



Discapacidad en el trastorno obsesivo compulsivo. Más allá de un diagnóstico clínico [

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text (article)

Analítica

Clinical case report of an adult patient with an obsessive compulsive disorder and a moderate to severe level of disability derived from it. The case was approached from a biopsychosocial perspective under a cognitive-behavioral psychotherapeutic approach. During the evaluation and diagnosis, obsessive thoughts, compulsions and intense depressive symptoms were found. Subsequently, a psychological intervention plan was applied in two phases aimed to reduce the intensity of clinical symptoms. Functionality was encouraged in the individual, family, social, personal fulfillment and productivity areas. The program was carried out for two and a half years with continuous and follow-up sessions to verify and reinforce the changes. After the process, a substantial improvement was obtained in the face of obsessive thoughts and the reduction of compulsive behaviors. The level of disability was reduced, improving the relationship with the family and social environment. Also, It was achieved labor insertion and good performance. The integral approach, not only focused on the clinical diagnosis of the person, allows an effective psychological intervention according to the specific needs of the case. Cognitive-behavioral techniques prove to be useful in the treatment of OCD, comorbidities and in the increase of quality of life and personal productivity

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