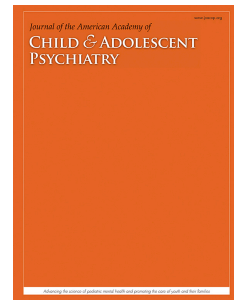


Accepted Manuscript

Assessment and Management of Treatment-Refractory Obsessive-Compulsive Disorder in Children

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PII: S0890-8567(15)00041-6

DOI: [10.1016/j.jaac.2015.01.011](https://doi.org/10.1016/j.jaac.2015.01.011)

Reference: JAAC 1156

To appear in: *Journal of the American Academy of Child & Adolescent Psychiatry*

Received Date: 26 March 2014

Revised Date: 14 January 2015

Accepted Date: 18 January 2015

Please cite this article as: Bloch MH, Storch EA, Assessment and Management of Treatment-Refractory Obsessive-Compulsive Disorder in Children, *Journal of the American Academy of Child & Adolescent Psychiatry* (2015), doi: 10.1016/j.jaac.2015.01.011.

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ABSTRACT

OBJECTIVE: To review the assessment and treatment of treatment-refractory pediatric obsessive-compulsive disorder (OCD).

METHOD: A PubMed search was conducted to identify controlled trials in pediatric OCD. Additionally, practice guidelines for the treatment of adults and children were further reviewed for references in treatment-refractory OCD across the lifespan.

RESULTS: Pharmacotherapy with selective serotonin reuptake inhibitors (SSRIs) and cognitive-behavioral therapy are effective treatments for pediatric OCD. Evidence suggests that CBT is additionally effective even in pediatric patients with refractory OCD symptoms. Antipsychotic augmentation, raising SSRI dosage, and several glutamate-modulating agents have some evidence of efficacy in adults with treatment-refractory OCD but have not been studied in pediatric populations.

CONCLUSION: Several pharmacological treatment options exist for children with refractory OCD symptoms. However, little evidence-based data exist to guide treatment for our most challenging pediatric OCD patients. Further research is needed to evaluate the efficacy/side-effect profile of commonly used interventions in treatment-refractory pediatric OCD.

KEY WORDS: obsessive-compulsive disorder, cognitive-behavioral therapy, serotonin uptake inhibitors, antipsychotic agents, systematic review

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