



# **Treatment Alternatives in Resistant Obsessive-Compulsive Disorder in Children – A Review of the Last Five Years Literature**

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**Abstract:**

*Background:* Obsessive-compulsive disorder (OCD) in childhood and adolescence is an impairing condition, associated with a specific set of distressing symptoms.

*Aims:* To review the last five years research according the treatment of treatment-refractory paediatric obsessive-compulsive disorder (OCD).

*Method:* A PubMed search was conducted to identify the last five years controlled trials in paediatric OCD in order to identify the possible treatment alternatives.

*Results and Discussion:* Pharmacotherapy with selective serotonin reuptake inhibitors (SSRIs) and cognitive-behavioural therapy are effective treatments for paediatric OCD. In cases of resistance the possible alternatives we provided are increasing the dose of SSRI, switching to another SSRI, augmentation with antipsychotics, and the use of serotonin nor-adrenaline (norepinephrine) reuptake inhibitors (SNRIs) and monoamine oxidase inhibitors (MAOIs) this considering pharmacological alternatives. We also found data of non-pharmacological treatment to be effective including family interventions and physical interventions such as neurosurgery and deep brain stimulation, alongside the pharmacological strategies. Roughly one-quarter to one-third of children do not experience a treatment response with first-line treatments for OCD. A large number of children with OCD judged to be “clinical responders” in treatment studies still have significant residual symptoms.

*Conclusion:* Several pharmacological and non-pharmacological treatment alternatives exist for children with resistant OCD symptoms but there is a very few evidence-based data on this alternatives and further researchers is needed in this field.

**Keywords**

OCD, Children, Treatment Resistance, Literature Review