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# Third-wave, Mindfulness-based Therapies as Treatments for Obsessive-compulsive Disorder: a Randomized Controlled Trial

Xander Kahle  
*Portland State University*

Avery Waklatsi  
*Portland State University*

Amy Pytlovany  
*Portland State University*

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Xander Kahle<sup>1</sup> (presenter) (xkahle@pdx.edu)  
Avery Wakiatsi<sup>2</sup>  
Dr. Amy Pytlony<sup>2</sup>

## Intro

- Obsessive-compulsive disorder is a severe, difficult-to-treat neuropsychiatric condition with a 2.3% lifetime prevalence rate in the U.S.
- The current first-line psychotherapy for obsessive-compulsive disorder (OCD) is exposure response prevention (ERP)
- ERP is effective but flawed with significant rates of dropout (25 – 30%), refusal (25%), and patients who remain unchanged by treatment (41%)
- There is a need for alternative OCD treatment options
- Are the third-wave, mindfulness-based therapies (a) acceptance and commitment therapy (ACT), and (b) mindfulness-based cognitive therapy (MBCT) ...
  - (1) effective treatments for OCD compared to a control (progressive relaxation training/PRT)?
  - (2) viable alternatives to the current first-line psychotherapy for OCD (ERP)?

## Methods

- Between-subjects, parallel-group, RCT
- 100 adult participants with DSM-IV OCD randomly assigned across 4 conditions evenly
- 8 sessions of individual psychotherapy (ACT, MBCT, ERP, or PRT)
- OCD symptom severity measured pre- and posttreatment with the Yale-Brown Obsessive Compulsive Scale (Y-BOCS)
- Treatment effectiveness tested using one-way ANOVA with 3 primary outcome measures:
  - (1) OCD symptom reduction, defined as the reduction between Y-BOCS total scores
  - (2) Treatment response, defined as  $\geq 35\%$  reduction in OCD symptoms
  - (3) Dropout, defined as attending less than 6/8 sessions

# Third-wave, mindfulness-based psychotherapies are promising treatments for obsessive-compulsive disorder

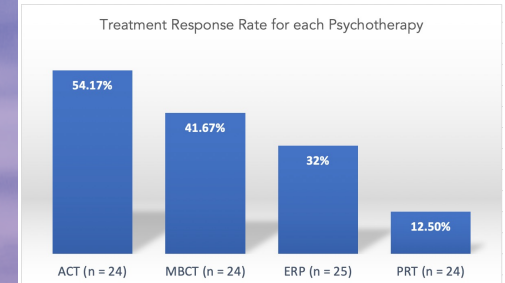


## Results (simulated data)

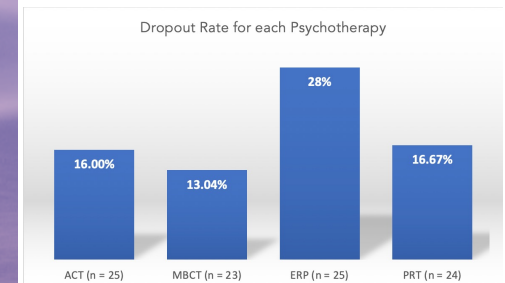
### Measure 1: OCD symptom reduction

- ACT (M = 41.30%, SD = 16.30%)
- MBCT (M = 35.89%, SD = 11.99%)
- PRT (M = 27.26%, SD = 9.66%)
- ERP (M = 30.30%, SD = 12.03%)
- only significant differences were ACT/PRT,  $p < .01$

### Measure 2: Treatment Response



### Measure 3: Dropout



## Discussion

- ACT may be an effective OCD treatment compared to a control, whereas MBCT may not be
- Both ACT and MBCT may be viable alternatives to the current first-line psychotherapy for OCD (ERP)
- Researchers and clinicians should consider the third-wave, mindfulness-based therapies (particularly ACT) as treatments for obsessive-compulsive disorder