

Cognitive-behavioral therapy for drug-resistant obsessive-compulsive disorder

Terapia cognitivo-conductual en pacientes con trastorno obsesivo compulsivo resistentes a la farmacoterapia

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Background: The purpose of the present study was to examine the efficacy of cognitive-behavioural therapy (CBT) in a consecutive sample of patients suffering from drug-resistant obsessive-compulsive disorder (OCD) and to explore variables related to outcome. **Method:** Coadjuvant CBT was prescribed to 23 adult outpatients diagnosed with drug-resistant OCD (at least 2 different drugs had been prescribed). CBT had a maximum duration of 1 year, and was conducted in weekly, fortnightly, or monthly sessions. Subjects were assessed at baseline (T0), six months (T1), and twelve months (T2) by means of semi-structured interviews, Y-BOCS, CGI-Severity and CGI-Global Improvement. **Results:** Four patients (17,4%) dropped out. The remaining 19 patients attended an average of 22,1 sessions. Large and significant ($p=0,001$) improvement of symptomatology (Y-BOCS) was observed in 73,9% of those who completed the process and 60,7% in the total sample (intent to treat analysis). Most of the improvement occur