

Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* **MH** *clinical question-answering service*

Question

“For adults with obsessive compulsive disorder (OCD), how effective is exposure and response prevention when carried out in primary care (i.e., ‘low intensity’ therapy), compared to any other intervention, for improving OCD symptoms?”

Clarification of question using PICO structure

Patients: Adults with obsessive compulsive disorder (OCD)
Intervention: Exposure and response prevention, carried out in primary care (‘low intensity’)
Comparator: Any comparator
Outcome: OCD symptoms

Clinical and research implications

No relevant systematic reviews and randomised controlled trials were identified to answer this question.

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?

National Institute for Health and Care Excellence (NICE) guidelines make the following recommendations regarding treating OCD at low intensity:

“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).” (2005, p.5)

Scottish Intercollegiate Guidelines Network (SIGN) guidelines do not make recommendations regarding treating OCD at low intensity.

Date question received: 13/11/2014

Date searches conducted: 08/12/2014

Date answer completed: 10/12/2014

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. CG31. London: National Institute for Health and Care Excellence.

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
SRs and Guidelines			
NICE	OCD primary care stepped	6	1
DARE	(OCD) IN DARE 35 Delete 2 (compuls* OR obsess*) IN DARE 126 Delete 3 MeSH DESCRIPTOR Obsessive-Compulsive Disorder EXPLODE ALL TREES 52 Delete 4 MeSH DESCRIPTOR Obsessive Behavior EXPLODE ALL TREES 0 Delete 5 #1 OR #2 OR #3 OR #4	136	0
Primary studies			
CENTRAL	#1 MeSH descriptor: [Obsessive-Compulsive Disorder] explode all trees 656 #2 OCD 788 #3 "Obsessive compulsive*" 1678 #4 #1 or #2 or #3 1840 #5 "exposure response treatment" 0 #6 "exposure and response*" 85 #7 ERP 747 #8 #5 or #6 or #7 800 #9 "low intensity therap*" 15 #10 #8 or #9 815 #11 #4 and #10 70 Central only 51	51	0
PsycINFO	1. PsycINFO; OBSESSIVE COMPULSIVE DISORDER/; 10413 results. 2. PsycINFO; OCD.ti,ab; 7323 results. 3. PsycINFO; 1 OR 2; 11230 results.	194	0

	<p>4. PsycINFO; EXPOSURE THERAPY/; 1579 results.</p> <p>5. PsycINFO; "exposure and response*".ti,ab; 849 results.</p> <p>6. PsycINFO; ERP.ti,ab; 8456 results.</p> <p>7. PsycINFO; "exposure response prevention".ti,ab; 63 results.</p> <p>8. PsycINFO; "low intensity therap*".ti,ab; 5 results.</p> <p>9. PsycINFO; "brief therap*".ti,ab; 1518 results.</p> <p>10. PsycINFO; 4 OR 5 OR 6 OR 7 OR 8 OR 9; 12083 results.</p> <p>11. PsycINFO; 3 AND 10; 597 results.</p> <p>12. PsycINFO; CLINICAL TRIALS/; 8138 results.</p> <p>13. PsycINFO; random*.ti,ab; 135818 results.</p> <p>14. PsycINFO; groups.ti,ab; 378907 results.</p> <p>15. PsycINFO; (double adj3 blind).ti,ab; 18306 results.</p> <p>16. PsycINFO; (single adj3 blind).ti,ab; 1467 results.</p> <p>17. PsycINFO; EXPERIMENTAL DESIGN/; 9380 results.</p> <p>18. PsycINFO; controlled.ti,ab; 84128 results.</p> <p>19. PsycINFO; (clinical adj3 study).ti,ab; 8229 results.</p> <p>20. PsycINFO; trial.ti,ab; 71399 results.</p> <p>21. PsycINFO; "treatment outcome clinical trial".md; 28352 results.</p> <p>22. PsycINFO; 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21; 587806 results.</p> <p>23. PsycINFO; 11 AND 22; 194 results.</p>		
Embase	<p>12. EMBASE; OBSESSIVE COMPULSIVE DISORDER/; 16087 results.</p> <p>13. EMBASE; OCD.ti,ab; 8378 results.</p> <p>14. EMBASE; 12 OR 13; 19215 results.</p> <p>15. EMBASE; EXPOSURE THERAPY/; 95 results.</p> <p>16. EMBASE; "exposure and response*".ti,ab; 3585 results.</p> <p>17. EMBASE; ERP.ti,ab; 12441 results.</p> <p>18. EMBASE; "exposure response prevention".ti,ab; 40 results.</p> <p>19. EMBASE; "low intensity therap*".ti,ab; 48 results.</p> <p>20. EMBASE; "brief therap*".ti,ab; 425 results.</p>	88	0

	<p>21. EMBASE; 15 OR 16 OR 17 OR 18 OR 19 OR 20; 16472 results.</p> <p>22. EMBASE; 14 AND 21; 401 results.</p> <p>23. EMBASE; random*.ti,ab; 916405 results.</p> <p>24. EMBASE; factorial*.ti,ab; 23676 results.</p> <p>25. EMBASE; (crossover* OR cross-over*).ti,ab; 70616 results.</p> <p>26. EMBASE; placebo*.ti,ab; 204644 results.</p> <p>27. EMBASE; (doubl* ADJ blind*).ti,ab; 145042 results.</p> <p>28. EMBASE; (singl* ADJ blind*).ti,ab; 14922 results.</p> <p>29. EMBASE; assign*.ti,ab; 245838 results.</p> <p>30. EMBASE; allocat*.ti,ab; 86918 results.</p> <p>31. EMBASE; volunteer*.ti,ab; 179929 results.</p> <p>32. EMBASE; CROSSOVER PROCEDURE/; 40719 results.</p> <p>33. EMBASE; DOUBLE BLIND PROCEDURE/; 116296 results.</p> <p>34. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 354249 results.</p> <p>35. EMBASE; SINGLE BLIND PROCEDURE/; 19104 results.</p> <p>36. EMBASE; 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32 OR 33 OR 34 OR 35; 1455085 results.</p> <p>37. EMBASE; 22 AND 36; 88 results.</p>		
Medline	<p>12. MEDLINE; OBSESSIVE COMPULSIVE DISORDER/; 11755 results.</p> <p>13. MEDLINE; OCD.ti,ab; 6402 results.</p> <p>14. MEDLINE; 12 OR 13; 13475 results.</p> <p>15. MEDLINE; EXPOSURE THERAPY/; 676 results.</p> <p>16. MEDLINE; "exposure and response*".ti,ab; 3039 results.</p> <p>17. MEDLINE; ERP.ti,ab; 10989 results.</p> <p>18. MEDLINE; "exposure response prevention".ti,ab; 26 results.</p> <p>19. MEDLINE; "low intensity therap*".ti,ab; 39 results.</p> <p>20. MEDLINE; "brief therap*".ti,ab; 292 results.</p> <p>21. MEDLINE; 15 OR 16 OR 17 OR 18 OR 19 OR 20; 14924 results.</p> <p>22. MEDLINE; 14 AND 21; 332 results.</p> <p>23. MEDLINE; "randomized controlled trial".pt; 401553 results.</p>	0	0

	<p>24. MEDLINE; "controlled clinical trial".pt; 90822 results.</p> <p>25. MEDLINE; randomized.ab; 321907 results.</p> <p>26. MEDLINE; placebo.ab; 164787 results.</p> <p>27. MEDLINE; "drug therapy".fs; 1789870 results.</p> <p>28. MEDLINE; randomly.ab; 230334 results.</p> <p>29. MEDLINE; trial.ab; 335814 results.</p> <p>30. MEDLINE; groups.ab; 1447136 results.</p> <p>31. MEDLINE; 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30; 3546361 results.</p> <p>32. MEDLINE; 22 AND 31; 150 results.</p>		
Summary	NA	NA	

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