

Dermatological Lichenification Follow Clean-contamination Obsession: A Clinical Image

Reza Bidaki¹, Fateme Alavi^{1*}, Narges Ghanei²

¹Research Center of Addiction and Behavioral Sciences, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

²Department of Dermatology, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

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***Corresponding author:** Fateme Alavi, Department of Dermatology, Shahid Sadoughi University of Medical Sciences, Yazd, Iran, E-mail: Alavi_fateme84@yahoo.com

The patient is a 29 year-old married woman with the history of obsessions and compulsions, which were predominantly related to worry about contamination and washing from past ten years. She was preoccupied with contamination thoughts; she spent the majority of time on washing herself or cleaning various household subjects. She wasn't under any treatment for this disorder. She hadn't felt any symptoms and she doesn't have family history of similar disorder and organic problem. Finally, the disorder had a deteriorative affect and she was referred to a psychiatrist. The diagnosis revealed that it is obsessive-compulsive disorder after rule out the other differential diagnosis like schizophrenia. Her skin eruptions and erosions on dorsum of the feet were due to excoriation and pruritus. Scaling of great toe specially the left side was due to over hydration. Erythematous, edematous-plaque was observed on the dorsal surfaces of the feet bilaterally. There is noticeable lichenification due to pruritus and well defined borders of dorsal surface of fingers were also affected but the degree of inflammation was minimal. The psychiatrist prescribed tablet fluvoxamine 50 mg daily (mono-therapy) and titrated it in next visit.



Figure: Dermatological eruptions follow clean-contamination obsession

***Corresponding author:** Fateme Alavi, Department of Dermatology, Shahid Sadoughi University of Medical Sciences, Yazd, Iran, E-mail: Alavi_fateme84@yahoo.com

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