

강박장애 치료의 최신지견: Algorithm을 중심으로

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강박장애의 증상

* Phenomenological Analysis of 250 OCD Inpatients

Common obsessions (%)	Common Compulsions (%)	
	Behaviors	Mental acts
Contamination fears (45%)	Checking (63%)	Covert counting (36%)
Repetitive doubts (42%)	Washing (50%)	
Somatic obsessions (36%)	Need to confuse (36%)	
Need for symmetry (31%)	Ordering/symmetry (31%)	
Aggressive impulses (28%)	Hoarding (18%)	
Multiple obsessions (60%)	Multiple compulsions (48%)	

Rasmussen SA, Eisen JL. Epidemiology and clinical features of OCD(1990)

강박장애의 증상 dimension

- OC contents : change over the course of lifetime
- Drug response : vary greatly in different type of OC contents
- Different OC contents → different prognosis
 - E.g. somatic obsession - poor response to drugs

→ Specific OC content may characterize distinct subtypes or OCD may be a multidimensional conditions arising from different etiological sources

Factor Analyses on OCD (Y-BOCS checklist)

Studies	Patients	Factors
Baser (1994)	107	1. Symmetry, saving, hoarding, ordering, repeating, counting 2. Contamination, saving, somatic, cleaning, checking 3. Religious, sexual, aggressive
Leckman et al. (1997)	292	1. Aggressive, sexual, religious, checking 2. Symmetry, ordering, counting, repeating 3. Contamination, cleaning 4. Saving, hoarding and collecting
Mataix-Cols et al. (1999)	354	1. Symmetry, ordering, repeating, counting 2. Hoarding obsession & hoarding compulsion 3. Contamination, cleaning 4. Aggressive, checking 5. Sexual, religious

Four Factors Solution For OCD Patients

	Factor 1 (Hoarding /repeating)	Factor 2 (Contamination /cleaning)	Factor 3 (aggressive /sexual)	Factor 4 (religious /somatic)
Obsessions				
aggressive			0.719	
contamination		0.705		
sexual			0.840	
hoarding	0.548			
religious				0.767
symmetry				
somatic				0.830
Compulsions				
cleaning		0.808		
checking				
repeating	0.764			
counting	0.832			
ordering	0.540			
hoarding	0.623			
% of explained variance	34.00	11.12	9.96	7.70
Factor loading > 0.5				

Kim CH et al. (in preparation)

강박장애의 심각도 및 증상평가

- Self-Rated Scales
 - Leyton Obsessional Inventory (LOI)
 - Maudsley Obsessional-Compulsive Inventory
- Observer-Rated Scales
 - Yale-Brown Obsessive and Compulsive symptom Scale
 - NIMH Global Obsessive-Compulsive Scale

* Y-BOCS Symptom Checklist

**Self-Rated Scales
Leyton Obsessional Inventory
(LOI, Cooper 1970)**

- oldest, 3 assessment technique
- 69 questions in yes/no format + 5 point rating of resistance + 4 point rating of interference
- Designed to assess obsessional symptom and traits
- 카드보고 정리하는 형식 (card sorting procedure) – cumbersome, time-consuming
- Advantage
 - Distress의 Inference 항목을 포함하므로 screening 목적으로도 사용 가능
- Disadvantages
 - 원래 OCD 환자가 아니라 "house-proud, or perfectionist" mother를 위해 개발 – 그러므로 OCD의 모든 측면을 적절히 반영하지 못함
 - Low reliability, validity to change

**Self-Rated Scales
Maudsley Obsessional-Compulsive Inventory
(MOCI, Hodgson & Rachman 1977)**

- 30 items in a true/false format
- Factor analysis
 - 2 major complaints - checking, washing
 - 2 minor complaints - slowness, doubting
- Designed to investigate the different types of OC complaints
- Advantages
 - Short, easy to administer
- Disadvantages
 - Inadequately cover the range of OCD in clinical practice
 - Relatively insensitive to drug-induced changes

**Observer-Rated Scale
Yale-Brown Obsessive-Compulsive Scale
(Y-BOCS, Goodman et al. 1989)**

- Designed to assess severity of obsession and compulsion
- Not be influenced by the type or No. of obsessions or compulsions
- Obsessions (item 1-5) + compulsions (item 6-10)
- Analysis : total score, subtotal score, or between obsessive & subscore
- Sensitive to treatment induced changes

Dimensional Structure of the Y-BOCS

* 3 Factors Solutions for Y-BOCS (N=85)

	Component		
	1 (Compulsion)	2 (Obsession)	3 (Resistance)
1 Time on obsession		0.809	
2 Obsession free interval		0.738	
3 Interference from obsession		0.841	
4 Resistance to obsession			0.894
5 Control over obsession		0.713	
6 Time on compulsion	0.745		
7 Compulsion free interval	0.792		
8 Interference from compulsion	0.728		
9 Resistance to compulsion			0.758
10 Control over compulsion	0.908		

Kim CH et al. (in preparation)

강박장애 치료 지침 및 알고리즘

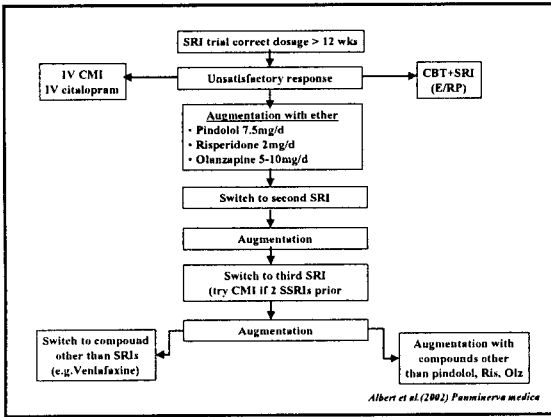
- The Expert Consensus Guideline Series:
Treatment of Obsessive-Compulsive Disorder.

J Clin Psychiatry 1997;58 (suppl 4).

- 한국형 알고리즘 (준비중)

강박장애 약물치료의 특징: 우울증 및 공황장애 등과의 비교

1. 세로토닌 선택성
2. 치료효과발현에 걸리는 시간이 더 길다
3. 더 고용량을 필요로 한다.
4. 치료반응의 정도가 적다.
완전관해율이 더 적다.



**Expert Consensus Guideline :
Treatment of OCD**

March JS, Frances A, Kahn DA, Carpenter D, eds.
*The Expert Consensus Guideline Series:
Treatment of Obsessive-Compulsive Disorder.*
J Clin Psychiatry 1997;58 (suppl 4).

Treatment Choice by Severity of Illness and By Age

	Adult OCD		Adolescent OCD		Prepubertal OCD	
	Milder*	More Severe*	Milder	More Severe	Milder	More Severe
First line	CBT** first	CBT+SRI* + SRI first	CBT first	CBT + SRI	CBT first	CBT first
Second line	CBT+SRI SRI first	CBT first	CBT + SRI SRI first	CBT first SRI first	CBT+SRI SRI first	CBT+SRI SRI first

*Mild OCD (Yale-Brown Obsessive-Compulsive Scale (Y-BOCS) scores 16-25) versus Moderate to Severe OCD (Y-BOCS scores 26-40) versus Severe OCD (Y-BOCS scores 41-60) versus Severe OCD (Y-BOCS scores 61-80) versus Severe OCD (Y-BOCS scores 81-100) versus Severe OCD (Y-BOCS scores 101-120) versus Severe OCD (Y-BOCS scores 121-140) versus Severe OCD (Y-BOCS scores 141-160) versus Severe OCD (Y-BOCS scores 161-180) versus Severe OCD (Y-BOCS scores 181-200) versus Severe OCD (Y-BOCS scores 201-220) versus Severe OCD (Y-BOCS scores 221-240) versus Severe OCD (Y-BOCS scores 241-260) versus Severe OCD (Y-BOCS scores 261-280) versus Severe OCD (Y-BOCS scores 281-300) versus Severe OCD (Y-BOCS scores 301-320) versus Severe OCD (Y-BOCS scores 321-340) versus Severe OCD (Y-BOCS scores 341-360) versus Severe OCD (Y-BOCS scores 361-380) versus Severe OCD (Y-BOCS scores 381-400) versus Severe OCD (Y-BOCS scores 401-420) versus Severe OCD (Y-BOCS scores 421-440) versus Severe OCD (Y-BOCS scores 441-460) versus Severe OCD (Y-BOCS scores 461-480) versus Severe OCD (Y-BOCS scores 481-500)

**CBT: cognitive-behavioral therapy

***SRI (serotonin reuptake inhibitor) refers to the five compounds clomipramine, desoxetiline, fluvoxamine, paroxetine, and sertraline; SSRI (selective SRI) refers to all but clomipramine.

March JS et al. (1997) J Clin Psychiatry
The Expert Consensus Guideline Series, Treatment of OCD

요 약

- 최근 강박장애의 치료가 발전한 것만은 사실이나 아직도 1차 치료에 반응이 없는 환자가 많다.
- 치료반응의 평가는 매우 중요하며 현재 Y-BOCS를 이용하여 주로 치료반응을 평가하고 있으나 Y-BOCS 자체도 많은 문제점을 안고 있다.
- 약물치료시 특히 치료반응의 여부를 결정짓는 의사결정은 매우 중요하다.
- 국내에서도 강박장애 치료알고리즘이 개발되어 강박장애의 치료 및 평가에 있어 기초가 되어야 할 것으로 기대된다.
