

Deep brain stimulation for chronic, severe, treatment- resistant obsessive-compulsive disorder in adults

Information for the public

Published: 28 April 2021

www.nice.org.uk

This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

Obsessive-compulsive disorder is a mental health condition in which a person has obsessive thoughts (repeated, unwanted and unpleasant thoughts, images or urges). The person feels the need to carry out compulsive (repetitive) behaviours to try to relieve the unpleasant feelings brought on by the obsessive thoughts. In this procedure, an electrode is put into the brain through 2 small holes in the skull and connected to a wire that is tunnelled under the skin behind the ear and down the neck. The wire is attached to an electrical stimulator that is put under the skin on the chest. The stimulator sends electric pulses to the brain (deep brain stimulation). The aim is to reduce the obsessive-compulsive thoughts and behaviours.

The [NHS website](#) may have information on your condition and treatment options.

Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

More information

- [NICE's information on interventional procedures guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on interventional procedures recommendations](#) explains what only in research means.

ISBN: 978-1-4731-4096-7