

ME Moreira-de-Oliveira ¹, CP Loureiro ¹, L Laurito ¹, B Torres ¹, GA de-Medeiros ¹, L Faro ¹, GB de Menezes^{1,2} and LF Fontenelle^{1,2}

¹ Anxiety, Obsessions and Compulsions Program, Institute of Psychiatry of the Federal University of Rio de Janeiro (UFRJ)

² D'Or Institute for Research and Education (IDOR), Rio de Janeiro, Brazil.

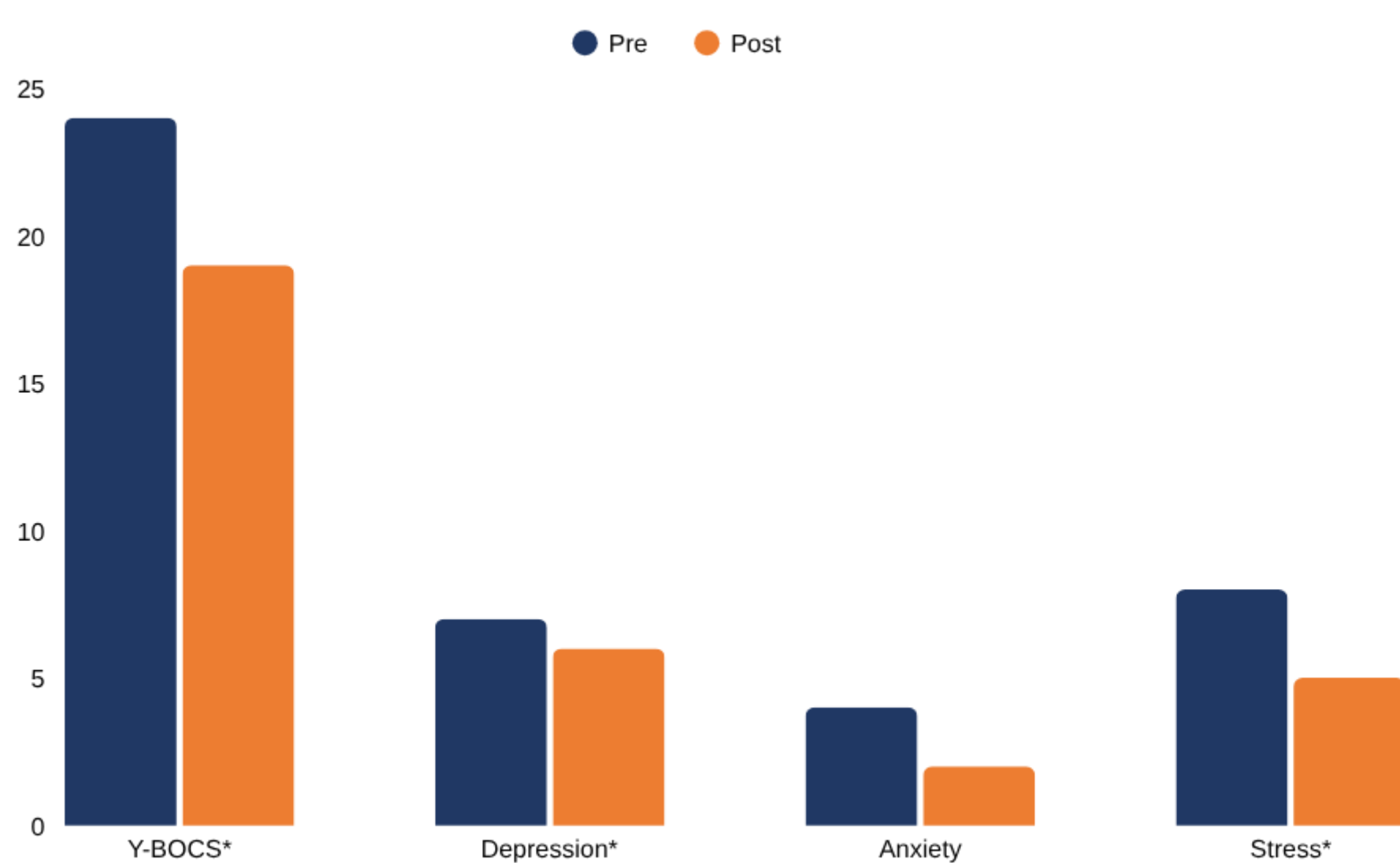
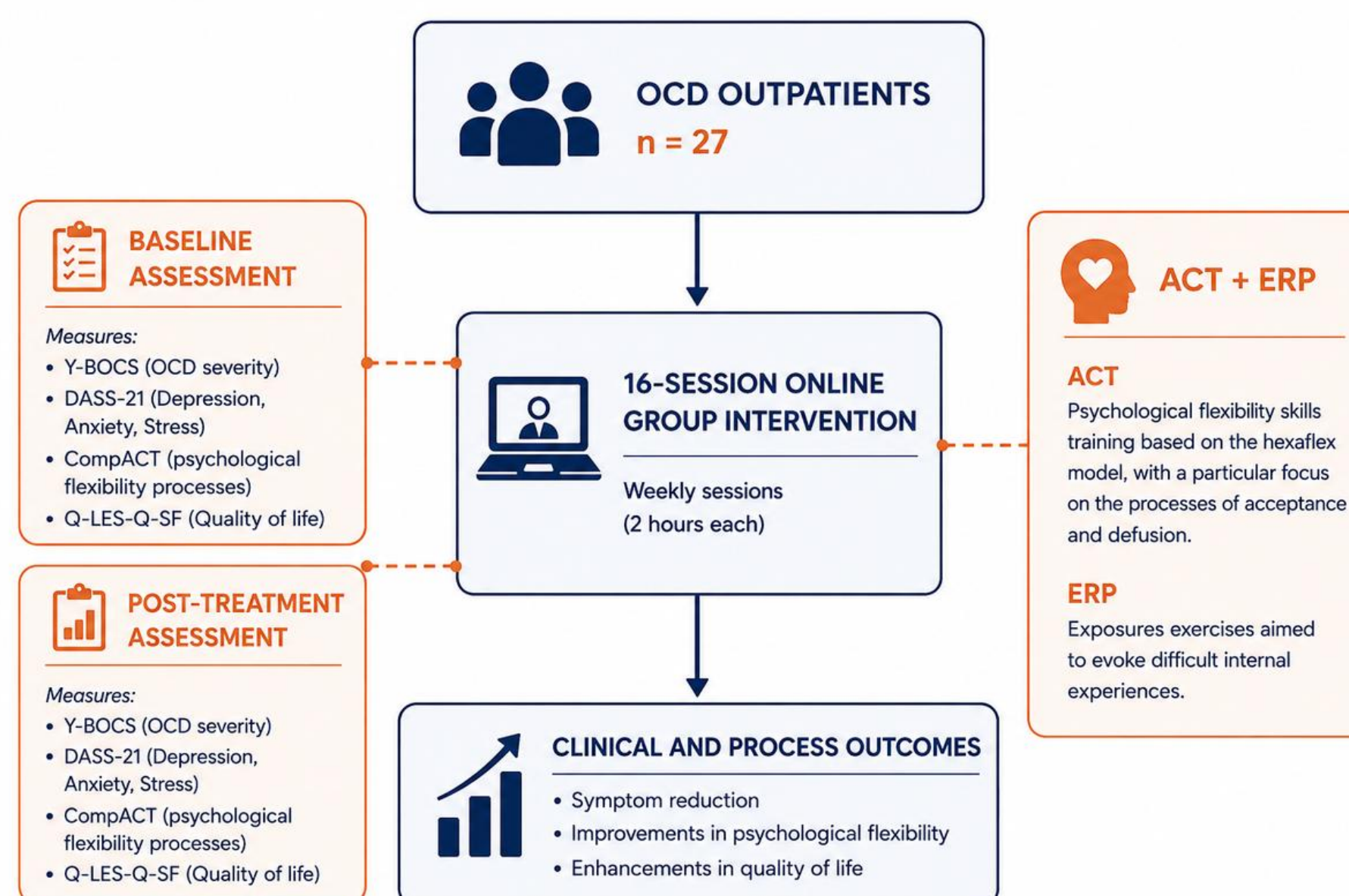
Obsessive-compulsive disorder (OCD) is associated with substantial disability, yet access to evidence-based treatments remains limited in many settings. To increase treatment accessibility, a culturally adapted online group intervention combining Acceptance and Commitment Therapy (ACT) and Exposure and Response Prevention (ERP) was developed for Brazilian patients with OCD.

Objective

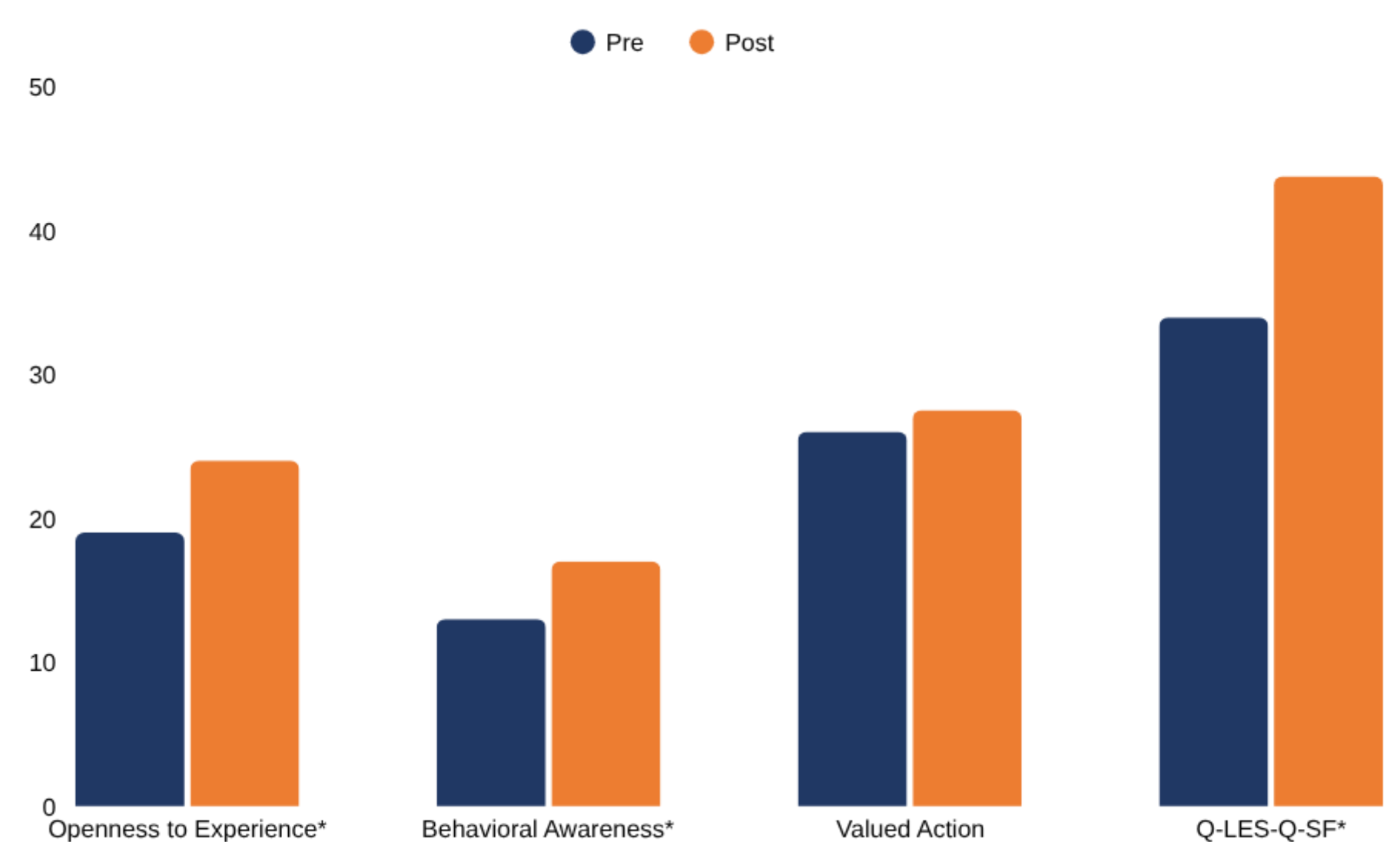
To evaluate the feasibility and preliminary clinical outcomes of a 16-session online group ACT + ERP protocol for Brazilian outpatients with OCD.

Results

Median scores are presented. Statistical analyses were performed using Wilcoxon signed-rank tests. Significant improvements were observed in OCD severity, depression, stress, openness to experience, behavioral awareness, and quality of life.



*p < 0.05 (Wilcoxon signed-rank test)



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These preliminary findings support the feasibility and potential clinical utility of delivering an ACT + ERP intervention in an online group format for Brazilian patients with OCD. The protocol may represent a promising strategy to expand access to evidence-based treatments in contexts where specialized services are limited.