

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

“In adolescents and young adults (aged 13-25) with Obsessive Compulsive Disorder, how effective is Exposure and Response Prevention (ERP) alone compared to any other intervention in improving patient outcomes?”

Clarification of question using PICO structure

<i>Patients:</i>	Adolescents and young adults (aged 13-25) with Obsessive Compulsive Disorder
<i>Intervention:</i>	Exposure and Response Prevention (ERP)
<i>Comparator:</i>	Any other intervention
<i>Outcome:</i>	Any patient outcomes

Clinical and research implications

No high quality, relevant evidence was identified which specifically examines exposure therapy in adolescents and young adults.

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main Findings

N/A

Authors Conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

NICE guidelines for obsessive compulsive disorder (2005, CG31) make the following recommendations regarding the use of exposure therapy in adolescents and adults:

“Adults with OCD or BDD (body dysmorphic disorder)

In the initial treatment of adults with OCD, low intensity psychological treatments (including exposure and response prevention [ERP]) (up to 10 therapist hours per patient) should be offered if the patient's degree of functional impairment is mild and/or the patient expresses a preference for a low intensity approach. Low intensity treatments include:

- brief individual cognitive behavioural therapy (CBT) (including ERP) using structured self-help materials
- brief individual CBT (including ERP) by telephone
- group CBT (including ERP) (note, the patient may be receiving more than 10 hours of therapy in this format).

Adults with OCD with mild functional impairment who are unable to engage in low intensity CBT (including ERP), or for whom low intensity treatment has proved to be inadequate, should be offered the choice of either a course of a selective serotonin re-uptake inhibitor (SSRI) or more intensive CBT (including ERP) (more than 10 therapist hours per patient), because these treatments appear to be comparably efficacious.

Adults with OCD with moderate functional impairment should be offered the choice of either a course of an SSRI or more intensive CBT (including ERP) (more than 10 therapist hours per patient), because these treatments appear to be comparably efficacious.

Adults with BDD with moderate functional impairment should be offered the choice of either a course of an SSRI or more intensive individual CBT (including ERP) that addresses key features of BDD.

Children and young people with OCD or BDD

Children and young people with OCD with moderate to severe functional impairment, and those with OCD with mild functional impairment for whom guided self-help has been ineffective or refused, should be offered CBT (including ERP) that involves the family or carers and is adapted to suit the developmental age of the child as the treatment of choice.

Group or individual formats should be offered depending upon the preference of the child or young person and their family or carers.

Following multidisciplinary review, for a child (aged 8–11 years) with OCD or BDD with moderate to severe functional impairment, if there has not been an adequate response to CBT (including ERP) involving the family or carers, the addition of an SSRI to ongoing psychological treatment may be considered. Careful monitoring should be undertaken, particularly at the beginning of treatment.

Following multidisciplinary review, for a young person (aged 12–18 years) with OCD or BDD with moderate to severe functional impairment if there has not been an adequate response to CBT (including ERP) involving the family or carers, the addition of an SSRI to ongoing psychological treatment should be offered. Careful monitoring should be undertaken, particularly at the beginning of treatment.” (pp.5-6)

Date question received: 08/07/2014
Date searches conducted: 09/07/2014
Date answer completed: 21/07/2014

References

National Institute for Health and Care Excellence. (2005). Obsessive-compulsive disorder Core interventions in the treatment of obsessive compulsive disorder and body dysmorphic disorder. <http://www.nice.org.uk/guidance/cg31/resources/guidance-obsessivecompulsive-disorder-pdf>

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	OCD exposure and response prevention	5	1
DARE	1 MeSH DESCRIPTOR Obsessive-Compulsive Disorder EXPLODE ALL TREES 46 Delete 2 (OCD) IN DARE 35 Delete 3 (compuls* OR obsess*) IN DARE 119 Delete 4 #1 OR #2 OR #3 129	129	0
<i>Primary studies</i>			
CENTRAL	#1 MeSH descriptor: [Desensitization, Psychologic] explode all trees 469 #2 "exposure therapy" 363 #3 MeSH descriptor: [Obsessive-Compulsive Disorder] explode all trees 646 #4 OCD or "obsessive compulsive disorder" 1539 #5 #1 or #2 711 #6 #3 or #4 1541 #7 #5 and #6 69 Central only	51	0
PsycINFO	1. PsycINFO; "exposure therapy".ti,ab; 1192 results. 2. PsycINFO; exp EXPOSURE THERAPY/; 3597 results. 3. PsycINFO; 1 OR 2; 4043 results. 4. PsycINFO; OBSESSIVE COMPULSIVE DISORDER/ OR BODY DYSMORPHIC DISORDER/ OR COMPULSIONS	90	0

	<p>[+NT]/ OR OBSESSIONS/ OR OBSESSIVE COMPULSIVE PERSONALITY DISORDER/; 13257 results.</p> <p>5. PsycINFO; OCD.ti,ab; 7038 results.</p> <p>6. PsycINFO; "obsessive compulsive*".ti,ab; 14413 results.</p> <p>7. PsycINFO; 4 OR 5 OR 6; 18050 results.</p> <p>8. PsycINFO; 3 AND 7; 356 results.</p> <p>9. PsycINFO; CLINICAL TRIALS/; 7705 results.</p> <p>10. PsycINFO; random*.ti,ab; 131111 results.</p> <p>11. PsycINFO; groups.ti,ab; 369147 results.</p> <p>12. PsycINFO; (double adj3 blind).ti,ab; 17918 results.</p> <p>13. PsycINFO; (single adj3 blind).ti,ab; 1418 results.</p> <p>14. PsycINFO; EXPERIMENTAL DESIGN/; 9174 results.</p> <p>15. PsycINFO; controlled.ti,ab; 81434 results.</p> <p>16. PsycINFO; (clinical adj3 study).ti,ab; 8003 results.</p> <p>17. PsycINFO; trial.ti,ab; 68990 results.</p> <p>18. PsycINFO; "treatment outcome clinical trial".md; 27263 results.</p> <p>19. PsycINFO; 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18; 571748 results.</p> <p>20. PsycINFO; 8 AND 19; 90 results.</p>		
Embase	<p>9. EMBASE; "exposure therapy".ti,ab; 1002 results.</p> <p>10. EMBASE; exp EXPOSURE THERAPY/; 0 results.</p> <p>11. EMBASE; 9 OR 10; 1002 results.</p> <p>12. EMBASE; OBSESSIVE COMPULSIVE DISORDER/ OR BODY DYSMORPHIC DISORDER/ OR COMPULSIONS [+NT]/ OR OBSESSIONS/ OR OBSESSIVE COMPULSIVE PERSONALITY DISORDER/; 17530 results.</p> <p>13. EMBASE; OCD.ti,ab; 8088 results.</p>	25	0

	<p>14. EMBASE; "obsessive compulsive*".ti,ab; 15107 results.</p> <p>15. EMBASE; 12 OR 13 OR 14; 24692 results.</p> <p>16. EMBASE; 11 AND 15; 87 results.</p> <p>17. EMBASE; VIRTUAL REALITY EXPOSURE THERAPY/; 116 results.</p> <p>18. EMBASE; 9 OR 17; 1071 results.</p> <p>19. EMBASE; 15 AND 18; 89 results.</p> <p>20. EMBASE; random*.ti,ab; 880685 results.</p> <p>21. EMBASE; factorial*.ti,ab; 22884 results.</p> <p>22. EMBASE; (crossover* OR cross-over*).ti,ab; 68711 results.</p> <p>23. EMBASE; placebo*.ti,ab; 198457 results.</p> <p>24. EMBASE; (doubl* ADJ blind*).ti,ab; 141236 results.</p> <p>25. EMBASE; (singl* ADJ blind*).ti,ab; 14330 results.</p> <p>26. EMBASE; assign*.ti,ab; 237646 results.</p> <p>27. EMBASE; allocat*.ti,ab; 83217 results.</p> <p>28. EMBASE; volunteer*.ti,ab; 175225 results.</p> <p>29. EMBASE; CROSSOVER PROCEDURE/; 39375 results.</p> <p>30. EMBASE; DOUBLE BLIND PROCEDURE/; 114109 results.</p> <p>31. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 344969 results.</p> <p>32. EMBASE; SINGLE BLIND PROCEDURE/; 18468 results.</p> <p>33. EMBASE; 20 OR 21 OR 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32; 1405126 results.</p> <p>34. EMBASE; 19 AND 33; 25 results.</p>		
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Medline	<p>9. MEDLINE; "exposure therapy".ti,ab; 797 results. 10. MEDLINE; exp EXPOSURE THERAPY/; 602 results. 11. MEDLINE; 9 OR 10; 1210 results. 12. MEDLINE; OBSESSIVE COMPULSIVE DISORDER/ OR BODY DYSMORPHIC DISORDER/ OR COMPULSIONS [+NT]/ OR OBSESSIONS/ OR OBSESSIVE COMPULSIVE PERSONALITY DISORDER/; 12357 results. 13. MEDLINE; OCD.ti,ab; 5975 results. 14. MEDLINE; "obsessive compulsive*".ti,ab; 11533 results. 15. MEDLINE; 12 OR 13 OR 14; 17103 results. 16. MEDLINE; 11 AND 15; 132 results. 17. MEDLINE; "randomized controlled trial".pt; 378334 results. 18. MEDLINE; "controlled clinical trial".pt; 88820 results. 19. MEDLINE; randomized.ab; 298794 results. 20. MEDLINE; placebo.ab; 155889 results. 21. MEDLINE; "drug therapy".fs; 1714593 results. 22. MEDLINE; randomly.ab; 215915 results. 23. MEDLINE; trial.ab; 310333 results. 24. MEDLINE; groups.ab; 1371793 results. 25. MEDLINE; 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23 OR 24; 3375343 results. 26. MEDLINE; 16 AND 25; 46 results.</p>	46	0
Summary	NA	NA	

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