From Obsessive-Compulsive Spectrum to Obsessive-Compulsive Disorders: The Cape Town Consensus Statement

By Joseph Zohar, MD

on behalf of The Cape Town Consensus Group*

In awareness of recent developments and upcoming future changes in the conceptualization of obsessive-compulsive disorders (OCDs), a group of 14 experts with specific experience in this area decided that a consensus statement on the present and future of OCD is timely. The group, with their long-term interest and productivity in the area of OCD, met with the specific aim of providing a global perspective. Ten countries from four continents were represented in this 2-day consensus meeting.

The meeting took place in Cape Town on February 27-28, 2006. The participants were asked to prepare and submit a relevant presentation before the meeting in order to enrich the discussion. Six presentations reviewed the following aspects of OCD: diagnosis, epidemiology, neurobiology, treatment, special populations, and pediatric OCD. A draft consensus was prepared, based on the presentations, recent consensus statements, evidence-based guidelines, and the ensuing discussions. On the second day the consensus was subjected to review and comments from all the participants. Further work progressed via E-mail and a subsequent follow-up meeting in Toronto in May 2006. The enclosed supplement represents the outcome of this joint effort.

It is our aim that this supplement accurately reflects the dramatic changes that have taken place in OCD and will provide a forum for a wider understanding of the clinical features, causes, and treatments of this common and debilitating medical condition. CNS

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