INTENSIVE COGNITIVE BEHAVIORAL TREATMENT FOR YOUTH WITH OBSESSIVE COMPULSIVE DISORDER: IDENTIFYING OPTIMAL SETTING AND DOSE

Research Objectives:
This pilot study investigated the feasibility and efficacy of implementing a flexible-dose intensive model of CBT to pediatric OCD patients while comparing outcomes when providing treatment at the hospital or in family's homes.

Methods:
23 OCD-affected youth received treatment, with 11 randomly assigned to the hospital condition and 12 assigned to the home condition. Following screening, all youth received 3x3 hour treatment sessions, following which youth had the option to receive as many as four additional 3-hour sessions. All youth were evaluated 1-month following completion of their last session. Primary outcomes include session utilization and measures of OCD-severity and impairment.

Results:
At follow-up, 70% of youth ($n = 16$) were considered treatment responders (> 35% reduction in symptoms), with 35% ($n = 8$) in remission (> 55% reduction in symptoms). Families utilized an average of 5 sessions, with 22% of families ($n = 5$) utilizing the minimal dose and 39% ($n = 9$) using all 7 sessions. Session utilization was comparable across setting. The home condition demonstrated small advantages in reducing symptom severity ($d = 0.25$) and moderate advantages in reducing impairment ($d = 0.48$).

Conclusions:
Intensive CBT is a feasible and efficacious treatment format and incorporating flexibility in treatment dosing optimizes the level of care to individual families while conserving resources. Incorporating home-based sessions into treatment appears to offer additional benefits.