Kleptomania, impossible to resist: regarding a clinical case of Obsessive Compulsive Disorder that ends up turning on Kleptomania

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BACKGROUND AND AIMS

Kleptomania is an impulse control disorder characterized by the inability to resist the impulse to steal objects that aren't needed, and often times have no significant value. A review of research suggests that kleptomania may be a common disorder among women, and that it may frequently be associated with other forms of psychopathology, such as mood and anxiety. Kleptomania is classified in the DSM-5 in the category of Disruptive, Impulse-Control and Conduct disorders.

OBJECTIVES

To present a clinical case of Kleptomania that develops after a diagnosis of OCD (Obsessive-Compulsive Disorder).

MATERIAL AND METHODS

Case report and a literature search was conducted using the search engine *Pubmed*® and the keywords *Kleptomania* and *impulse control disorders*.

Average age at presentation = **35**

Kleptomania

Diagnostic Criteria	312.32 (F63.3)
A. Recurrent failure to resist impulses to steal objects that are not needed for personal use or for their monetary value.	
B. Increasing sense of tension immediately before committing the theft.	
C. Pleasure, gratification, or relief at the time of committing the theft.	
D. The stealing is not committed to express anger or vengeance and is not in response to a delusion or a hallucination.	
E. The stealing is not better explained by conduct disorder, a manic episode, or antisocial personality disorder.	

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition – DSM V (2013)

RESULTS

CONCLUSION

Kleptomania often goes unrecognized in clinical practice because of the reluctance to seek treatment and its associated social stigma. Those with kleptomania only seek treatment when they already have legal, social, family or occupational problems or when there is a comorbidity with mood and anxiety disorders, which is quite common. Fluvoxamine, a SSRI, was chosen for treatment because of these comorbidities in association with CBT. Evidence suggests that there may be subtypes of kleptomania that are more like OCD, whereas others have more similarities to addictive or mood disorders.

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