

Symposium | OCD : [Symposium 100] Obsessive and Compulsive Disorder: Recent progress through the collaboration of neurobiological research and the development of new clinical treatment modalities.

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[Symposium 100] Obsessive and Compulsive Disorder: Recent progress through the collaboration of neurobiological research and the development of new clinical treatment modalities.

Moderator: Hisato Matsunaga (Hyogo Medical University), M Sai Spoorthy (All India Institute of Medical Sciences)

[SY-100-01] Obsessive Compulsive Disorder and Addiction

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OBSESSIVE-COMPULSIVE DISORDER AND ADDICTION

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Obsessive-compulsive (OCD) and addiction, while traditionally categorized as distinct psychiatric conditions, share overlapping neurobiological mechanisms, such as dysfunction in the cortico-striato-thalamo-cortical (CSTC) circuits and abnormalities in dopamine, serotonin and glutamate signaling. This convergence has prompted a growing body of research exploring the co morbidity and shared vulnerability between these disorders. Individuals with OCD may engage in compulsive behaviors similar to addictive patterns, while those with substance use disorders often exhibit obsessive thoughts and ritualistic use. The co-occurrence of OCD and addiction presents diagnostics and therapeutic challenges, often requiring integrated and individualized treatment strategies.

Recent advances in treatment have expanded beyond conventional pharmacotherapy, cognitive behavioral therapy (CBT), and exposure response prevention (ERP). Novel approaches such as deep brain stimulation (DBS), transcranial magnetic stimulation (TMS) are showing promise for treatment resistant cases as well as emerging evidence such as the use of glutamate receptors, Ketamine and psychedelic assisted therapies (e.g., psilocybin) for their potential to reduce both compulsive behaviors and addictive cravings.

Understanding the intersection between OCD and addiction can lead to more effective and comprehensive treatment models, ultimately improving patient outcomes. Future research should continue to investigate the shared neural pathways and develop integrated interventions that address both conditions simultaneously.