

DSM Diagnosis of OCD

Try SSRI (fluoxetine, fluvoxamine or sertraline) at normal antidepressant doses for 8-12 weeks

Inadequate or no response

Get plasma level to check for nonadherence or rapid metabolizer

Level obtained

Improve adherence if necessary

Adherence good

Increase dose to PDR maximum, recheck level and continue for 8-12 weeks

Inadequate response

Try a different SSRI (from among: fluoxetine, fluvoxamine or sertraline) or (less desirable) clomipramine for 8-12 weeks

Inadequate response

Get plasma level to check for nonadherence or rapid metabolizer

Level obtained

Improve adherence if necessary

Adherence good

Increase dose to PDR maximum or beyond, recheck level, and continue for 8-12 weeks

Inadequate response

Augment with SGA (risperidone or aripiprazole). May consider novel agents or transcranial magnetic stimulation (see next two boxes)

Inadequate response

Augment with novel agents e.g., memantine, lamotrigine, n-acetylcysteine, riluzole, topiramate, minocycline, celecoxib, ondansetron.

Inadequate response

Try non-invasive device therapy i.e., TMS

Inadequate response

Consider deep brain stimulation or capsulotomy