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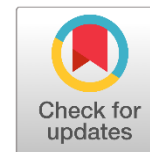
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Biomarkers are Significant Clinical Features in Obsessive-Compulsive Disorder

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ABSTRACT

Letter to American Psychiatric Association

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Obsessive-compulsive disorder is a serious and debilitating disorder (Abramovitch et al., 2019; APA & APA, 2013) that affects various aspects of the lives of people involved with this disorder (Hollander, 1998; Stein et al., 1996). The prevalence of this disorder is reported to be about 1 to 3 percent of the general population (Bijl et al., 1998; Bobes et al., 2001; Ruscio et al., 2010). Although the main origin of this disorder is still unknown, many biological, psychological, and behavioral causes have been reported for it (Balandeh et al., 2021). This disorder has comorbidity and similar biological factors with other important disorders such as obsessive-compulsive spectrum disorder, depression, and anxiety (Stein et al., 2019).

In addition to identifying the origin and cause of this disorder, we can mention the evolution of the disorder throughout life, the influence and interaction of biological factors with other factors, the correct classification of the subgroups of this disorder (Endres et al., 2022), diagnosis (Mohammadi, et al., 2021), monitoring, choosing the

appropriate treatment and response to treatment (Bey et al., 2022; Sina et al., 2018). These matters are important from a biological point of view.

Growing studies have focused on biomarkers in various aspects of mental disorders, including Obsessive-compulsive disorder. There are different types of these biomarkers and each one is important in some way. For example, genetic biomarkers such as single nucleotide polymorphisms (rs6311 and rs6313) (Taylor, 2016), hormones (cortisol) (Sousa-Lima et al., 2019), growth factors (BDNF) (Hao et al., 2022; Zai et al., 2015), oxidative stress factors (malondialdehyde) (Maia et al., 2019; Mohammadi, et al., 2021), vitamins and their metabolites (B group and homocysteine) (Balandeh et al., 2021; Yan et al., 2022), brain areas size change (especially basal ganglia) (Piras et al., 2013; Rotge et al., 2009; Stein et al., 2019), immune factors (TNF- α) (Cosco et al., 2019; Gray & Bloch, 2012; Renna et al., 2018) and other possible biological factors can be a potential biological profile for better clinical action for these people.

In conclusion, according to several studies, it seems that in various aspects of Obsessive-compulsive disorder and comorbidity disorders, from diagnosis to treatment (like various other diseases), measuring the mentioned markers and creating a biomarker profile for this disruption in addition to being beneficial and increasing accuracy is necessary in the near future.

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Competing Interests

The author had no competing interests.

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