

# Group Treatment for OCD:

## Preliminary Evaluation of Treatment Effectiveness and Client Perceptions of Change

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### INTRODUCTION

Growing data on effectiveness of ACT for Obsessive Compulsive Disorder (OCD).

Sense of shame and isolation common in those with OCD can make group treatment particularly helpful.

#### Purpose

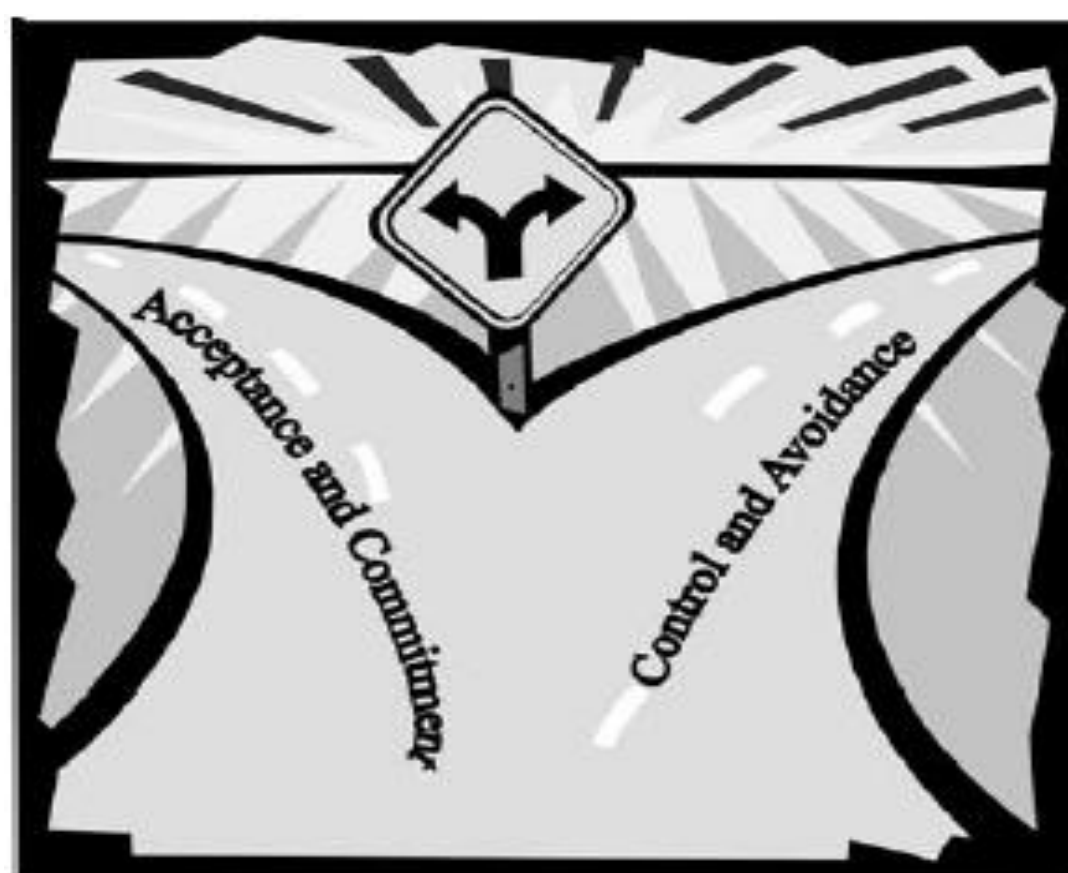
- Examine effectiveness of ACT-based outpatient group treatment for those with OCD symptoms.
- Understand process of change from clients' perspective - can inform therapy process.

### METHODS

#### Treatment

Psychoeducational material:

- Values
- Acceptance
- Willingness
- Traps of language
- Defusion
- Committed action



Participation and interaction encouraged.

#### Participants

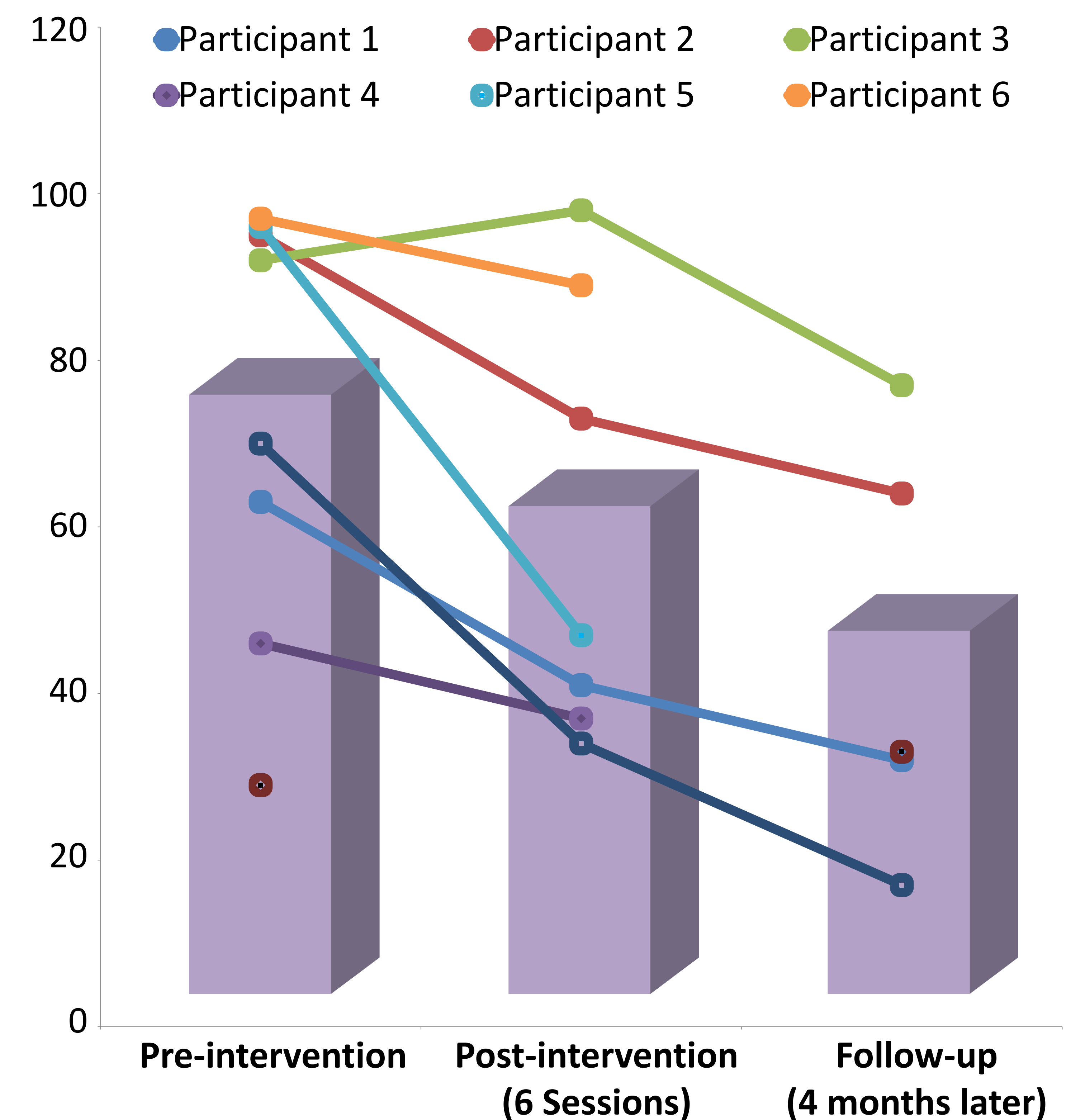
- N = 7, Age range. 20-65
- No exclusions based on prior treatment.
- Pre, post, and follow-up data - Obsessive Compulsive Inventory (OCI).
- Client feedback - Helpful Aspects of Treatment(HAT)
- Thematic analysis conducted by authors independently; collaboratively agreed on themes.

### RESULTS

#### Themes from Client Feedback - HAT

Themes	Exemplars
Acceptance/ Safety	<ul style="list-style-type: none"> <li>• <i>Feeling acceptance.</i></li> <li>• <i>Being able to speak about my experiences... without judgment.</i></li> </ul>
Sense of Community/ Feeling Understood/ Helping Others	<ul style="list-style-type: none"> <li>• <i>It allowed me to feel that truly others understand.</i></li> <li>• <i>Feeling part of a community. It felt fantastic.</i></li> <li>• <i>I feel like I was helping others and not just myself.</i></li> </ul>
New Realizations/ Insights	<ul style="list-style-type: none"> <li>• <i>It made me more aware of my issues with avoidance.</i></li> <li>• <i>Concept of quicksand helped put the thoughts/compulsions into a more understandable way of thinking.</i></li> </ul>
Changing Relationship to Thoughts/ Feelings	<ul style="list-style-type: none"> <li>• <i>The difference between evaluation and description and focussing on description.</i></li> <li>• <i>The quicksand metaphor helped me recognize and recall the necessity of allowing myself to feel anxious.</i></li> </ul>
Willingness	<ul style="list-style-type: none"> <li>• <i>Relief now that I shared, and people related weight has lifted.</i></li> <li>• <i>Helped me feel more willing to put the practices into effect.</i></li> </ul>
Focus Toward Values/ Future Direction	<ul style="list-style-type: none"> <li>• <i>Realizing what is important.</i></li> <li>• <i>Helped me to move in the right direction to achieve my goals and meet my values.</i></li> </ul>

#### Average and Individual OCI Scores



### DISCUSSION

- ACT-based group treatment promising for OCD, with individual treatment or as primary treatment.
- Group cohesion and support is likely an important mechanism of change needing further investigation.
- Future research should compare ACT-based individual vs. group treatment.
- Limitations: small sample, lack of random assignment and control group.