single issues: \$15 – email ks@mblcommunications.com.

For editorial inquiries, please contact Deborah Hughes at dh@mblcommunications.com. For bulk reprints, please contact Christopher Naccari at cdn@mblcommunications.com.

## 28 Treatment of Obsessive-Compulsive Disorder

By Dan J. Stein, MD, PhD, Jonathan C. Ipser, MA, David S. Baldwin, DM, MRCPsych, and Borwin Bandelow, MD

## 36 Special Populations

By Joseph Zohar, MD, Leah Fostick, PhD, Donald W. Black, MD, and Juan J. Lopez-Ibor, MD

43 Specificities of Treatment in Pediatric Obsessive-Compulsive Disorder

By Martine F. Flament, MD, PhD, Dan Geller, MD, Metehan Irak, PhD, and Pierre Blier, MD, PhD

### 59 Consensus Statement

By Joseph Zohar, MD, Eric Hollander, MD, Dan J. Stein, MD, PhD, Herman G.M. Westenberg, PhD, and The Cape Town Consensus Group

Subscriber: Send address changes to CNS Spectrums c/o MMS,Inc., 185 Hansen Court, Suite 110, Wood Dale, IL 60191-1150.

Advertisements in CNS Spectrums are accepted on the basis of adherence to ethical medical standards, but acceptance does not imply endorsement by CNS Spectrums or the publisher.

CNS Spectrums is a registered trademark of CNS Spectrums, LLC, New York, NY. Permission to reproduce articles in whole or part must be obtained in writing from the publisher.



BPA member since July 2005.

Copyright © 2007 by MBL Communications, Inc. All rights reserved. Printed in the United States.

#### **MISSION**

CNS Spectrums' editorial mission is to address relevant neuropsychiatric topics, including the prevalence of comorbid diseases among patients, and original research and reports that emphasize the profound diagnostic and physiologic connections made within the neurologic and psychiatric fields. The journal's goal is to serve as a resource to psychiatrists and neurologists seeking to understand and treat disturbances of cognition, emotion, and behavior as a direct consequence of central nervous system disease, illness, or trauma.

This supplement to CNS Spectrums, as well as enduring materials and archived issues, is available at www.cnsspectrums.com.