

Effect of Inference Based Approach in adolescents with OCD

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The aim of this study is to explore the potential efficacy of IBA as treatment for adolescents with OCD.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Anxiety disorders and symptoms
Study type	Interventional

Summary

ID

NL-OMON51632

Source

ToetsingOnline

Brief title

IBA treatment in adolescents with OCD.

Condition

- Anxiety disorders and symptoms

Synonym

obsessive-compulsive disorder, ocd

Research involving

Human

Sponsors and support

Primary sponsor: Radboud Universitair Medisch Centrum

Source(s) of monetary or material Support: Karakter KJP

Intervention

Keyword: Adolescents, Effect, IBA, OCD

Outcome measures

Primary outcome

Severity of OCD, measured with the CY-BOCS;

Secondary outcome

OCD symptomatology, measured with three-weekly ratings of the adolescents' obsessions, compulsions and the level of insight.

Study description

Background summary

Adolescents with Obsessive-compulsive Disorder (OCD) have obsessions, compulsions or both (APA, 2014). OCD is a severe psychiatric disorder, affecting many aspects of the lives of adolescents (Weidle et al., 2014; Storch et al., 2018). The first choice treatment for adolescents with OCD is Cognitive Behavioral Therapy (CBT) (Kenniscentrum KJP; AACAP, 2012), consisting of exposure with response prevention (ERP) and cognitive interventions (Öst et al., 2016). Treating adolescents with OCD through CBT leads to significant symptom reduction in almost 70% of completed treatments (Öst et al., 2016). However, after completion of treatment, about 50% of adolescents still meet the criteria for OCD (Öst et al., 2016). Adolescents with OCD who do not sufficiently benefit from CBT treatment have severe symptoms, including poor or no insight (Sharma et al., 2021; Nissen & Parner, 2018; Storch et al., 2014). Considering the substantial group of non-responders to CBT, it is necessary to have more options for effective treatment of OCD. Inference Based Approach (IBA) is already an effective treatment for adults with OCD (O'Connor et al., 2005; Visser et al., 2015) and is more effective on adults with OCD and poor cognitive insight (Visser et al., 2015). It is hypothesized that IBA could be an effective alternative for CBT in treating adolescents with OCD. This study will be a first step in examining the efficacy of IBA as treatment for adolescents with OCD.

Study objective

The aim of this study is to explore the potential efficacy of IBA as treatment for adolescents with OCD.

Study design

A non-concurrent multiple baseline design with 8 participants who receive IBA for 20 sessions performed in one psychiatric centre in the Netherlands.

Intervention

20 sessies IBA treatment.

Study burden and risks

No burden or risks are expected due to specific elements of the IBA intervention used in this study. Contrary to CBT, treatment elements of IBA will not include exposure to feared consequences while trying to not indulge in compulsions. On top of that, obsessions will not be questioned or challenged. These characteristics may help participants stay motivated to complete treatment and experience improvement in OCD-symptoms.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Inclusion criteria

- Primary DSM-5 diagnosis of OCD.
- A total score of 16 or higher on the CY-BOCS.
- Age between 12 and 17;11.
- Medication must be stable for at least one month.

Exclusion criteria

- No sufficient knowledge of the Dutch language
- Autism spectrum disorder (ASD)
- Mental retardation (TIQ<80)
- Acute suicidality (defined as having suicidal thoughts and plans and/or preparations to ending their life)

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Recruiting

Start date (anticipated): 08-10-2022

Enrollment: 8

Type: Actual

Ethics review

Approved WMO

Date: 28-07-2022

Application type: First submission

Review commission: CMO regio Arnhem-Nijmegen (Nijmegen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL81157.091.22