PREDICTORS OF OUTCOME OF COMPLEX IN-PATIENT THERAPEUTIC PROGRAM FOR PHARMACORESITANT OBSESSIVE COMPULSIVE PATIENTS

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The aim of the study was to assess the efficacy of the in-patients therapeutic program for in patients suffering with pharmacoresistant OCD patients. The therapy was conducted in a group setting and systematic CBT steps were adapted to each individual patient in the group. Pharmacological treatment underwent no or minimal changes during the trial period. Outcome measures included the Yale-Brown Obsessive Compulsive Scale, subjective version (S-Y-BOCS), the Clinical Global Impressions-Severity of Illness scale (CGI-S), Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), and Dissociative Experience Scale (DES). The primary outcome measure for treatment response was a rating of 35% improvement in Y-BOCS. A remission was defined by S-Y-BOCS score 12 and lower or by CGI-S scores 1 or 2.
Results: 66 patients completed trial. Three patients refused the protocol. All patients finished minimum of 6 weeks of CBT and showed statistically significant improvement on S-Y-BOCS, CGI-S and BDI scales. The main predictors of achieving the response or remission were scores in S-Y-BOCS lower than 24, good insight, high resistance against symptoms, low level of dissociation, and aggressive character of obsessions. The negative predictors of achieving the response or remission were control/symmetry obsession and compulsions, and obsessive slowness/ambivalence.
Supported by: IGA MZ CR NT 11047-4/2010