

# Long-term effects of the Bergen 4-day treatment: a follow-up study

<b>Submission date</b> 28/04/2026	<b>Recruitment status</b> Not yet recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 29/04/2026	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 28/04/2026	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Obsessive compulsive disorder (OCD) has ranked among 10 most debilitating disorders by WHO, affecting 2-3% of population, having early onset and substantial psychiatric comorbidity. Bergen 4 Day Treatment (B4DT) is a concentrated exposure treatment (cET) developed to treat OCD and has proven to be highly acceptable and effective. However, only a few studies have been conducted to assess the long-term effects of B4DT.

The aim of the study is to investigate the persistence of B4DT treatment results among the patients who have received B4DT in HUS in 2022-2026. In addition to OCD symptom severity, severity of depressive and anxiety symptoms, psychological distress and the overall functioning and wellbeing of the patients will be assessed.

### Who can participate?

Adult patients aged 18 years and over who have received B4DT for their OCD in HUS in 2022-2026.

### What does the study involve?

Participants will complete electronic questionnaires to measure their OCD, depressive and anxiety symptoms as well as psychological distress, overall wellbeing and functioning, and undergo a structured interview. Additional data such as information about participants' health care use and treatments will be collected from electronic health registry (EHR) data and HUS data pool.

### What are the possible benefits and risks of participating?

Availability of effective evidence based treatments for OCD is very limited in Finland. This study aims to evaluate the implementation and long-term outcomes of this new form of effective treatment, B4DT. Participation or non-participation will have no impact on other treatment modalities or possibilities for the patients. The possible risks associated with interview and questionnaires included in this study are small. The interviewers are trained research assistants or psychologists with sufficient consultation support, and who are able to refer the interviewee to appropriate healthcare services if needed.

Where is the study run from?

The study will be conducted in Helsinki University Hospital (HUS), Finland.

When is the study starting and how long is it expected to run for?

The study is set to begin in May 2026, with recruitment, interviews and questionnaires expected to continue until the end of 2026

Who is funding the study?

The study is primarily funded by State's research funding (Valtion tutkimusrahoitus). Additional funding may be provided by HUS (Helsinki University Hospital) and other research foundations.

Who is the main contact?

Professor Suoma E. Saarni, MD, PhD, who serves as the principal investigator, is based at HUS and Tampere University, [suoma.saarni@hus.fi](mailto:suoma.saarni@hus.fi)

## Contact information

### Type(s)

Public, Scientific, Principal investigator

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## Additional identifiers

Valtion tutkimusrahoitus (State's research funding) grant number

TYH2024337

## Study information

### Scientific Title

Bergen 4-day treatment (B4DT): A follow-up study about the persistence of the therapeutic effects after the intervention

### Acronym

B4Three

### **Study objectives**

The aim of study is to investigate the persistence of B4DT treatment results among the patients who have received B4DT in HUS in 2022-2025. In addition to OCD symptom severity, severity of depressive and anxiety symptoms, the overall functioning and wellbeing of the patients (e.g. the employment status, absenteeism, social functioning) will be assessed.

### **Ethics approval required**

Ethics approval required

### **Ethics approval(s)**

approved 13/08/2025, Helsinki University Hospital (HUS) Regional Committee on Medical Research Ethics (PO BOX 705, Helsinki, 00029, Finland; +358 9471 71607; eettinen.toimikunta@hus.fi), ref: HUS/7582/2025

### **Primary study design**

Observational

### **Secondary study design**

Case series

### **Study type(s)**

### **Health condition(s) or problem(s) studied**

Obsessive-Compulsive Disorder (OCD)

### **Interventions**

Bergen 4 Day Treatment (B4DT) is a psychotherapeutic treatment based on intensive exposure and response prevention and targeted at OCD.

All patients who have participated in B4DT for OCD in HUS in 2022-2025 will be contacted and offered an opportunity to participate in the study.

Participants will complete electronic questionnaires to measure their OCD symptoms as well as overall mental wellbeing, and undergo a structured interview by a psychologist.

Additional data, such as information about participants' psychiatric treatments, will be collected from electronic health registry (EHR) data and the HUS data pool.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

1. Within-individual change in OCD severity measured using the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS) and Obsessive Compulsive Inventory – Revised (OCI-R) at baseline (clinical records) and at one time point at follow-up

### **Key secondary outcome(s)**

1. Within-individual change in OCD severity measured using Yale-Brown Obsessive-Compulsive Scale (Y-BOCS) and Obsessive Compulsive Inventory – Revised (OCI-R) at 10 days (clinical records) and 3 months (clinical records) and at one time point at follow-up
2. Symptom levels of depression, anxiety and psychological distress measured using the Patient Health Questionnaire-9 (PHQ-9), General Anxiety Disorder-7 (GAD-7), Clinical Outcomes in Routine Evaluation 10 (CORE-10) at 10 days (clinical records) and 3 months (clinical records) and at one time point at follow-up
3. Mental wellbeing, functionality level, Health-related Quality of Life, measured using the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), Emotional and Psychological Outcome (EPO-1) and Work and Social Adjustment Scale (WSAS), Health Related Quality of Life (EQ-5D) at one time point at follow-up

**Completion date**

31/12/2030

## Eligibility

**Key inclusion criteria**

All patients that have participated in B4DT for OCD in HUS in Jan 2022-Dec 2025 will be contacted and offered an opportunity to participate in the study.

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Lower age limit**

18 years

**Upper age limit**

120 years

**Sex**

All

**Total final enrolment**

0

**Key exclusion criteria**

Not meeting the key inclusion criteria.

**Date of first enrolment**

18/05/2026

**Date of final enrolment**

28/02/2027

## Locations

### Countries of recruitment

Finland

## Sponsor information

### Organisation

Helsinki University Hospital

### ROR

<https://ror.org/02e8hzh44>

## Funder(s)

### Funder type

### Funder Name

Valtion tutkimusrahoitus

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not expected to be made available