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Cognitive behaviour therapy for co-morbid obsessive compulsive disorder in autism spectrum disorder

Submission date 06/01/2008	**Recruitment status** No longer recruiting
Registration date 21/04/2008	**Overall study status** Completed
Last Edited 18/11/2013	**Condition category** Mental and Behavioural Disorders

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

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
N/A

Study information

Scientific Title

Is cognitive behaviour therapy an effective treatment for obsessive compulsive disorder in people with high functioning autism spectrum disorders?

Study objectives
That cognitive behaviour therapy (CBT) will prove more effective in ameliorating obsessive compulsive disorder (OCD) symptoms in people with autism spectrum disorder (ASD) than an alternative treatment - stress management.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the Joint South London and Maudsley and the Institute of Psychiatry NHS Research Ethics Committee on the 10/08/2006 (ref: 06/Q0706/22)

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Disabling obsessions and compulsions in autism spectrum disorders

Interventions
Intervention treatment: CBT for obsessive compulsive disorder (OCD)
Control treatment: Stress management

Both treatments contain a significant psycho-educational component about anxiety. The CBT for OCD treatment comprises cognitive and behavioural treatments for OCD including exposure and response prevention. Those participants allocated to the 'control' treatment will be permitted to crossover.

Average duration of each session is 1 hour. Both treatments comprise up to 20 sessions of individual therapy. There is no minimum number of sessions as participants are free to leave the study at any time they wish. In general, the participants receive 1 session per week of treatment, although some participants have more intensive treatment (2 - 3 sessions per week). Therefore, the total duration of intervention depends on each participant.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
The following will be assessed at baseline (pre-treatment), end of treatment, 1, 3 and 6 months follow-up:

1. The Dimensional Yale Brown Obsessive Compulsive Scale (D-YBOCS)
2. The Obsessive Compulsive Inventory Revised (OCI-R) or Childrens Obsessive Compulsive Inventory (CH-OCI)
3. Beck Depression and Anxiety Scales or Spence Children's Anxiety Scale
4. Clinical Global Impressions Scale

Key secondary outcome(s))
The following will be assessed at baseline (pre-treatment), end of treatment, 1, 3 and 6 months follow-up:
1. Liebowitz Social Anxiety Scale
2. Family Accommodation Scale
3. Work/School and Social adjustment scale
4. Parental CH-OCI

Completion date
01/03/2009

Eligibility

Key inclusion criteria
1. Male and female, aged 14 years or older to a maximum of 65 years old
2. Verbal intelligence quotient (IQ) greater than 70
3. Diagnoses of ASD and co-morbid OCD

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Current acute symptoms of psychosis
2. Uncontrolled seizure disorder or substance misuse disorder

Date of first enrolment
01/03/2007

Date of final enrolment
01/03/2009

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Po 77 Institute of Psychiatry
London
United Kingdom
SE5 4AF

Sponsor information

Organisation
Kings College London, Institute of Psychiatry (UK)

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
Research organisation

Funder Name
Kings College London, Institute of Psychiatry (UK)

Funder Name
South London and Maudsley NHS Trust (UK)

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				

Results article		01/08/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes