

# CNS SPECTRUMS™ 1

THE INTERNATIONAL JOURNAL OF NEUROPSYCHIATRIC MEDICINE

**SPECIAL ACADEMIC SUPPLEMENT:  
2ND INTERNATIONAL OCD CONFERENCE**

**IS THERE A DISTINCT OCD SPECTRUM?**

*Eric Hollander*

**CROSS-CULTURAL STUDIES AND OCD**

*Dan J. Stein, Judith L. Rapoport*

**EPIDEMIOLOGY AND GENETICS OF OCD**

*Donald W. Black*

**BEHAVIOR AND COGNITIVE THERAPY FOR OCD**

*Fugen A. Neziroglu, et al, David Veale, Jean Cottraux*

**PHOTO ESSAY:**

Brain Imaging in OCD: evidence for frontal-subcortical circuitry.  
*A.L. Brody, S. Saxena. ARTICLE INSIDE.*

\*\*\*\*\* 5-DIGIT 87106  
X29521909028  
MICHAEL D FLANAGAN, MD  
507 TULANE NE  
ALBUQUERQUE, NM 87106-1344

**CME** Mount Sinai **3**



# CNS SPECTRUMS

THE INTERNATIONAL JOURNAL OF NEUROPSYCHIATRIC MEDICINE

## EDITOR

**ERIC HOLLANDER, MD**  
MOUNT SINAI SCHOOL OF MEDICINE  
NEW YORK, NY

## INTERNATIONAL EDITOR

**JOSEPH ZOHAR, MD**  
CHAIM SHEBA MEDICAL CENTER  
TEL AVIV, ISRAEL

## EDITORIAL DIRECTOR

**JAMES LA ROSSA JR.**

## MANAGING EDITOR

**CECIL G. LYON**

## BOARD OF ADVISORS

**MITCHELL F. BRIN, MD**  
MOUNT SINAI SCHOOL OF MEDICINE  
NEW YORK, NY

**JOHN CARONNA, MD**  
THE NEW YORK HOSPITAL-CORNELL  
MEDICAL CENTER  
NEW YORK, NY

**DENNIS S. CHARNEY, MD**  
YALE UNIVERSITY  
NEW HAVEN, CT

**EMIL F. COCCARDO, MD**  
MCP AT EPPI  
PHILADELPHIA, PA

**JEFFREY L. CUMMINGS, MD**  
UCLA DEPARTMENT OF NEUROLOGY  
LOS ANGELES, CA

**MARK GEORGE, MD**  
MEDICAL UNIVERSITY OF SOUTH CAROLINA  
CHARLESTON, SC

**JACK GORMAN, MD**  
COLLEGE OF PHYSICIANS AND  
SURGEONS, COLUMBIA UNIVERSITY  
NEW YORK, NY

**THOMAS R. INSEL, MD**  
YERKES REGIONAL PRIMATE RESEARCH CENTER  
EMORY UNIVERSITY  
ATLANTA, GA

**MICHAEL A. JENIKE, MD**  
MASSACHUSETTS GENERAL HOSPITAL  
CHARLESTOWN, MA

**LORRIN M. KORAN, MD**  
STANFORD UNIVERSITY MEDICAL SCHOOL  
STANFORD, CA

**JAMES LECKMAN, MD**  
YALE UNIVERSITY  
NEW HAVEN, CT

**V. MARKKU LINNOILA, MD, PHD**  
NATIONAL INSTITUTE ON ALCOHOL ABUSE AND  
ALCOHOLISM  
BETHESDA, MD

**DONATELLA MARAZZITI, MD**  
UNIVERSITY OF PISA  
PISA, ITALY

**HERBERT Y. MELTZER, MD**  
VANDERBILT UNIVERSITY MEDICAL CENTER  
NASHVILLE, TN

**DENNIS L. MURPHY, MD**  
NATIONAL INSTITUTE OF MENTAL HEALTH  
BETHESDA, MD

**CHARLES B. NEMEROFF, MD**  
EMORY UNIVERSITY SCHOOL OF MEDICINE  
ATLANTA, GA

**NORMAN SUSSMAN, MD**  
NEW YORK UNIVERSITY MEDICAL SCHOOL  
NEW YORK, NY

**MICHAEL R. TRIMBLE, MD**  
NATIONAL HOSPITAL FOR NEUROLOGY  
AND NEUROSURGERY  
LONDON, UK

**RICHARD WYATT, MD**  
NATIONAL INSTITUTE OF MENTAL HEALTH  
BETHESDA, MD

**STUART YUDOFKY, MD**  
BAYLOR COLLEGE OF MEDICINE  
HOUSTON, TX

## CONTRIBUTORS

**DAN STEIN, MD**  
UNIVERSITY OF STELLENBOSCH  
TYGERBERG, SOUTH AFRICA

**CHERYL WONG, MD**  
MOUNT SINAI SCHOOL OF MEDICINE  
NEW YORK, NY

VOLUME 1, NUMBER 1

**CNS SPECTRUMS**  
IS PUBLISHED 10 TIMES  
A YEAR (JANUARY,  
FEBRUARY, MARCH, APRIL,  
MAY, JUNE, JULY/AUGUST,  
SEPTEMBER, OCTOBER, &  
NOVEMBER/DECEMBER) BY  
MBL COMMUNICATIONS, INC.,  
665 BROADWAY, NEW YORK,  
NY 10012-2302.

PERIODICALS POSTAGE RATES  
PENDING AT NEW YORK, NY,  
AND AT ADDITIONAL MAILING  
OFFICES.

ONE YEAR SUBSCRIPTION  
RATES: DOMESTIC \$90;  
FOREIGN \$145;  
IN-TRAINING \$50.  
FOR SUBSCRIPTIONS CALL:  
212-328-0800.

POSTMASTER: SEND  
ADDRESS CHANGES TO  
MBL COMMUNICATIONS, INC.,  
665 BROADWAY, NEW YORK,  
NY 10012-2302.

FOR EDITORIAL AND  
ADVERTISING INQUIRIES:  
TELEPHONE:  
212-328-0800  
FACSIMILE:  
212-328-0600

OPINIONS AND VIEWS  
EXPRESSED BY AUTHORS  
ARE THEIR OWN AND  
DO NOT NECESSARILY  
REFLECT THE VIEWS OF THE  
PUBLISHER, MBL COMMU-  
NICATIONS, INC., OR  
THE EDITORIAL ADVISORY  
BOARD. ADVERTISEMENTS  
IN CNS SPECTRUMS ARE  
ACCEPTED ON THE BASIS  
OF ADHERENCE TO ETHICAL  
MEDICAL STANDARDS, BUT  
ACCEPTANCE DOES NOT  
IMPLY ENDORSEMENT BY  
CNS SPECTRUMS, OR THE  
PUBLISHER.

PERMISSION TO REPRODUCE  
ARTICLES IN WHOLE  
OR IN PART MUST BE  
OBTAINED IN WRITING  
FROM THE PUBLISHER.  
COPYRIGHT ©1996 BY  
MBL COMMUNICATIONS,  
INC. ALL RIGHTS  
RESERVED. PRINTED IN  
THE UNITED STATES.

MBL COMMUNICATIONS, INC.

## CEO & Publisher

**JAMES LA ROSSA JR.**

## President & Associate Publisher

**DARREN L. BRODEUR**

## Art Director

**JUDY LAW**

## Art Production Assistants

**ALAN IRIKURA  
THOMAS STEVENS**

## Photographer

**JEFF DODGE**

## Associate Editor

**LAUREN A. CERRUTO**

## Copy Editors

**JOHN SHOEMAKER  
TERESA VASQUEZ**

## Administrative Assistant

**ANDREW M. STONE**

An  Journal

# Table of Contents

CNS SPECTRUMS

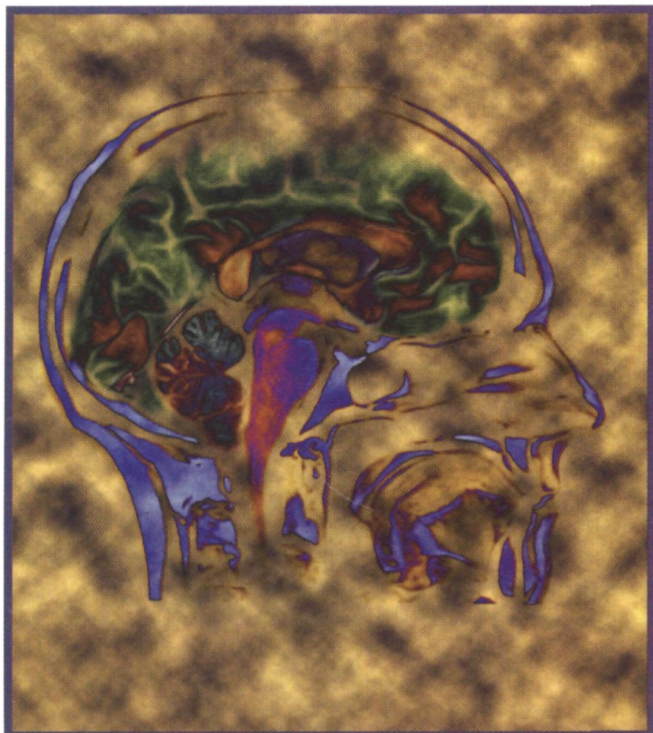
THE  
INTERNATIONAL  
JOURNAL OF  
NEUROPSYCHIATRIC  
MEDICINE

VOL•1 - NO•1  
SEPTEMBER 1996

FEATURE ARTICLES

## SPECIAL ACADEMIC SUPPLEMENT: 2ND INTERNATIONAL OCD CONFERENCE

- 10** Epidemiology and Genetics of OCD: A review and Discussion of Future Directions for Research  
BY DONALD W. BLACK, MD
- 17** Is There a Distinct OCD Spectrum?  
BY ERIC HOLLANDER, MD, AND STEPHANIE D. BENZAQUEN
- 27** Brain Imaging in Obsessive-Compulsive Disorder: Evidence for the Involvement of Frontal-Subcortical Circuitry in the Mediation of Symptomatology  
BY ARTHUR L. BRODY, MD, AND SANJAYA SAXENA, MD
- 42** Cross-Cultural Studies and Obsessive-Compulsive Disorder  
BY DAN J. STEIN, MD, AND JUDITH L. RAPOPORT, MD
- 47** Current Issues in Behavior and Cognitive Therapy for Obsessive-Compulsive Disorder  
BY FUGEN NEZIROGLU, MD, JONATHAN HOFFMAN, MD, JOSE A. YARYURA-TOBIAS, MD, DAVID VEALE, MD, AND JEAN COTTRAUX, MD



Digitally Illustrated by Judy Law. Original Photo from Tony Stone Images, Inc.

### PHOTO ESSAY:

*The accompanying digital illustration highlights research implicating specific neurocircuits in the etiology of OCD. Orbitofrontal-caudate-globus pallidus-thalamic hyperactivity has been suggested based on functional imaging studies with PET. This high resolution MRI scan gives excellent structural imaging of key regions implicated in frontal-subcortical circuitry in OCD. New imaging techniques may pinpoint small lesions or dysfunction in these key neural structures, which may lead to the development of obsessive-compulsive symptoms. Additionally, new imaging techniques may have practical significance in helping to identify treatment nonresponders with neurological etiology, or in evaluating the size and location of lesions following neurosurgical procedures in the treatment of refractory OCD.*

See Brody AL, Saxena S, pages 27-41, for greater detail.

©1996 BY MBL  
COMMUNICATIONS, INC.

An  Journal  
COMMUNICATIONS





---

In March 1993, the First International Congress on Obsessive-Compulsive Disorder was held near the blue grottos of Capri, a rugged, rocky outcropping off Italy's Amalfi coast. One hundred international researchers in the field of obsessive-compulsive disorder (OCD) attended this conference, funded by an unrestricted educational grant from the Upjohn Company and Solvay Pharmaceuticals. A book, *Current Insight in Obsessive Compulsive Disorder* (Hollander E, Zohar J, Marazitti D, Olivier B, eds), resulted from this unique meeting.

Three years later, in February 1996, the Second International Obsessive Compulsive Disorder Conference (2nd IOCDG) was again held on a remote island in the French West Indies. Eighty-six intrepid travelers and international OCD scholars attended this closed meeting. Small workshops were designed to foster an interactive format and to address 13 unresolved yet critical issues in the field of OCD research.

This new journal, *CNS Spectrums: The International Journal of Neuropsychiatry*, is an outgrowth of discussions at the 2nd IOCDG, and as such a fitting tribute and legacy to the conference. The editors of this journal also served as the conference organizers, and Jack Redmond and Anne Manceaux, MD, took the lead on behalf of Solvay Pharmaceuticals and Pharmacia/Upjohn in sponsoring and helping to make this unique conference a success. We are most pleased that the first two academic supplements to our journal launch derive from the Second International OCD Conference.

We are greatly excited about this new journal, which brings together noted psychiatrists and neurologists interested in developing the CNS spectrum concept in an international neuropsychiatric context; about the enthusiastic response from our most esteemed Editorial Advisory Board, and about the outstanding contributions to this first issue.

ERIC HOLLANDER, MD  
JOSEPH ZOHAR, MD

---

Five of the feature articles in this journal were presented at the Second International Obsessive-Compulsive Disorder Conference held in Guadeloupe, FWI, on February 16, 1996.

This academic supplement was supported by an educational grant from the Pharmacia/Upjohn Co. and Solvay Pharmaceuticals. Although every effort has been made to ensure that drug doses and other information are presented accurately in this publication, the ultimate responsibility rests with the prescribing physician. Neither the publishers, the sponsor, nor the authors can be held responsible for errors or for any consequences arising from the use of information contained herein. Readers are strongly urged to consult any relevant primary literature. No claims or endorsements are made for any drug or compound at present under clinical investigation.