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OLFACTORY REFERENCE SYNDROME - A CASE REPORT

D. Freitas, P. Ferreira, N. Fernandes

Department of Psychiatry and Mental Health, Hospital de Braga, Braga, Portugal

Introduction: Olfactory reference syndrome (ORS), first described by Pryse-Phillips in 1971, is a rare psychiatric condition whose defining characteristic is a preoccupation with the belief that one emits a foul or offensive body odor, which is not perceived by others. Although the existence of ORS is now widely accepted, current classifications do not explicitly mention ORS as an independent category, but consider it as a delusional disorder, somatic type. Nonetheless, given this syndrome's consistent description along time and cultures, and the associated substantial distress and disability, many authors debate the possibility of a new classification in order to establish its nosological status.

Objectives/aims: The aim of this paper is to show and discuss some troublesome and complex issues of diagnosis and management of patients with ORS.

Methods: Herein we report a case of a 38-year-old woman who presented with ORS.

Results/conclusions: Improvement in ORS can take place, in some extent, with a variety of different modalities of treatment, with the disorder responding to antidepressants and psychotherapy more frequently than to neuroleptics. Data on ORS are still limited and more research in this field is needed. Awareness of this particular diagnosis allows appropriate treatment to be administered.