As a psychiatrist who has dedicated his career to researching and treating obsessive-compulsive disorder (OCD), related conditions, and anxiety and eating disorders, I was honored to be asked to serve as guest editor of Psychiatric Annals for the second time. I am extremely excited and grateful to have contributions from researchers and clinicians who are leaders in the field of OCD and related conditions.

In the first article, “Update on the Treatment of Pediatric Obsessive-Compulsive Disorder,” Drs. Sophie C. Schneider and Eric A. Storch review the data that support the use of cognitive-behavioral therapy (CBT) and pharmacotherapy in the treatment of pediatric OCD. The authors also discuss the use of intensive CBT and therapist guided e-therapy as well. Evidence for the use of first-line and second-line pharmacological agents in the pediatric population is also reviewed.

In the second article, “An Update on the Relationship Between the Gut Microbiome and Obsessive-Compulsive Disorder,” Dr. Jasmine Turna, Beth Patterson, and Dr. Michael Van Ameringen discuss an emerging area of study in psychiatry: the gut microbiome. The authors discuss the relationship between the gut microbiome and OCD, namely studies that have shown influences in animal behavior due to alterations in gut microbiota. Studies in clinical psychiatric populations that show that microbial dysbiosis may play a role in these conditions are reviewed as well. Theoretical treatment options that target the gut microbiome are also discussed.

In the next article, “Update on Body Dysmorphic Disorder: Clinical Features, Epidemiology, Pathogenesis, Assessment, and Treatment” by Drs. Megan M. Kelly and Katharine A. Phillips, we move to a condition in psychiatry that causes tremendous suffering, but is often poorly understood, underrecognized, and undertreated: body dysmorphic disorder (BDD). The authors provide an overview of BDD and discuss its clinical features. In addition, epidemiology, etiology, and pathophysiology are reviewed, as are diagnosis and assessment. Treatment options are discussed, including pharmacotherapy and CBT for BDD, and the authors also explain why cosmetic treatments are contraindicated for BDD.

In the last article, “Behavior Therapy for Tics and Tic Disorders,” Drs. Joseph F. McGuire and Nathaniel Ginder provide an overview of behavioral therapy for tics and Tourette’s syndrome. The authors review the empirical support for behavior therapy in the management of tic symptoms, and discuss common clinician misconceptions regarding behavior therapy for tics. In addition, they discuss challenges in treating tics with behavioral therapy, and offer possible solutions.

I hope that you enjoy this collection of articles that reviews specialized topics in OCD and related conditions.

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Phillip J. Seibell, MD, FAPA, is a graduate of Rutgers University-Robert Wood Johnson Medical School. Dr. Seibell completed residency in psychiatry at The Mount Sinai Hospital in New York City where he received specialized training in the treatment and research of obsessive-compulsive disorder (OCD) and related conditions. After residency, he was the primary psychiatrist/cognitive-behavioral therapist for the OCD and Related Conditions Center of Excellence at the Mount Sinai School of Medicine. He then developed an outpatient service at Weill-Cornell Medical College that focused on OCD and related conditions, and was also a key member of the research and treatment team at the Center for Eating Disorders at Weill-Cornell. He also gained invaluable experience as a psychiatrist at Rogers Behavioral Health, where he played an integral role in the startup of the Tampa, FL, regional site. While at Rogers Behavioral Health, he provided specialized intensive outpatient and partial hospitalization services for OCD, related conditions, and anxiety and eating disorders.

Dr. Seibell is a member of the Anxiety and Depression Association of America (ADAA), the International OCD Foundation (IOCDF), and the International College of Obsessive-Compulsive Spectrum Disorders. In addition, he is a fellow of the American Psychiatric Association. He has given numerous presentations at national conferences and is a graduate of the IOCDF’s Behavioral Therapy Training Institute. Dr. Seibell has also published an OCD treatment manual through the BMJ Group and has written many professional papers. He is also founding chair of the ADAA’s OCD and Related Disorders Special Interest Group.

In addition, Dr. Seibell founded OCD and Anxiety Psychiatry of Westchester, P.C., in Hawthorne, NY, where he currently provides specialized, state-of-the-art treatment for OCD, related conditions, and anxiety and eating disorders. Dr. Seibell also provides psychiatric services for residential and partial hospitalization eating disorder programs at Monte Nido and Affiliates in New York.

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