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OBJECTIVE AND SUBJECTIVE IMPROVEMENT AFTER A NEW FORM OF COGNITIVE AND BEHAVIORAL THERAPY FOR OBSESSIVE COMPULSIVE DISORDER PATIENTS

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Introduction: Cognitive and Behavioral Therapy (CBT) is one of the two treatments recognized as most efficient to improve Obsessive Compulsive Disorder (OCD) symptoms.

Objectives: The major aim of this study is to facilitate CBT for OCD checkers. To this purpose, we developed a new psycho-pedagogic tool to be used during CBT sessions and assessed its objective efficacy and the patients' perception of their therapy.

Methodology: Experimental CBT sessions included a "checking task", composed of a "matching task" followed by a "checking phase" during which subjects were given the opportunity to check or to confirm their prior answer. This tool was appended to a classical CBT (as described in the literature).

30 OCD patients with checking compulsions each followed 15 individual CBT sessions with a psychologist. They were randomized in two groups: a "reference CBT" (CBT classically described in literature) and an "experimental CBT" (reference CBT + checking task) group. Symptom severity was assessed by the Y-BOCS and CGI at three main stages of the therapies: before, at half-therapy, at the end of therapy and 6 months later. Assessment was performed blindly by an expert psychologist to avoid any bias, and the patients' impressions were collected at the same time.

Results: At the end of therapies, symptom severity decreased significantly (24.08 to 12.5) and participants had a better global functioning, especially in their social and familial lives.

Conclusions: Both CBT offer an important clinical improvement of OCD symptoms. Patients and psychologists expressed their satisfaction at having participated to the study.