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Poster Presentation Research

Effectiveness of Mindfulness Based Exposure Therapy on Obsessive-Compulsive Disorder: a Case Report

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Abstract

Obsessive compulsive disorder (OCD) is characterized by intrusive thoughts or images (obsessions) and/or rigid rituals that may be driven by obsessions (compulsions). Controlled outcome studies investigating the efficacy of psychological treatments for OCD and exposure and response prevention (ERP) has been found to be the "treatment of choice" for OCD. Moreover, mindfulness-based approaches have been proven-effective in treating OCD and anxiety disorders. In this study combination of mindfulness and exposure with response prevention in the treatment of OCD had been investigated. The aim of this research was to study the effectiveness of mindfulness based exposure therapy (MET) for OCD. In this research, single subject design with base line and 3 months follow-up was used. Participants were selected from clients of psychiatry hospital and received 8 sessions of MET. The patient was a 45 years man who suffered from OCD. Yale–Brown obsessive compulsive scale, Beck anxiety and depression inventories and SUD and process of treatment questionnaire were used in this study for analysis. Results showed that the patients acquired clinically significant change on outcomes measures. MET is effective for OCD, anxiety and depressive symptoms and SUD. Weekly analyses of process of treatment showed that distress, reaction to obsession moderated. The treatment gains were maintained at 3 month follow-up. Combination of mindfulness and exposure with response prevention can led to improvement of obsessive-compulsive symptoms. Our primary study showed mindfulness based exposure therapy can be useful for anxiety and depressive symptoms in OCD. Further research is needed for study the effectiveness of MET for OCD.

Keywords: Exposure with Responses Prevention, Mindfulness, Obsessive-Compulsive Disorder.

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