

THE EFFICACY OF ARIPIPRAZOLE IN MANAGING TOURETTE SYNDROME WITH COMORBID OCD AND MOOD DISORDERS: A CASE STUDY

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OBJECTIVE: We aimed to evaluate mood disorder and obsessive-compulsive disorder accompanying Tourette syndrome and to present the effects of Aripiprazole treatment in a patient with these two comorbidities.

CASE: A 28-year-old female patient presented to the psychiatric emergency department following thoughts of death and a suicide attempt with medication. After evaluation in the emergency department, she was admitted to the hospital due to the risk of suicide. Through a psychiatric interview, the patient's psychiatric history was identified. She had been diagnosed with Tourette Syndrome due to motor and vocal tics that began at the age of six. It was learned that she had also been followed up with a diagnosis of obsessive-compulsive disorder in her psychiatric history. In this patient, auditory and visual hallucinations accompanied depressive symptoms at the time of admission. Additionally, distractibility, insomnia, flight of ideas, increased speech and speed, and psychomotor agitation were observed, leading to the consideration of a bipolar mixed episode. Therefore, the previously prescribed Aripiprazole 30 mg/day was discontinued, and treatment was switched to Haloperidol 20 mg/

day and Quetiapine 200 mg/day. While the patient was receiving haloperidol treatment, depressive symptoms improved; however, an increase in tics as well as a worsening of obsessive thoughts was observed. Therefore, the decision was made to resume treatment with aripiprazole 30 mg/gün. During follow-up with aripiprazole therapy, a significant reduction in tics and a significant notable decrease in obsessive thoughts were observed. Informed consent was obtained from patient.

DISCUSSION: This case illustrates the critical need for personalized treatment in TS, particularly when intertwined with OCD and mood disorders. Aripiprazole's partial dopamine agonist properties effectively addressed the wide range of neuropsychiatric symptoms, unlike traditional dopamine antagonists like Haloperidol, which worsened specific symptoms. Further research is recommended to explore Aripiprazole's broader applications in TS with psychiatric comorbidities.

Keywords: Tourette syndrome, obsessive-compulsive disorder, mood disorder, aripiprazole, haloperidol, comorbidity management