

An Evaluation of the Acceptability and Efficacy of Remote Treatments for Obsessive-Compulsive Disorder

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ABSTRACT

Obsessive-compulsive disorder (OCD) is a common, chronic, and disabling anxiety disorder. Although effective psychological treatments exist they are not widely available, and most people seeking treatment for OCD do not receive an evidence-based intervention. The remote delivery of psychological treatments represents one strategy with considerable potential for improving access to treatments for people with OCD, particularly for those who are geographically isolated. However, only a small number of studies have investigated the acceptability and efficacy of remote treatments for people with OCD. The aims of this thesis were to contribute to the literature on remote treatment of OCD by exploring the following questions: 1) Are remote treatments acceptable to people with OCD (Study I)? 2) Is internet-administered cognitive and behavioural treatment (iCBT) for OCD efficacious (Study II)? 3) Is iCBT as effective as bibliotherapy-administered cognitive and behavioural treatment (Study III)? 4) How much therapist time is required in remote treatments to obtain positive outcomes (Study III)? 5) Do demographic and clinical characteristics predict outcome of remote treatment (Study IV)?

The results of Study I, an online survey of people with elevated symptoms of OCD, indicated that internet-administered treatment was acceptable and that people seeking online treatment were not significantly different from those seeking face-to-face treatment or from those with OCD in a national epidemiological survey. The results of Study II, a pilot study exploring the efficacy of iCBT for OCD using an open-trial design, indicated iCBT was efficacious, with large effect sizes observed from pre-treatment to post-treatment, which were maintained at follow-up. The results of Study III, a three-parallel group randomised controlled trial comparing iCBT vs. bibliotherapy vs. waitlist control, indicated both iCBT and bibliotherapy

were superior to waitlist, with no significant differences between treatment groups, although small sample size limits the generalisability of these results. Study III also revealed that large effect sizes can be obtained in iCBT treatment when contact is limited to once a week, although greater effects were found from more frequent contact. Study IV, which involved an analysis of the data from Study II and III failed to identify any reliable predictors of treatment outcome.

In summary, these studies indicate that remote treatment of OCD, delivered as either iCBT or bibliotherapy, is both efficacious and acceptable to people with OCD. Replication and extension of these findings by other research teams is required. The results of the studies in this thesis provide further evidence to indicate that remote treatments have considerable potential in improving access to acceptable, evidence-based interventions for individuals with OCD.


Statement of Candidate

I certify that the work in this thesis entitled '**An Evaluation of the Acceptability and Efficacy of Remote Treatments for Obsessive-Compulsive Disorder**' has not previously been submitted for a degree nor has it been submitted as part of requirements for a degree to any other university or institution other than Macquarie University.

I also certify that the thesis is an original piece of research and it has been written by me. Any help and assistance that I have received in my research work and the preparation of the thesis itself have been appropriately acknowledged.

In addition, I certify that all information sources and literature used are indicated in the thesis.

The research presented in this thesis was approved by the University of New South Wales Ethics Review Committee (Study I, Approval Number: 2010-7-17, Date: 13th May, 2010; Study II, Approval Number: 10153, Date: 1st June, 2010) and Macquarie University Ethics Review Committee (Study III, Approval Number: 5201100547, Date: 8th June, 2011).


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Bethany M. Wootton (42535727)

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LIST OF ABBREVIATIONS

ANOVA	Analysis of variance
ANZCTR	Australian and New Zealand Clinical Trials Register
BOCF	Baseline observation carried forward
CA	Completer analysis
CbT	Cognitive and behavioural treatments for OCD which emphasise cognitive techniques
cBT	Cognitive and behavioural treatments for OCD which emphasise behavioural techniques
CBT	Cognitive and behavioural treatments for OCD which emphasise both cognitive and behavioural techniques
CCBT	Computerised cognitive behaviour therapy
CIDI	Computerised Composite International Diagnostic Interview
CMI	Clomipramine
DBS	Deep brain stimulation
DIRT	Danger ideation reduction therapy
DOCS	Dimensional obsessive compulsive scale
DSM	Diagnostic and statistical manual
ERP	Exposure and response prevention
fMRI	Functional magnetic resonance imaging
GAD	Generalised anxiety disorder
GAD-7	Generalised Anxiety Disorder 7-Item Scale
iCBT	Internet-administered cognitive behaviour therapy
iPT	Internet-administered psychological treatment
ITT	Intention to treat
K10	Kessler 10 Item Scale
LOCF	Last observation carried forward
MDD	Major depressive disorder
MINI	MINI international neuropsychiatric interview
NSMHWB	National Survey of Mental Health and Wellbeing
OBQ	Obsessive Beliefs Questionnaire
OCCWG	Obsessive Compulsive Cognitions Working Group
OCD	Obsessive-compulsive disorder
OCI-R	Obsessive Compulsive Inventory – Revised
PANDAS	Paediatric Autoimmune Neuropsychiatric Disorders Associated With Streptococcal Infections
PD	Panic disorder
PHQ-9	Patient Health Questionnaire 9-Item Scale
PET	Positron emission tomography
PTSD	Post-traumatic stress disorder
RCT	Randomised controlled trial
SCID	Structured Clinical Interview for DSM
SD	Standard deviation
SDS	Sheehan Disability Scale
SP	Social phobia
SPECT	Single positron emission computer tomography
SPSS	Statistical package for social sciences
SRI	Serotonin reuptake inhibitor
SSRI	Selective serotonin reuptake inhibitor
WHODAS-II	World Health Organisation Disability Assessment Schedule – Second Edition
YBOCS	Yale Brown Obsessive Compulsive Scale
YBOCS-SR	Yale Brown Obsessive Compulsive Scale (Self-Report version)

