

## Selective serotonin re-uptake inhibitors are effective for obsessive compulsive disorder

<b>Clinical question</b>	How effective are selective serotonin re-uptake inhibitors (SSRIs) for obsessive compulsive disorder (OCD) in adults?
<b>Bottom line</b>	Compared to placebo, SSRIs are more effective for OCD in adults, at least in the short term (up to 3 months). People receiving SSRIs are nearly twice as likely as those receiving placebo to achieve clinical response (defined as 25% or greater reduction in symptoms). In a group of patients where 10% might be expected to recover even without treatment, the NNT* = 12, whereas in a group where 20% might be expected to recover even without treatment, the NNT = 6. SSRIs included in the studies included citalopram, fluoxetine, fluvoxamine, paroxetine and sertraline. *NNT = number needed to treat to benefit 1 individual.
<b>Caveat</b>	Indirect comparisons of effectiveness suggested, although individual SSRIs were similar in their effectiveness, they differed in terms of their adverse effects, the commonest one overall being nausea.
<b>Context</b>	OCD is a common and disabling disorder, which frequently follows a chronic course. It has a lifetime prevalence of 2.2% in New Zealand. <sup>1</sup>
<b>Cochrane Systematic Review</b>	Soomro GM et al. Selective serotonin re-uptake inhibitors (SSRIs) versus placebo for obsessive compulsive disorder (OCD). Cochrane Reviews 2008, Issue 1. Article No. CD001765. DOI: 10.1002/14651858.CD001765. This review contains 17 trials involving 3097 participants.
<b>PEARLS 129, June 2008, written by Brian R McAvoy</b>	

### [References]

1. Bebbington PE. Br J Psychiatry 1998; 35: 2-6.

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