Information to the Participant

You have been diagnosed with Obsessive Compulsive Disorder (OCD) – Predominantly Obsessions and advised to take medicines for the same.

Obsessive Compulsive disorder (OCD) is a common psychological disorder that affects approximately 1-3% of the population worldwide. The main symptoms of this disorder are obsessions and compulsions. Obsessions are certain thoughts, doubts, images or urges that occur in one’s mind. These are unwanted and repetitive by nature. Most people with OCD realize that obsessions are senseless, irrational or excessive but they are not able to deal with them effectively. Obsessions cause significant distress and anxiety to the person and influence his quality of life in adverse way. Compulsions are repeated acts that are carried out in order to reduce the distress associated with the obsessive thoughts or images.

The two most effective treatments for OCD are Cognitive Behaviour Therapy (CBT) and Serotonin Reuptake Inhibitors (SRIs). However, with SRI medication, 40-60% of patients show improvement and hence there is a need to examine treatment strategies that will further aid in reduction of symptoms. Research has shown that CBT can be efficacious in patients who do not respond adequately to medications. Cognitive Behaviour Therapy (CBT) is a psychological treatment usually consisting of around 20 sessions spread over 3 month duration. It includes strategies to bring about changes in thinking patterns and reductions in obsessions and compulsions through modification of faulty beliefs, deliberate exposure to fears in a graduated manner and reduction of compulsive responses that are responsible for the maintenance of symptoms of OCD.

Mindfulness Integrated Cognitive Therapy (MICT) is a psychological treatment for OCD that involves the integration of the mindfulness with the practice of cognitive therapy. It consists of learning and application of mindfulness training and non-judgmental approach in the management of OCD – predominantly obsessions.

The present study is aimed at examining the efficacy of MICT in treatment of OCD in comparison to CBT. The findings of this study will help in understanding the efficacy of these treatments and planning future therapeutic programs. The therapeutic program in MICT or CBT group will consist of approximately 10 to 14 sessions of therapy over 2 months period. To participate in the treatment program of this study it requires you to come to the hospital twice or thrice a week. The duration of each therapy session will be approximately 90 minutes. Participation for both groups will include detailed assessment at beginning and completion of the therapy that will take approximately 2 hours. By agreeing to be a part of this study you may be assigned to any one of the two groups. Which treatment group you will be assigned to will be determined purely by chance, which, in scientific language, is called ‘randomization’. Randomization improves the scientific quality of research.