

P03-02 - THERAPEUTIC ALLIANCE IN THE COGNITIVE BEHAVIORAL TREATMENT OF PEDIATRIC OBSESSIVE-COMPULSIVE DISORDER

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Objectives: The purpose of the current study was to investigate the influence of therapeutic alliance (TA) as a treatment process variable on outcome in cognitive-behavioral therapy (CBT) for pediatric obsessive-compulsive disorder (OCD). Although CBT for pediatric OCD disorder is considered a first-line treatment, not all youth have positive treatment responses, suggesting the need for investigating factors that enhance or reduce treatment effects.

Methods: Twenty-five youth aged 7-17 years ($M = 13.16$, $SD = 2.69$) with a principal diagnosis of OCD and parents participated in the study. Using a multiple-informant, multiple-time point design, the current study examined the role of TA in family-based CBT for pediatric OCD.

Results: Findings indicated

(1) stronger child-rated, parent-rated, and therapist-rated TAs were predictive of better treatment outcome,

(2) larger, more positive early alliance shifts (rated by changes in child-rated TA between sessions 1 and 5) were predictive of better treatment outcome.

Conclusions: TA was a predictor of subsequent change in OCD symptoms in youth treated with CBT. These findings correspond with alliance-outcome research among youth treated with evidence based therapies for behavior disorders.