

Effect of Clomipramine on Obsessive Compulsive Neurosis with Resistance to Psychotherapy

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Accepted for publication on August 27, 1987

ABSTRACT. The authors describe a 26-year-old male who suffered from obsessive compulsive neurosis with resistance to psychotherapy. Clomipramine led to a reduction of this resistance. His personality is the cases with ambivalent personality many points of like similarity to the case with active dependent personality, such cases have responded successfully to clomipramine. Therefore, we believe this is way clomipramine was effective in this case.

Key words : obsessive compulsive neurosis — clomipramine — resistance

To late, persons with obsessive compulsive neurosis (OCN) have been said to be difficult to treat. Clomipramine however has been shown to have a direct effect on OCN.^{1,2)} The following case report is of an OCN patient with conversion and depression who responded to clomipramine with a reduction of resistance to the psychotherapy.

CASE REPORT

The patient was a 26-year-old single male. His illness started at the age of 24 following the separation from his girl friend. One day he thought that he had inflicted an injury on someone, and he immediately experienced compulsions to confirm that nothing had happened and to check and recheck the behavior of other people. These symptoms were alien, absurd, and distressing, to him, but attempts to resist them failed.

At 25 he visited clinic with severe obsession. He was admitted to the hospital for three months and clomipramine was given, resulting in only a moderate improvement in his obsession. After discharge, his symptoms became severe again. He visited our hospital at 26. As a result of psychotherapy, it became clear that he had broken up with his girl friend at 24, but that he had not wanted the separation. Therefore, he persistently contacted the girl after their separation. The girl, however, rejected his advances. Therefore he experienced compulsion. The therapist described this conflict to the patient. As soon as he heard this, he fell into a conversion disorder. And then his compulsive symptoms became severe and he fell into severe depression. Thereafter he expressed a strong resistance to psychotherapy. He was treated with drugs (Perphenazine 6 mg, Timiperone 2 mg, Haloperidol 2.25 mg, Diazepam 15 mg,

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Bromazepam 15 mg, Imipramine 75 mg) and underwent psychotherapy, for three months but his symptoms continued unchanged.

He was then started on clomipramine at 75 mg/day. His depressive symptoms rapidly improved by the 7th day of clomipramine treatment, but his obsessions remained unchanged. After his depressive symptoms improved, he gradually accepted psychotherapy, and his obsessive symptoms gradually improved.

DISCUSSION

On admission the patient did not appear to trust his therapist, and he did not grow familiar with him. He also isolated himself from the nurses and other patients in the patient lounge. These traits seemed to hinder the initial psychotherapy and the therapist-patient relationship.

By nature, the patient was quiet, unsociable, helpless and schizothymi. He felt that he was unliked by persons who gave him suggestions or warnings, and he could not meekly accept good wishes. His ideas were not based on real conditions. In addition he could not take an active role community and he easily became nervous. His consciousness of self was weak. However, he had his own opinions and a plan for life. He was strong willed and independent. Based on these characteristics of his personality, we considered it to be the cases with ambivalent personality.^{3,4)}

Clomipramine has been shown to be effective in treating OCN.^{1,2)}

Nishizono, M.⁵⁾ reported that the cases with an active dependent personality responded to antidepressants and anxiolytic agents, the cases with an ambivalent personality responded to anxiolytic agents, and the cases with a withdrawn personality responded to antipsychotic agents. Clomipramine had no effect on the obsessive symptoms of this case during the clinical course, but it did reduce his resistance to psychotherapy. We think that the cases with an ambivalent personality exhibit many points of similarity to the cases with active dependent personality. Therefore, we think this is way clomipramine was effective in this case.

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