

Effectiveness of Exposure & Response Prevention Therapy among Obsessive-Compulsive Disorder Patients.

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Abstract

An evaluative study to assess the effectiveness of Exposure & Response Prevention Therapy (ERP) in reduction of obsessive compulsive symptoms in Obsessive Compulsive Disorder (OCD). A single case design with pre, mid and post treatment assessment was used in this study. 6 subjects were selected using non probability purposive sampling technique. The standardized Yale- Brown Obsessive Compulsive scale (Y-BOCs) of 10 items was used to assess the level of obsession and compulsion. Assessment was done prior to, during and after the completion of therapy ranging for 24 sessions spread over approximately one month. During the therapy sessions, clients' distress level was observed using Subjective Unit of Distress scale (SUDs). Results were analyzed by comparing the differences between pre, mid and post therapy findings through the Yale-Brown Obsessive Compulsive scale. The reduction of symptoms from pretest to mid test was 44.96% and from mid test to post test was 53.65%. The total reduction in obsessive compulsive symptoms from pretest to post test was 74.49%. A group outcome analysis using Mann Whitney 'U' value for pre test and mid test ('U' = 0), mid test and post test ('U' = 0.5), and pre test and post test ('U' = 0) was significant at $P \leq 0.05$ level which revealed that the ERP was effective in reducing the symptoms of OCD.

Keyword: ERP, OCD, Y-BOCs, SUDs

Introduction

OCD is an anxiety disorder marked by the recurrence of intrusive or disturbing thoughts, impulses, images or ideas (obsessions) accompanied by repeated attempts to suppress these thoughts through the performance of certain irrational and ritualistic behavior or mental acts (compulsions). The obsessions and compulsions take up much of the patients' time. They cause significant emotional distress and difficulties in his or her relationship with others. Exposure & Response Prevention Therapy leads to gradual decrease in anxiety (sometimes called habituation) and the urge to perform rituals. When the combination of exposure and response prevention is repeated patients become less anxious and the frequency and intensity of obsession and compulsions are reduced.

Need of the study

Prevalence of OCD among general population (2 % to

4 %) calls for immediate psychiatric and therapeutic interventions. There is a strong need for this study. Many studies revealed that mere medication therapy is not enough to control the obsessive and compulsive symptoms. There should be some regular sessions of behavioral therapy along with medication therapy. The main aim of this study was to examine the efficacy of ERP therapy among OCD patients and help them get relief from OCD symptoms. This study was selected so that maximum patients would be benefitted. The findings and results of this study would lead to new avenues in the treatment of obsessive compulsive disorder.

Statement of the Problem

"A pre experimental study to assess the effectiveness of exposure and response prevention therapy among obsessive compulsive disorder patients in selected hospitals of Indore."