

## STRESSFUL LIFE EVENTS AND THEIR ROLE IN OBSESSIVE COMPULSIVE DISORDER

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### ABSTRACT:

**Background:** Etiology of Obsessive Compulsive Disorder (OCD) points to neurobiological causes along with psychological factors. While stressful life events increase a person's vulnerability to develop illness, all people having stressful life events necessarily do not develop OCD.

**Objective:** To investigate the presence and impact of stressful and traumatic life events in OCD patients and compare that with OCD patients without such events.

**Methodology:** Patients from National Institute of Behavioural Sciences and Apollo Gleneagles Hospital, Kolkata were recruited for this study (duration August 2011 till June 2013). A total of 42 patients diagnosed with OCD (ICD 10, DCR criteria) were divided into two groups on the basis of presence of stressful and traumatic life events preceding the onset of obsessive compulsive symptoms. A profile of the life events was made and the groups were compared upon their symptom pattern and severity. Standard evaluation procedure included assessment on the Yale Brown Obsessive Compulsive Scale, Medico Psychological Questionnaire, Life events Scale and the Beck Depression Inventory.

**Results and Conclusion:** Significant number of OCD patients reported having stressful life event preceding the development of obsessive Compulsive symptoms. Further details of the results will be provided during presentation.

**Key words:** *Life events; Obsessive compulsive disorder*