

Background

Cognitive behavior therapy (CBT) is the first-line treatment for young people with Obsessive-Compulsive Disorder (OCD) but the majority of patients do not have access to this treatment.

Thus, innovative ways to increase the accessibility of CBT are needed. The objective of the current randomized controlled trial was to evaluate the efficacy of therapist-guided, Internet-based CBT (ICBT) for adolescents with OCD.



BiP OCD is a therapist-guided, internet-delivered CBT intervention with exposure and response prevention as the main treatment component. The web-based intervention is supported by a smart phone application.

Methods

67 adolescents (12 – 17 years) with OCD were randomly assigned to either 12 weeks therapist-guided ICBT (“BiP OCD”) or a waitlist condition.

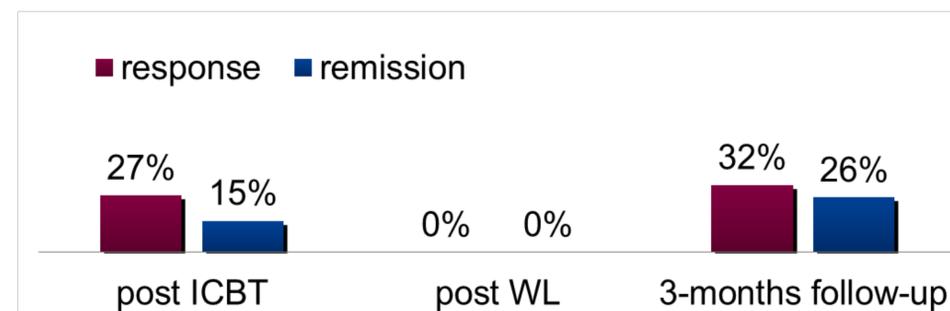
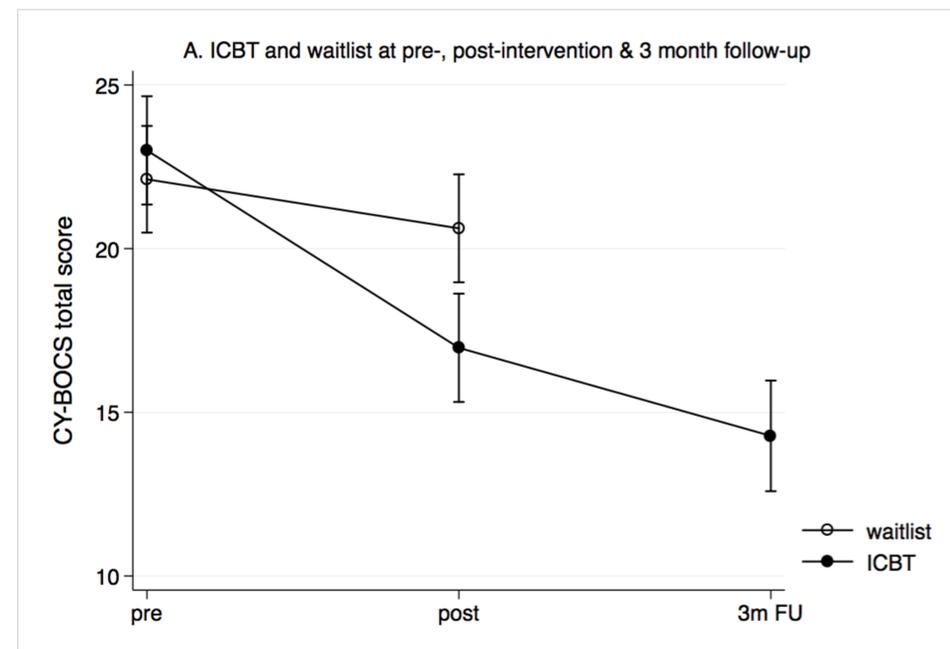
The primary outcome was OCD symptom severity (Children Yale-Brown Obsessive Compulsive Scale, CY-BOCS). All patients were followed-up 3 months after the intervention.

Results

BiP OCD was superior to waitlist on primary ($p < .001$) and secondary outcome measures.

Outcomes continued to improve significantly at 3-month follow-up with a within-group effect of $d = 1.71$ (95% CI 1.13-2.28).

Patient satisfaction was high. Average clinician support time was 17.5 min per patient/week.



Conclusions

Therapist-guided ICBT is a promising low intensity intervention for adolescents with OCD, which has the potential to increase access to CBT for many patients who would otherwise remain untreated.

It could be particularly useful in a stepped care approach, where a large proportion of moderately severe OCD patients could first be offered ICBT, thus freeing limited resources for more complex cases.

