

CBT Technique Aids Treatment of OCD

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A new study shows that cognitive-behavioral therapy aids treatment of obsessive compulsive disorder (OCD).

Researchers discovered a particular form of cognitive behavior therapy (CBT) — exposure and ritual prevention — improved outcomes for OCD patients who don't respond adequately to treatment with an antidepressant alone, which is often the case.

Current guidelines for those non-responders tend to emphasize more drugs; specifically, augmenting antidepressants with antipsychotic medications.

But in a controlled trial with 100 OCD patients who had not responded to antidepressant treatment, 80 percent of those who received CBT responded, compared to 23 percent of those who received the antipsychotic risperidone, and 15 percent of those who received placebo pills.

Forty-three percent experienced symptoms reduced to a minimal level following CBT treatment, compared to 13 percent for risperidone and 5 percent for placebo.

Read more: <http://psychcentral.com/news/2013/09/16/cbt-technique-aids-treatment-of-ocd-related-depression/59585.html>