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Controlled evaluation of Cognitive Behaviour Therapy (CBT) for Obsessive Compulsive Disorder (OCD) in children and adolescents: comparison of standard, therapist intensive therapy versus brief therapy

Submission date	Recruitment status	[ ] Prospectively registered
11/03/2004	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
11/05/2004	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
04/07/2011	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
MREC 0312045

Study information

Scientific Title

Study objectives
The aims of the study are:
1. To determine the effectiveness of Cognitive Behaviour Therapy (CBT) for children and adolescents with Obsessive Compulsive Disorder (OCD) and the extent to which this can be sustained by a treatment with relatively low intensity of therapist contact
2. To produce a treatment practice manual suitable for dissemination
3. To identify patient characteristics that may be related to differential treatment response
4. To determine whether treatment improves quality of life
5. To investigate service use associated with the two treatments

Ethics approval required
Old ethics approval format

Ethics approval(s)
No ethics information provided at time of registration.

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Obsessive Compulsive Disorder

Interventions
Participants will be randomly assigned to one of three conditions:
1. Standard CBT: comprising 12 sessions therapist contact and handouts explaining the features of OCD and its treatment. Both this and the brief CBT will be delivered over a three month period.
2. Brief CBT: comprising five sessions therapist contact and use of a detailed multi-section work-book intended to supplement the therapy sessions.
3. Waiting-list/delayed treatment, for three months. At the end of this period if the child still has diagnosable OCD they will be offered treatment in either of the first two conditions on a randomized basis. This group will act as the control group for the study.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Child Yale-Brown Obsessive Compulsive Scale (CY-BOCS) (Scahill et al. 1997).

Key secondary outcome(s))
1. Anxiety Disorders Interview Schedule for Children and Parents (ADIS-C/P, Silverman & Nelles, 1988)
2. Obsessive Compulsive Inventory (OCI) adapted for use with children (Foa et al. 1997)
3. Responsibility Attitude Scale (Salkovskis et al. 2000)
4. Child OCD Impact Scale (COIS) child and parent version (Piacentini et al. 2001)
5. Manchester Short Assessment of Quality of Life (MANSA) (Priebe et al. 1999)

Completion date
31/03/2007

Eligibility

Key inclusion criteria
1. Aged 10 to 18
2. Diagnosis of OCD according to Diagnostic and Statistical Manual of Mental Disorders, Fourth edition (DSM-IV) criteria
3. If on medication, on a stable dosage for at least six weeks

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
10 years

Upper age limit
18 years

Sex
All

Key exclusion criteria
1. Immediate suicide risk
2. Intelligence Quotient (IQ) less than 70
3. Comorbid diagnosis of autism or marked autistic spectrum features, or psychosis, which commonly raise problems about differential diagnosis
4. Comorbid condition which has greater treatment priority (such as some cases of depression, or school-refusal)

Date of first enrolment
01/10/2003

Date of final enrolment
31/03/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Department of Psychology
London
United Kingdom
SE5 8AF

Sponsor information

Organisation
King's College London (UK)

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
Charity

Funder Name
The Health Foundation (UK) (reference Number 1206/1782)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/12/2011		Yes	No