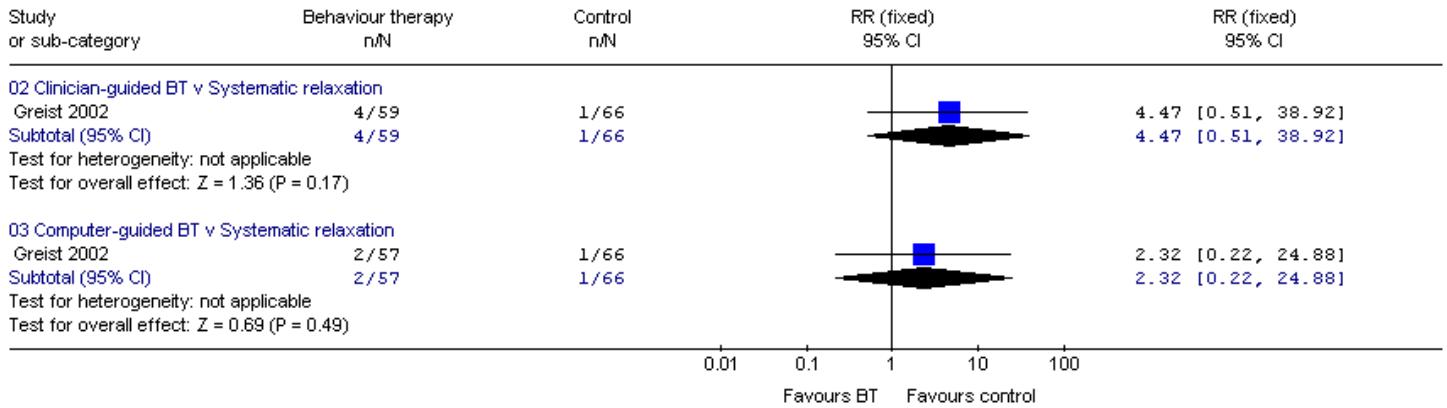


Appendix 16a: Forest plots for clinical evidence reviews on psychological interventions

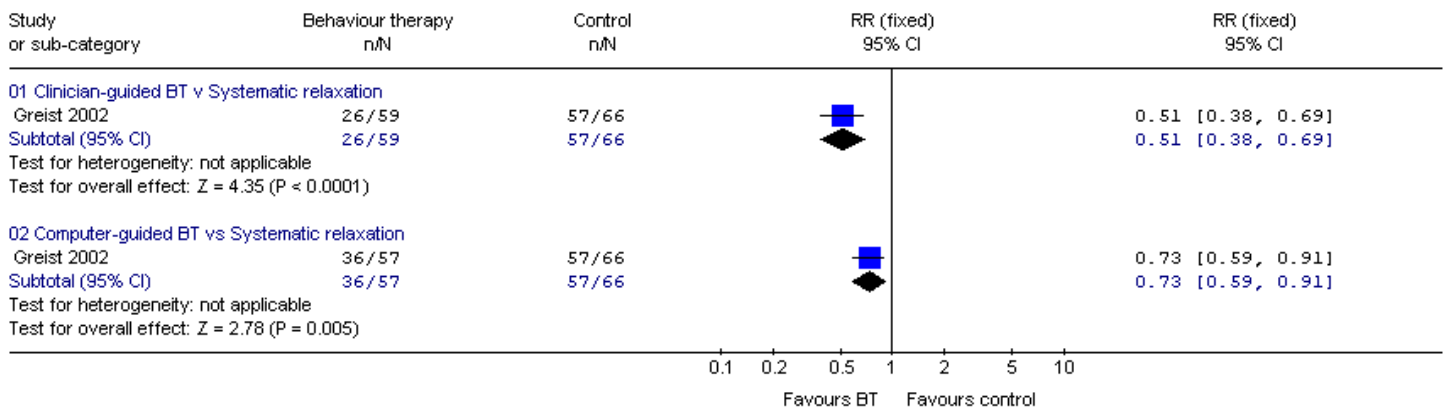
[Psychological vs. Control \(OCD\); BT vs. BT \(OCD\); Psychological vs. Psychological \(OCD\); Psychological vs. Control \(BDD\); Psychological vs. Psychological \(BDD\); Treatment intensity review](#)

Psychological vs. Control (OCD)

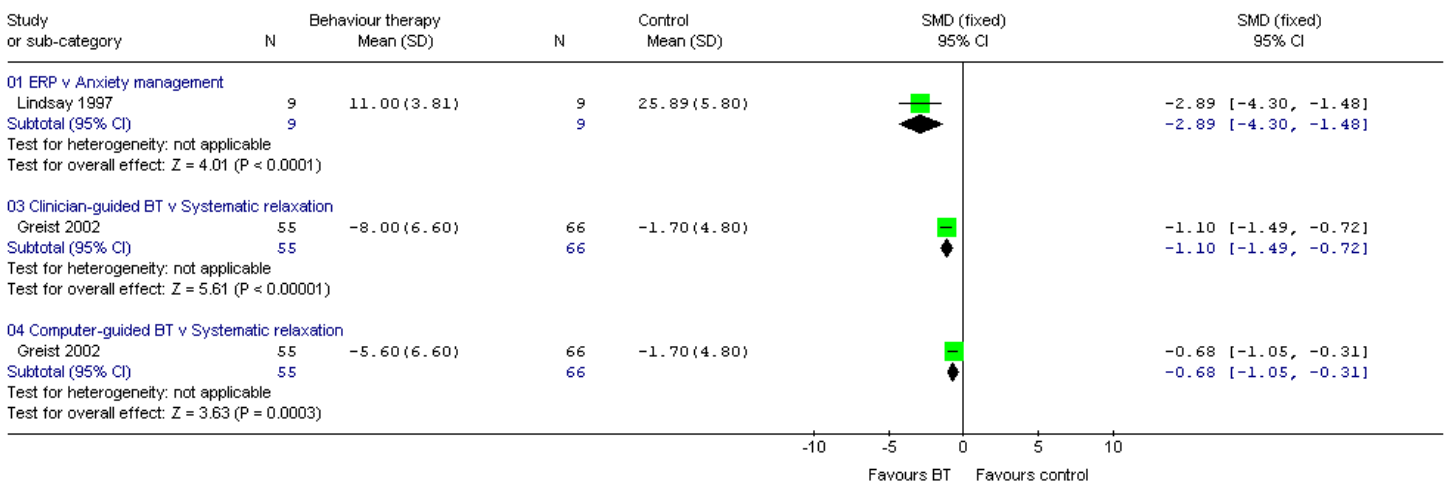
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 01 Leaving the study early



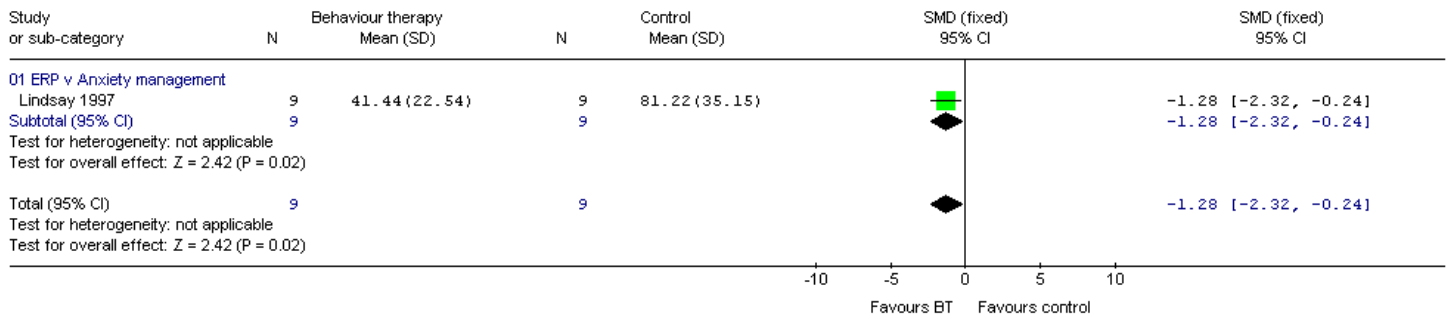
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 02 Non-responders (CGI)



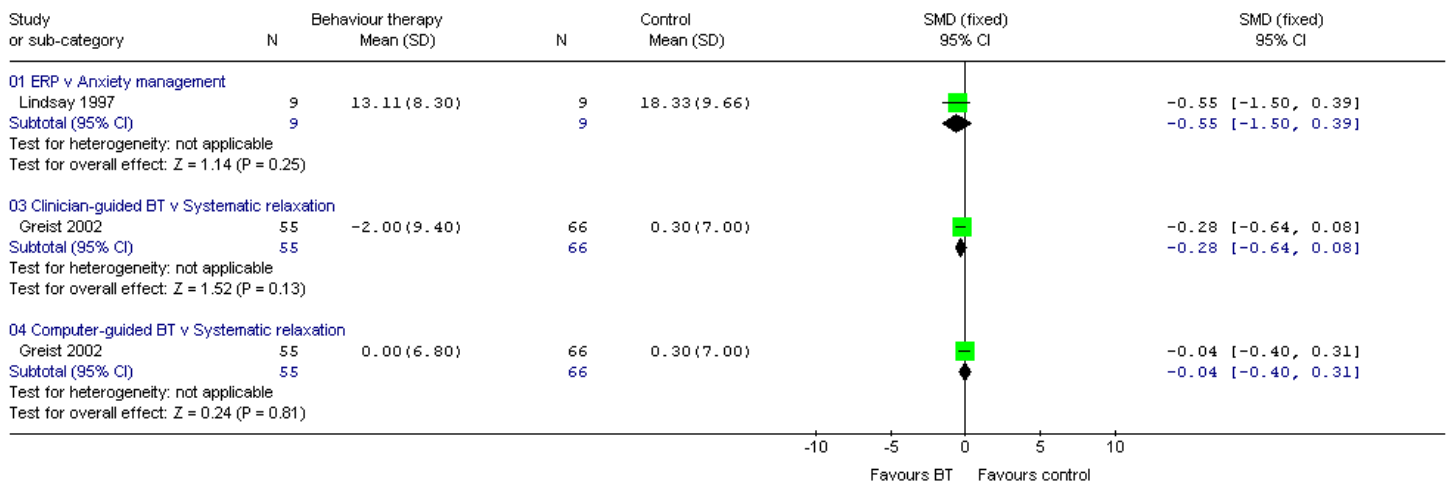
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 03 Y-BOCS



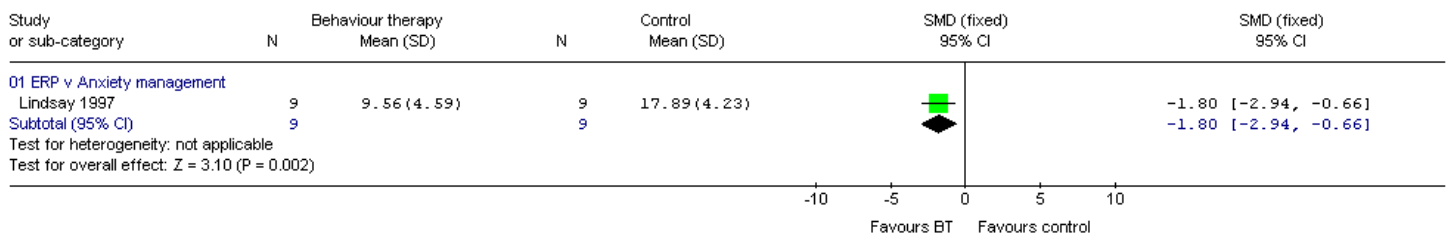
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 04 Padua Inventory



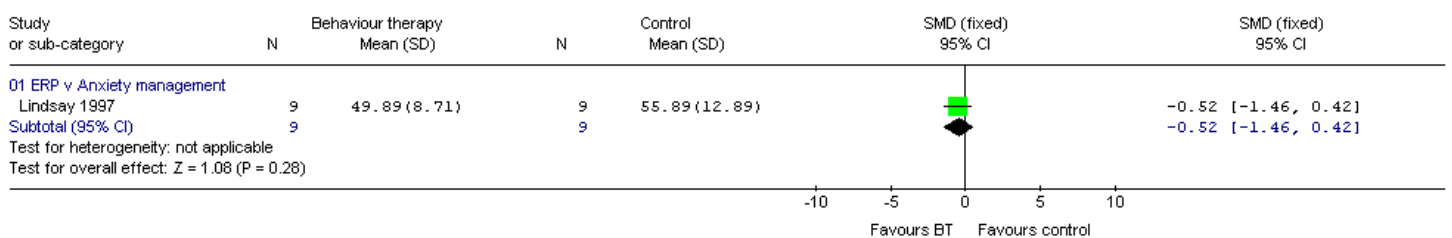
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 05 Depression: BDI or HAM-D



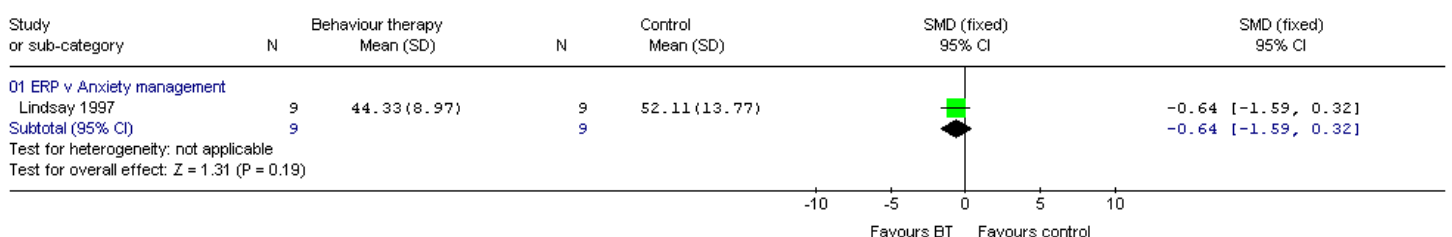
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 06 Maudsley Obsessive-Compulsive Inventory



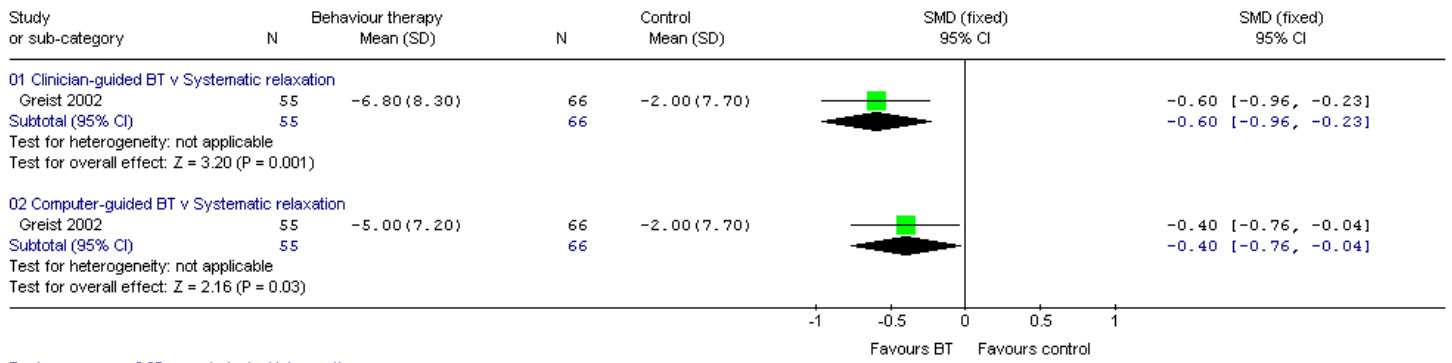
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 07 STA: Trait



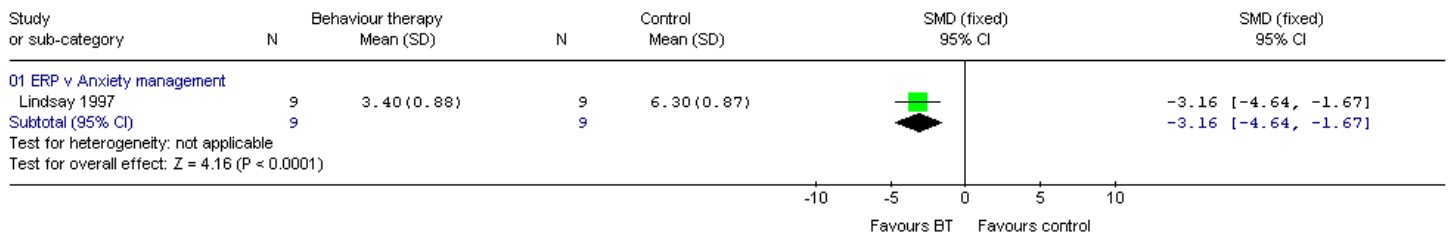
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 08 STA: State



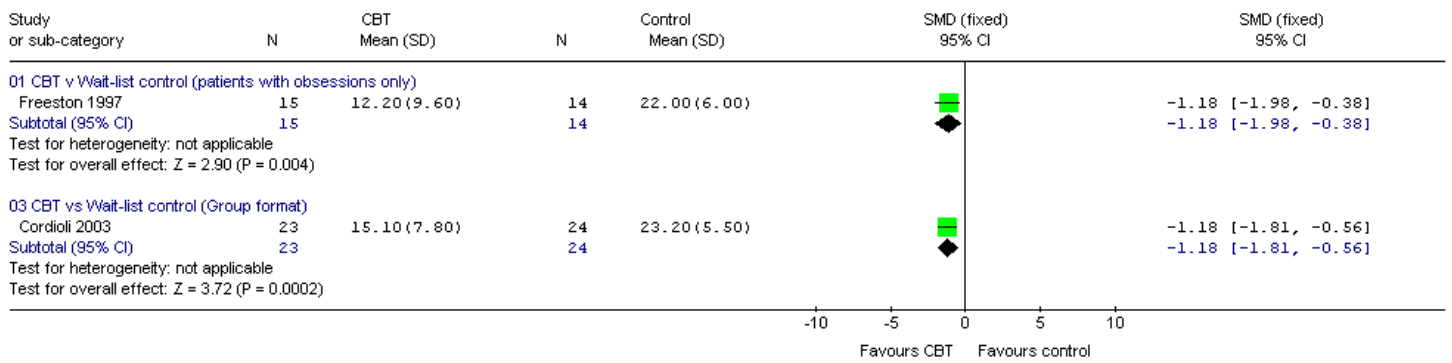
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 12 Work and Social Adjustment Scale



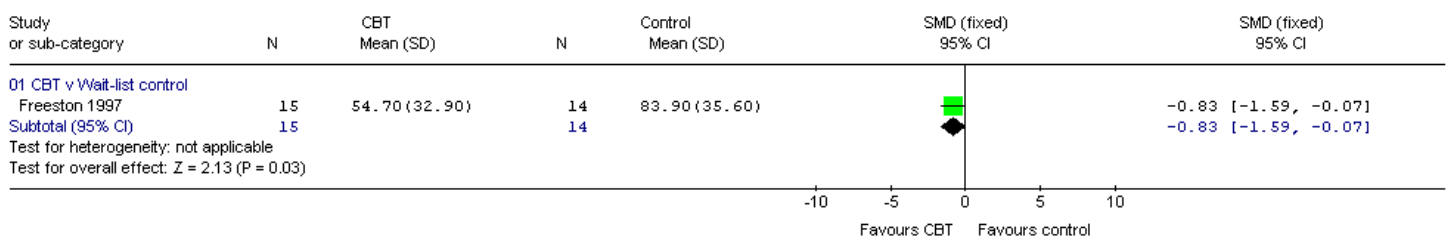
Review: OCD: psychological interventions
 Comparison: 01 Behaviour therapy v Control
 Outcome: 13 Interference



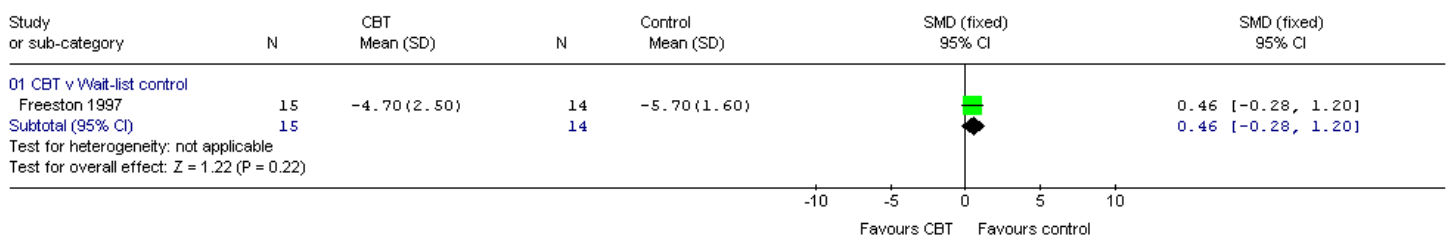
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 01 Y-BOCS



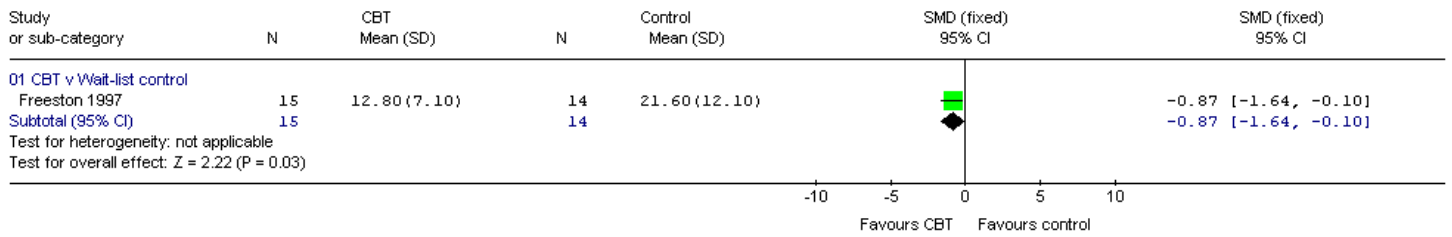
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 02 Padua Inventory



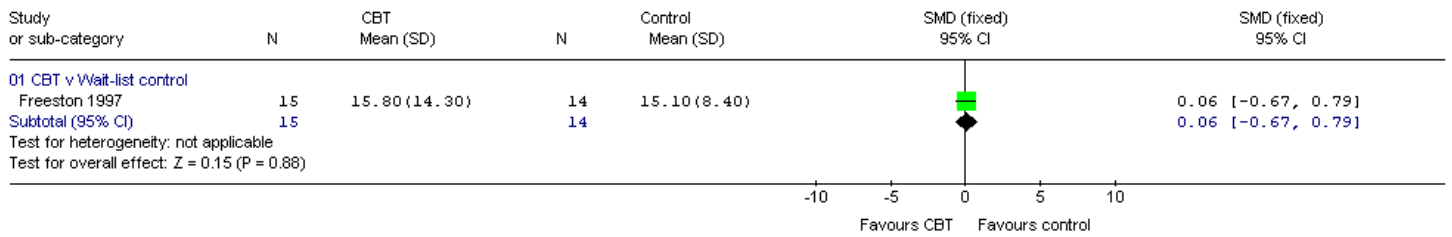
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 03 Current Functioning Assessment



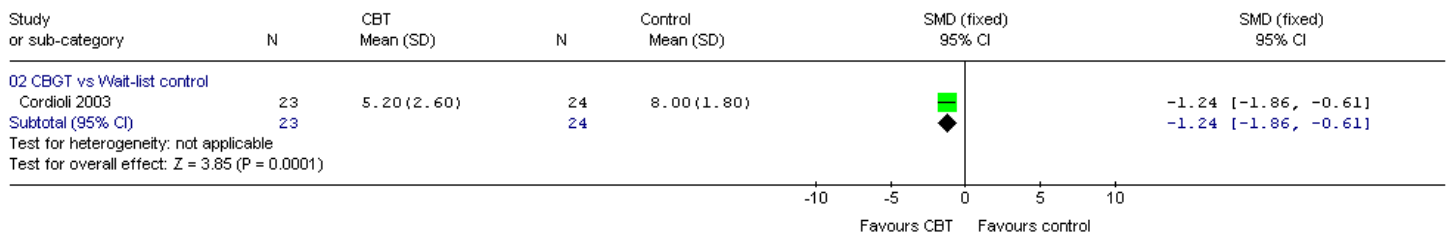
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 04 Beck Anxiety Inventory



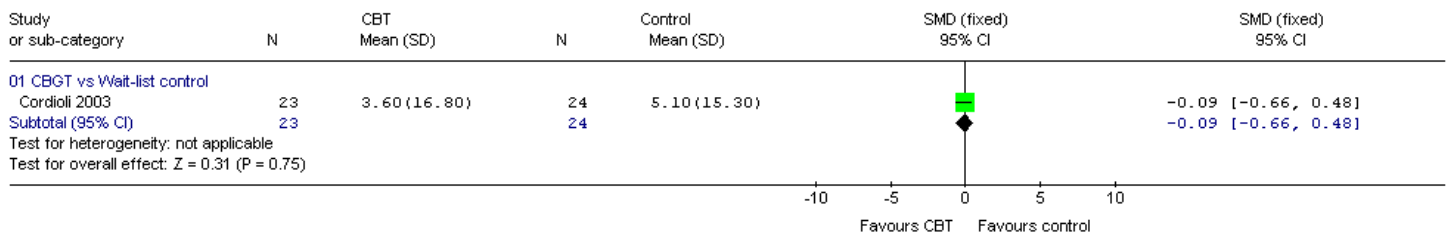
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 05 Beck Depression Inventory



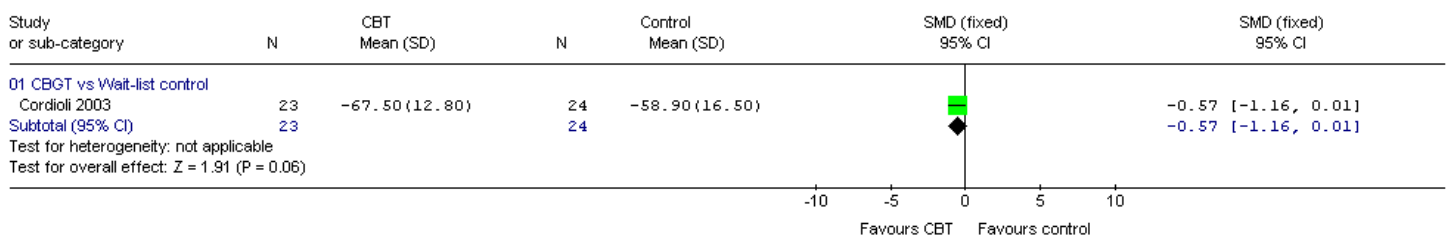
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 06 NIMH-OC



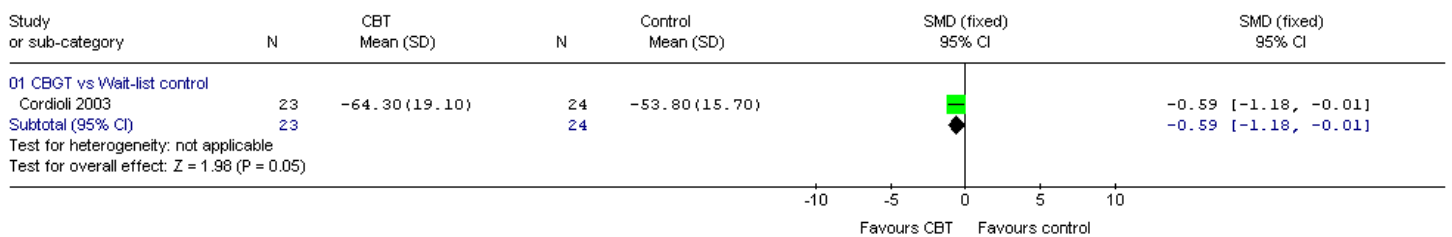
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 10 Overvalued Ideas Scale



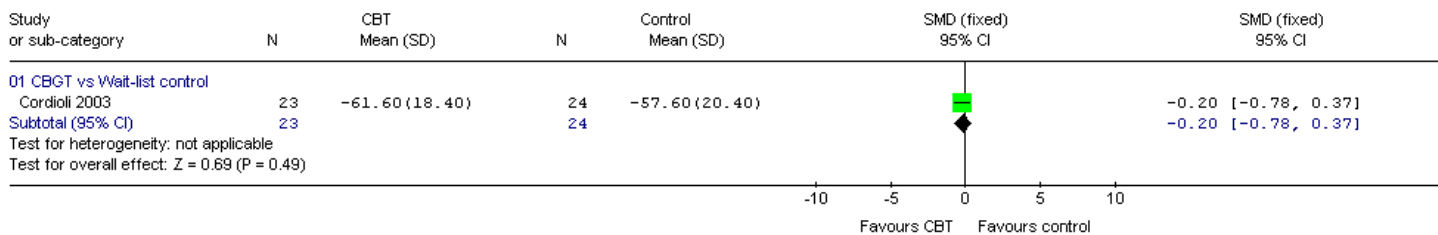
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 11 WHOQOL-BREF: physical



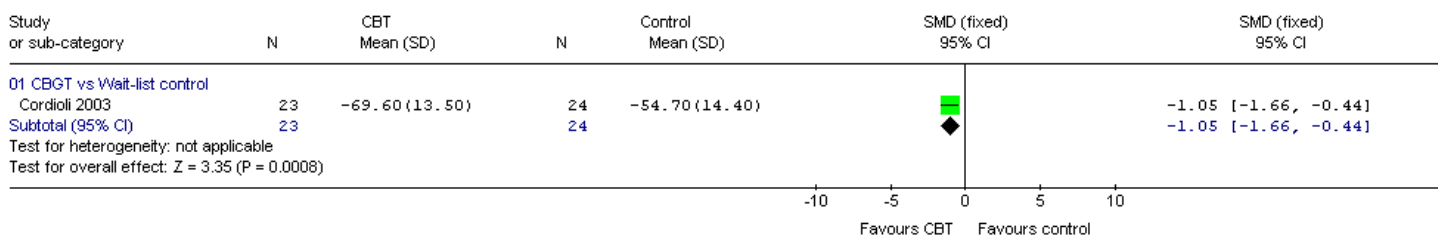
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 12 WHOQOL-BREF: psychological



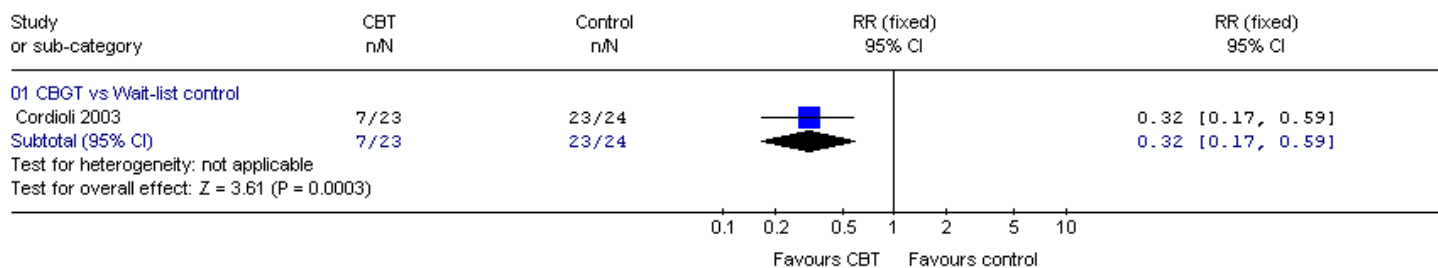
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 13 WHOQOL-BREF: social



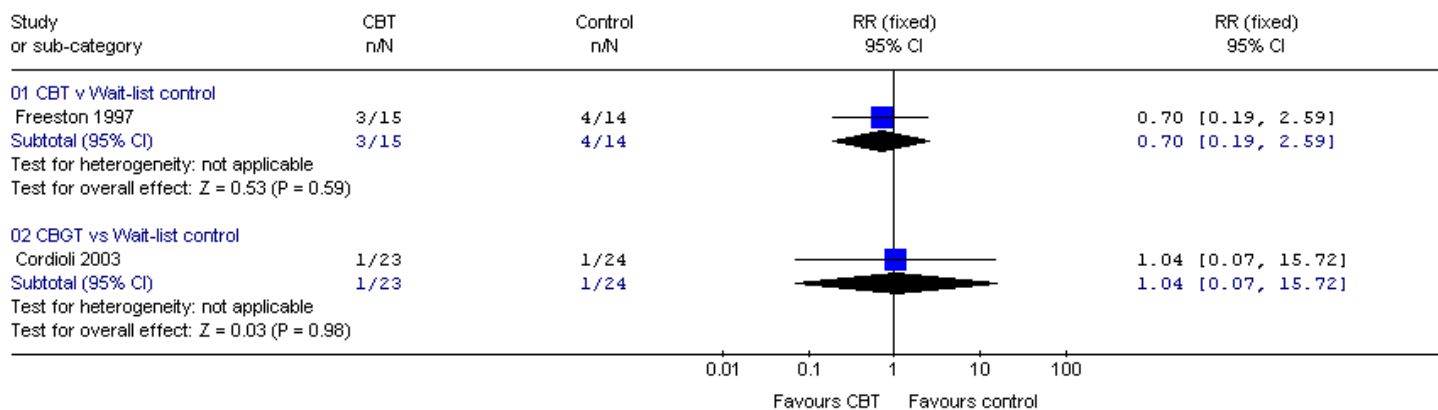
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 14 WHOQOL-BREF: environmental



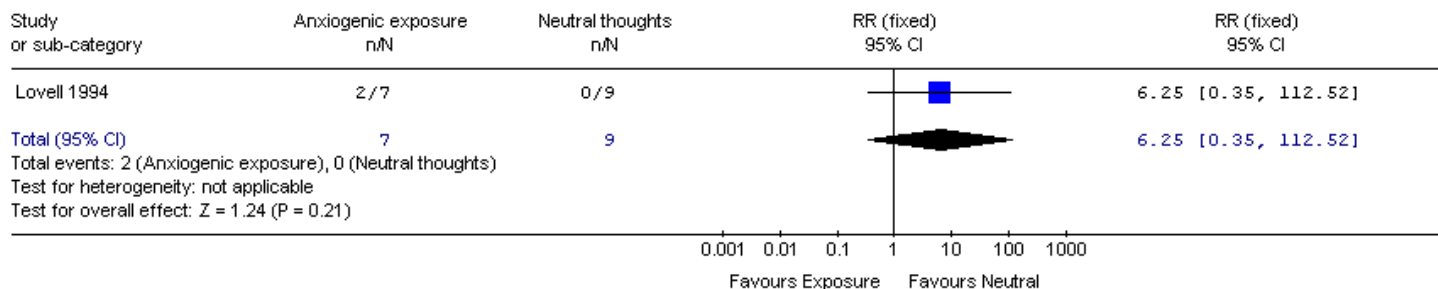
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 15 Non-responders (35% Y-BOCS)



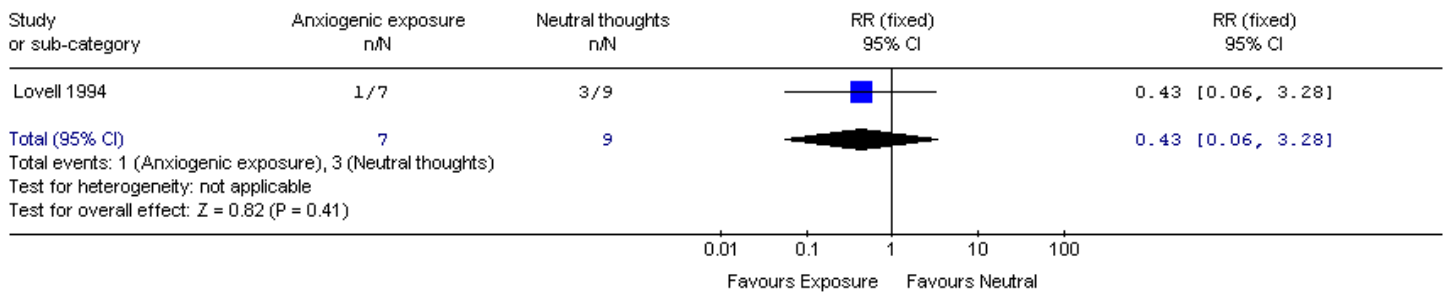
Review: OCD: psychological interventions
 Comparison: 02 CBT v Control
 Outcome: 16 Leaving the study early



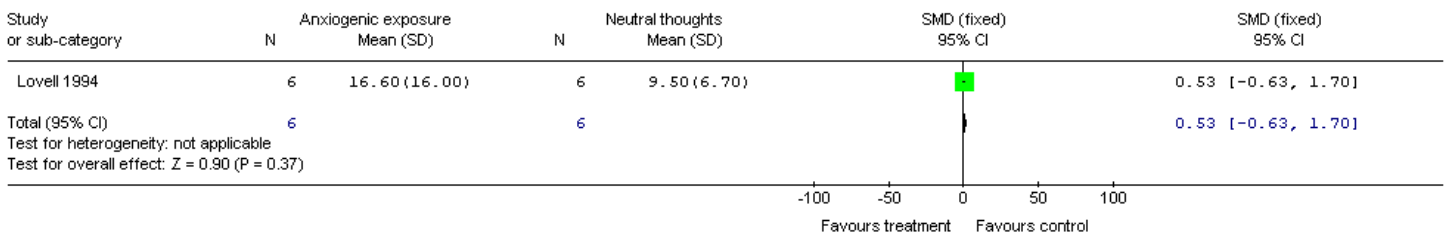
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 01 Non-responders (multiple outcomes "much improved")



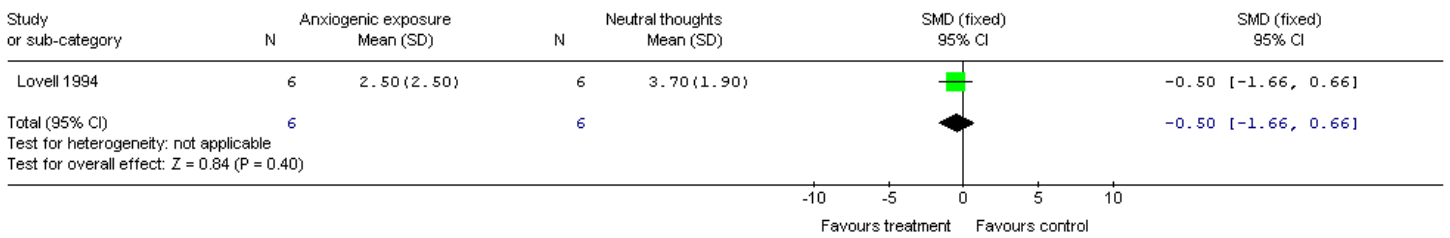
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 02 Leaving the study early



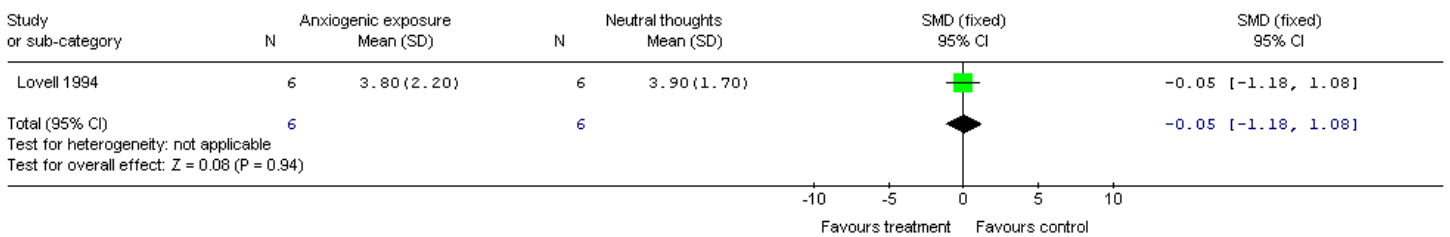
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 03 Compulsions checklist



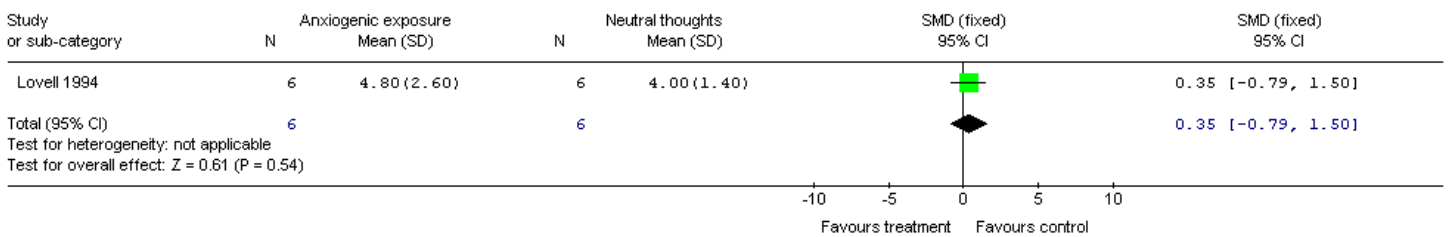
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 04 Obsessions - time



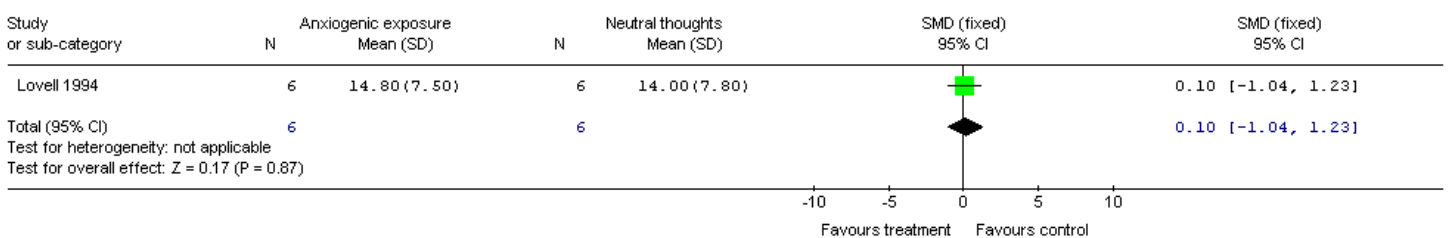
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 05 Obsessions - discomfort



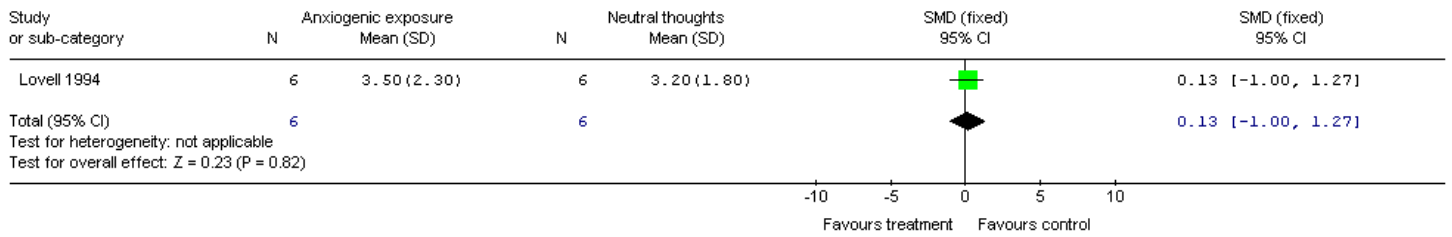
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 06 Main target



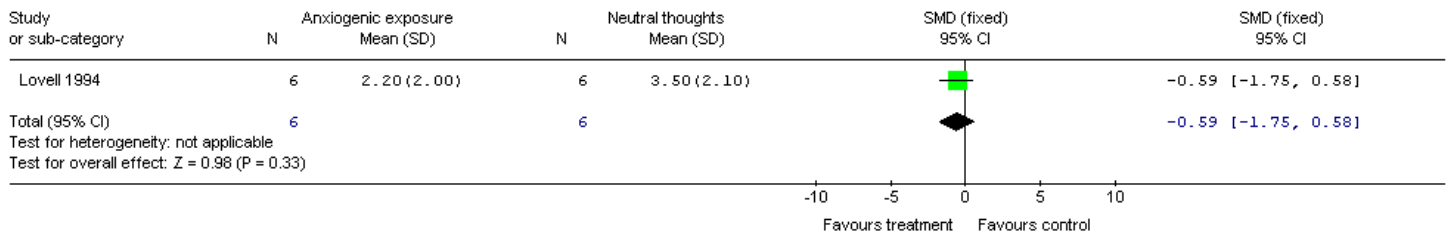
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 07 Beck Depression Inventory



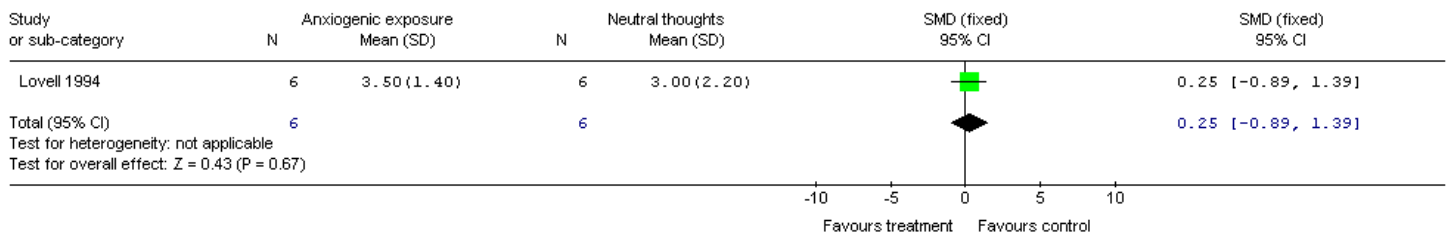
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 08 Work adjustment



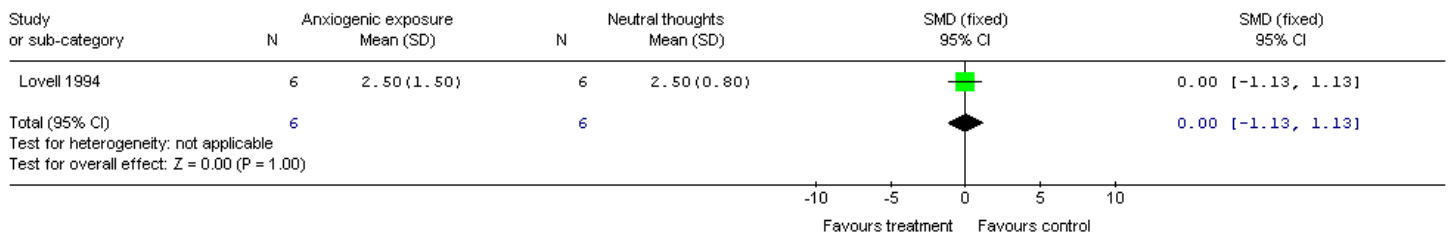
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 09 Home adjustment



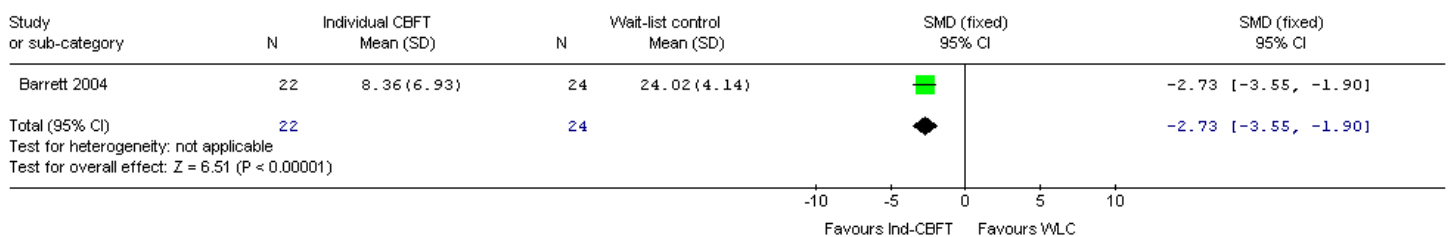
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 10 Social adjustment



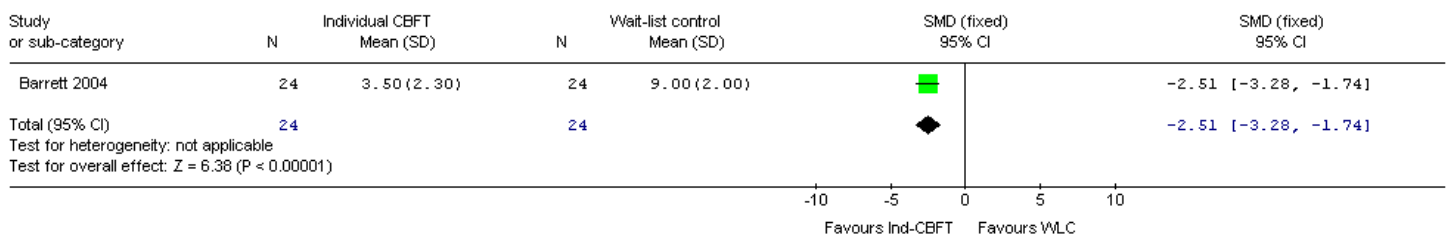
Review: OCD: psychological interventions
 Comparison: 12 Anxiogenic exposure v Neutral thoughts
 Outcome: 11 Private adjustment



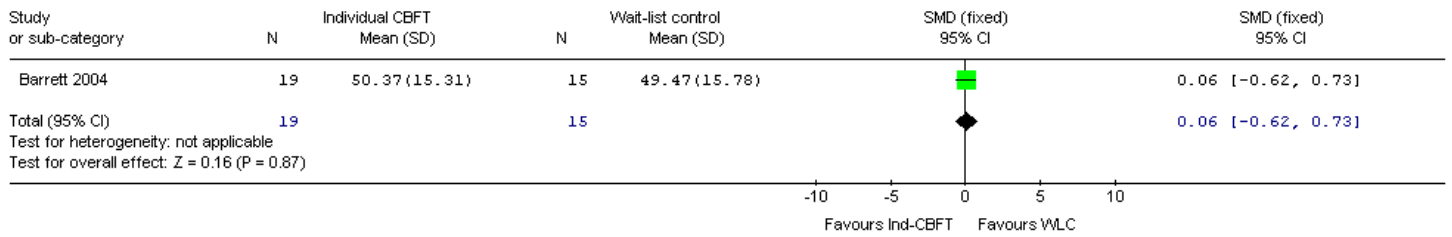
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 01 CY-BOCS



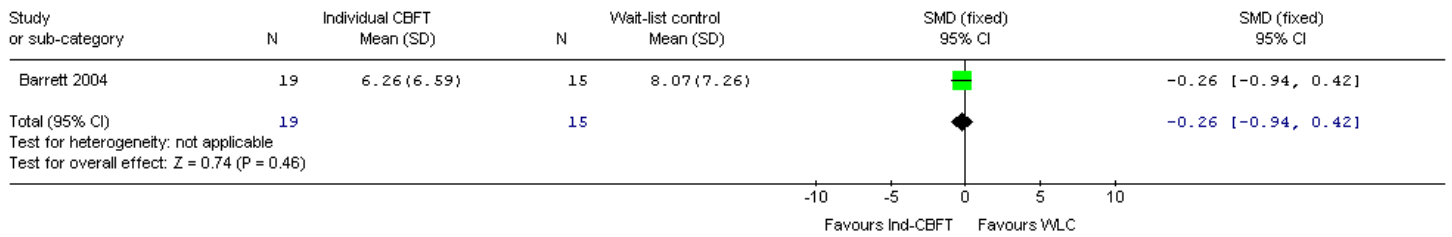
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 02 NIMH-GOCS



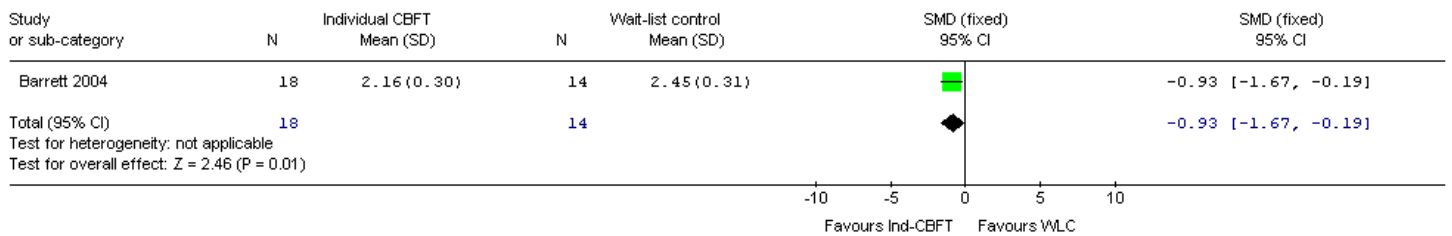
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 03 Multidimensional Anxiety Scale for Children



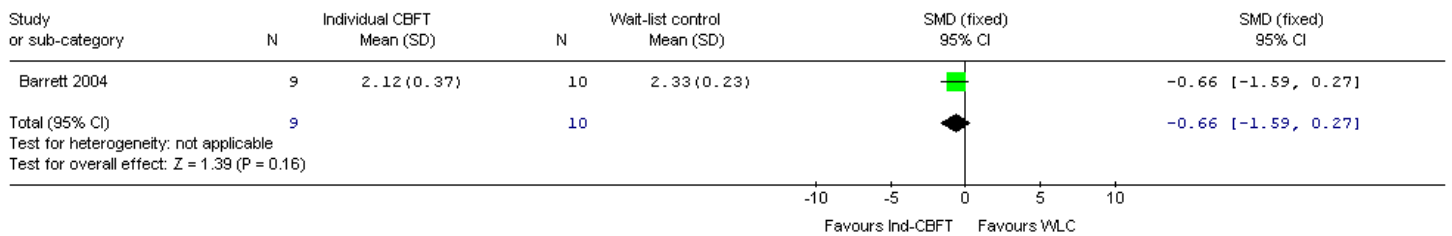
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 04 Children's Depression Inventory



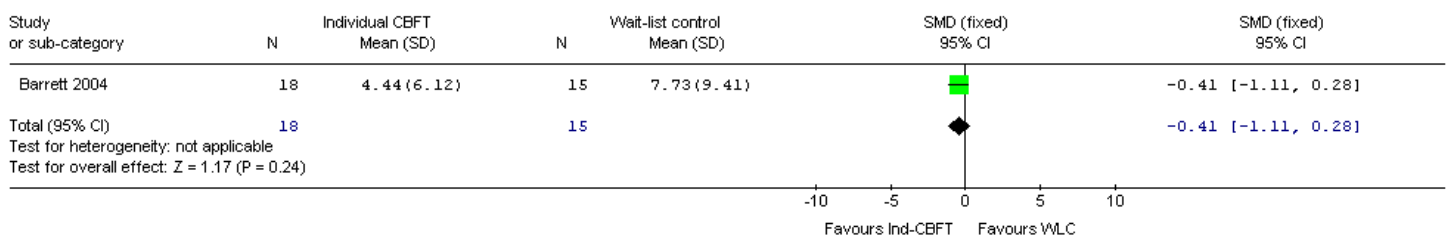
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 05 McMaster Family Assessment Device - Mother's rating



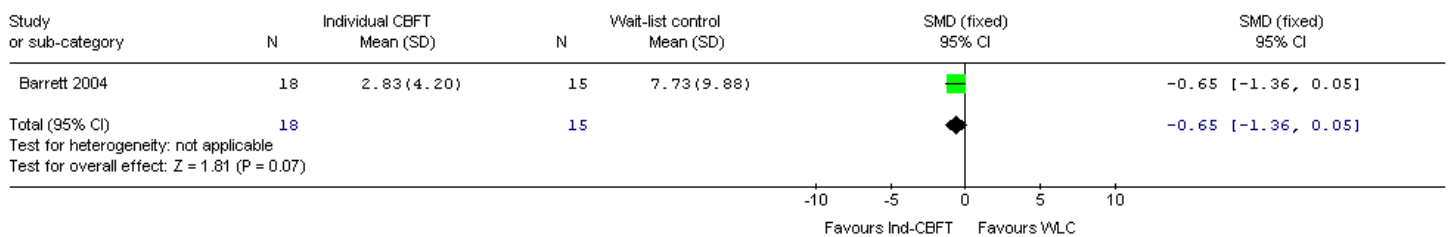
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 06 McMaster Family Assessment Device - Father's rating



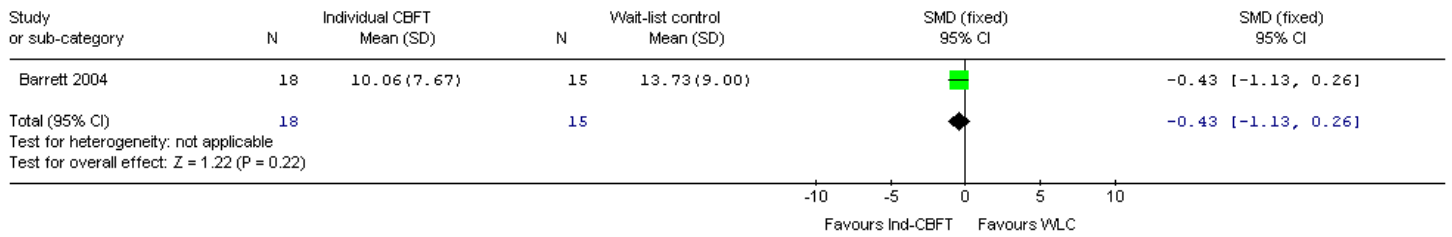
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 07 Depression Anxiety Stress Scale: Mother depression



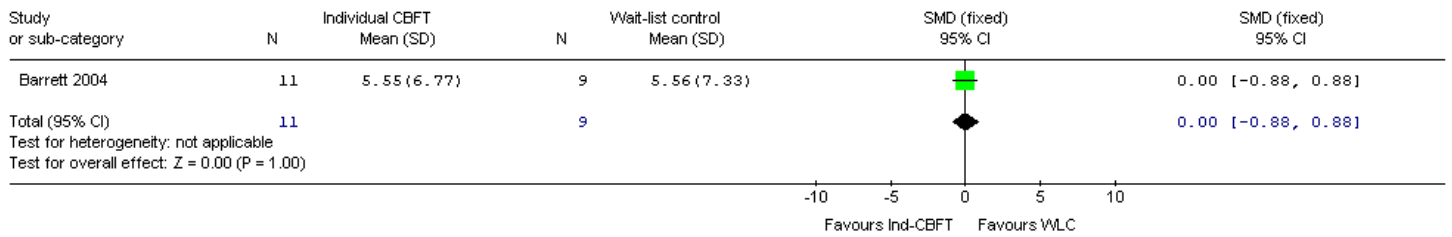
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 08 Depression Anxiety Stress Scale: Mother anxiety



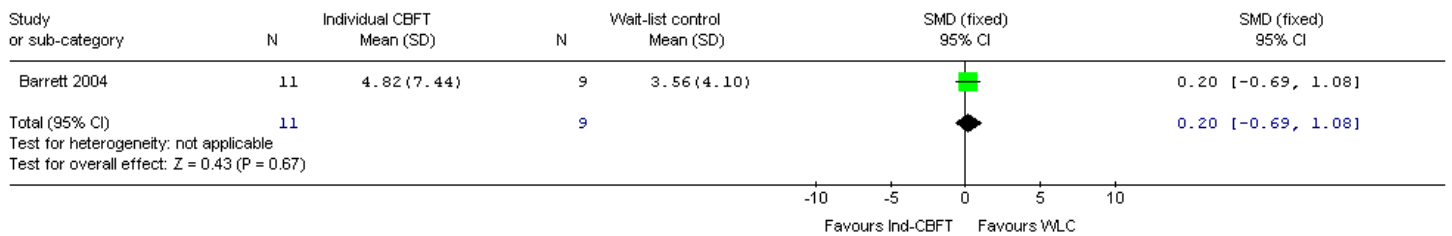
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 09 Depression Anxiety Stress Scale: Mother stress



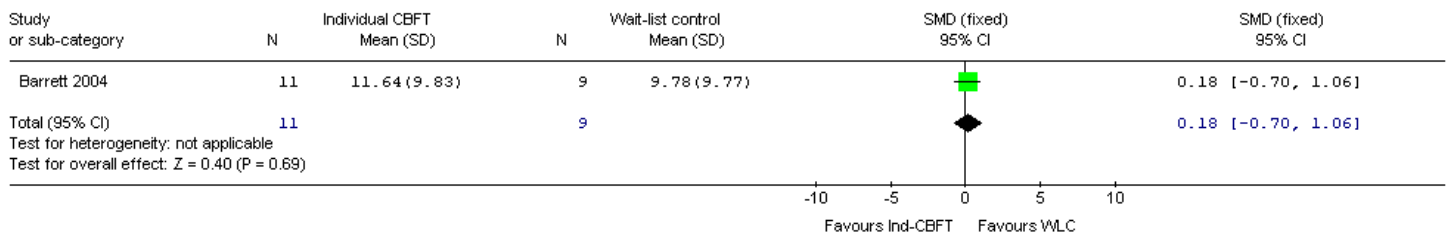
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 10 Depression Anxiety Stress Scale: Father depression



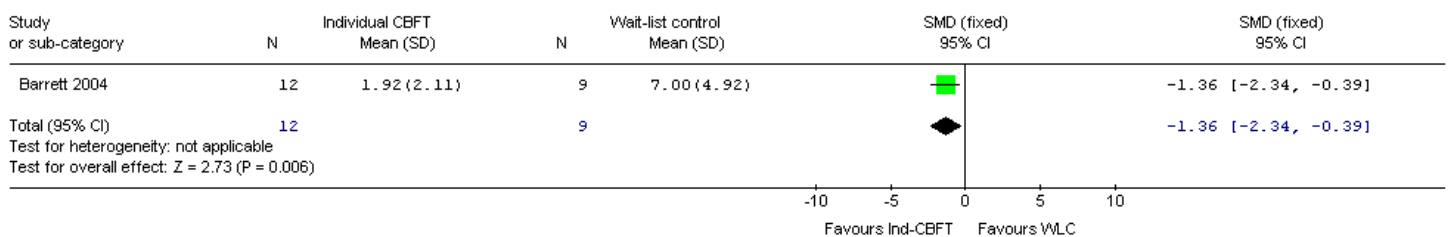
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 11 Depression Anxiety Stress Scale: Father anxiety



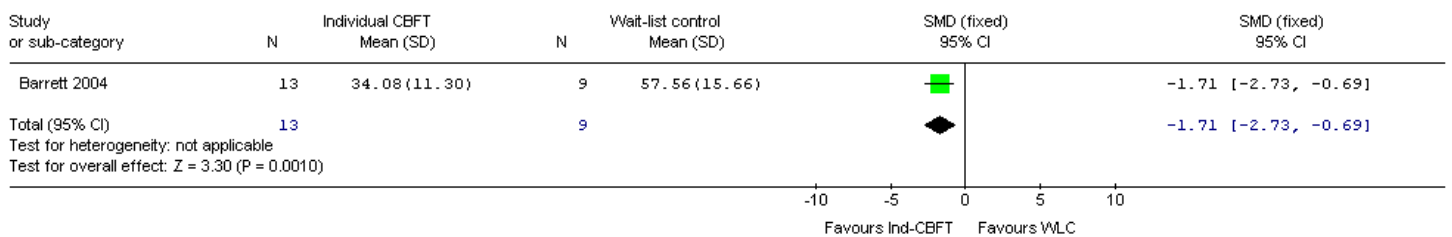
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 12 Depression Anxiety Stress Scale: Father stress



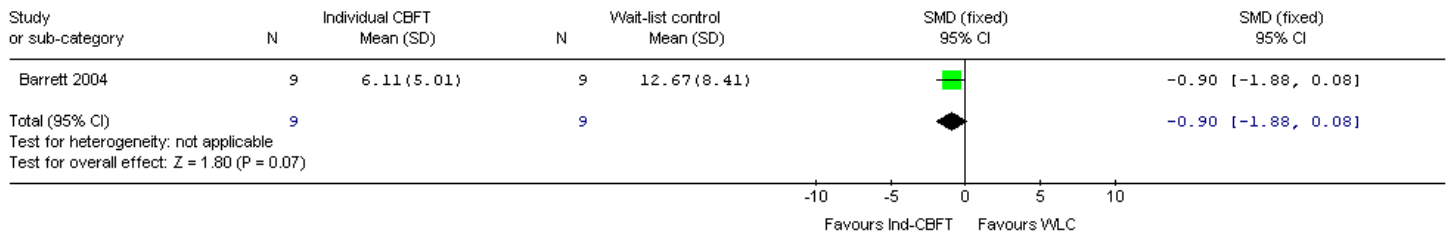
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 13 Children's Depression Inventory: sibling's rating



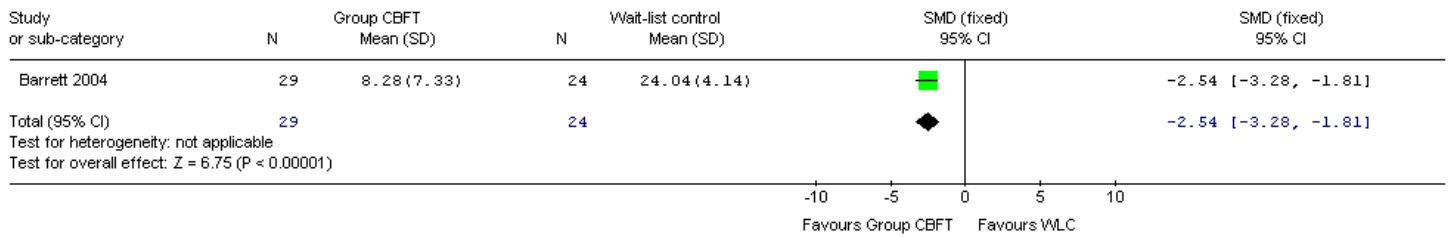
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 14 Multidimensional Anxiety Scale for Children - sibling's ratings



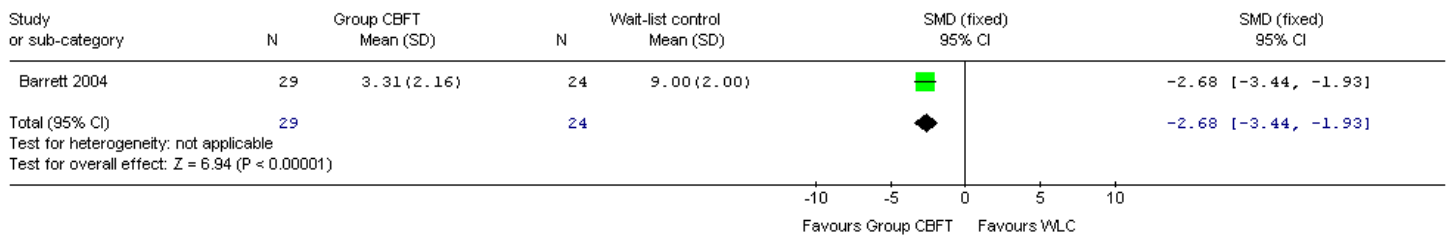
Review: OCD: psychological interventions
 Comparison: 15 Children: Individual CBFT v Wait-list control
 Outcome: 15 Sibling Accommodation Scale



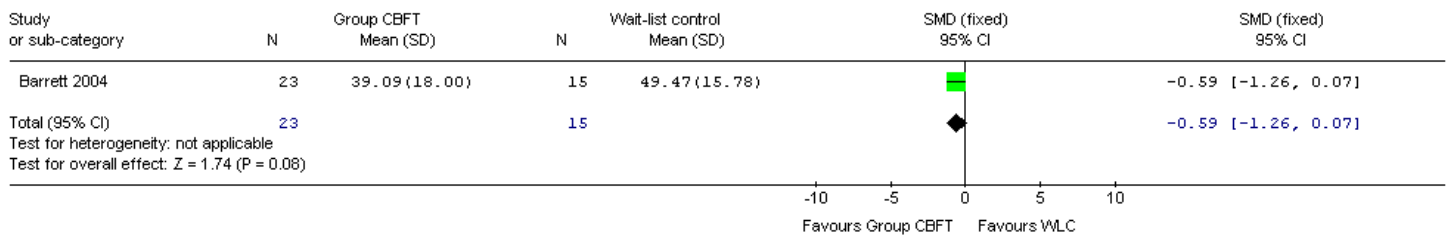
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 01 CY-BOCS



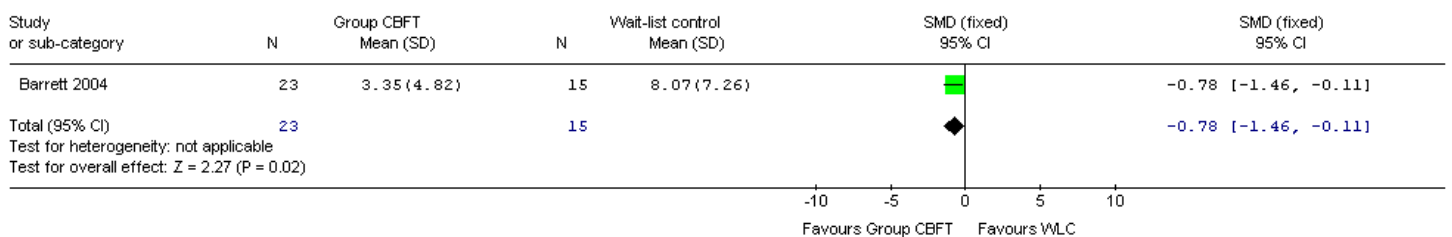
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 02 NIMH-GOCS



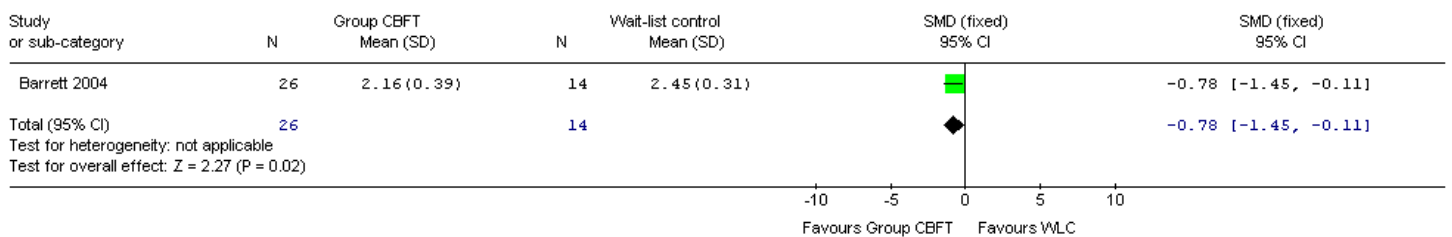
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 03 Multidimensional Anxiety Scale for Children



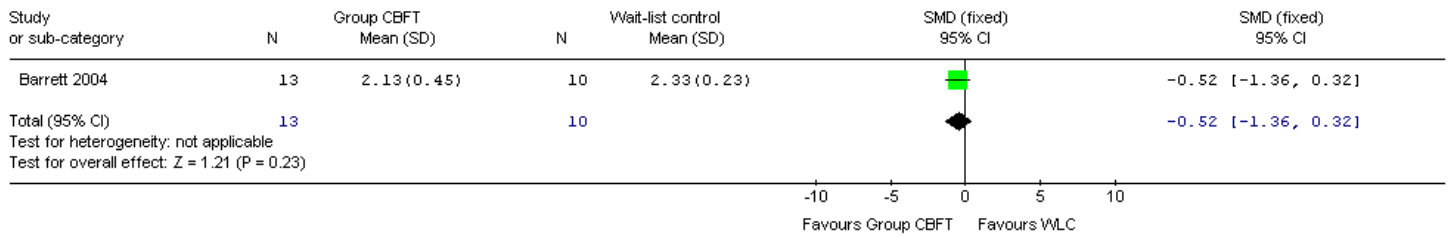
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 04 Children's Depression Inventory



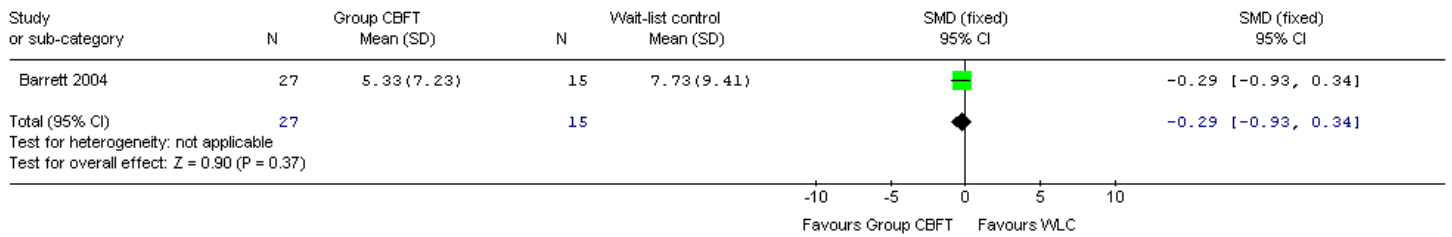
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 05 McMaster Family Assessment Device - Mother's rating



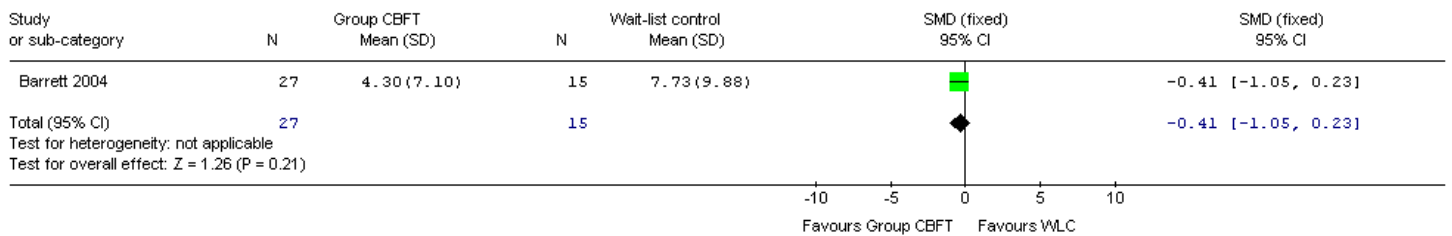
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 06 McMaster Family Assessment Device - Father's rating



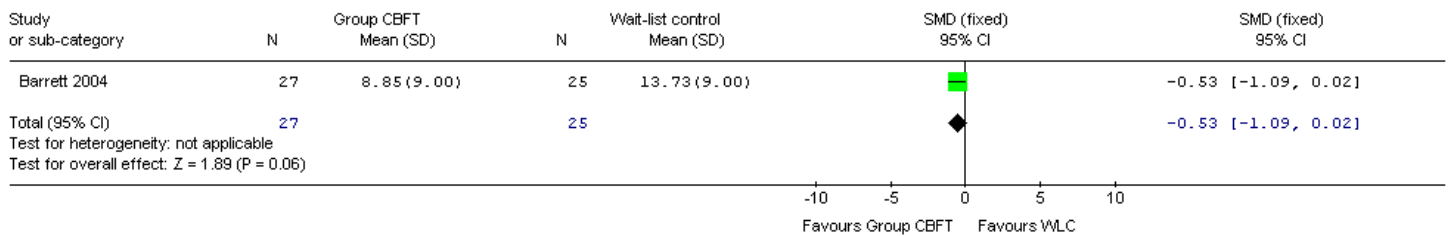
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 07 Depression Anxiety Stress Scale: Mother depression



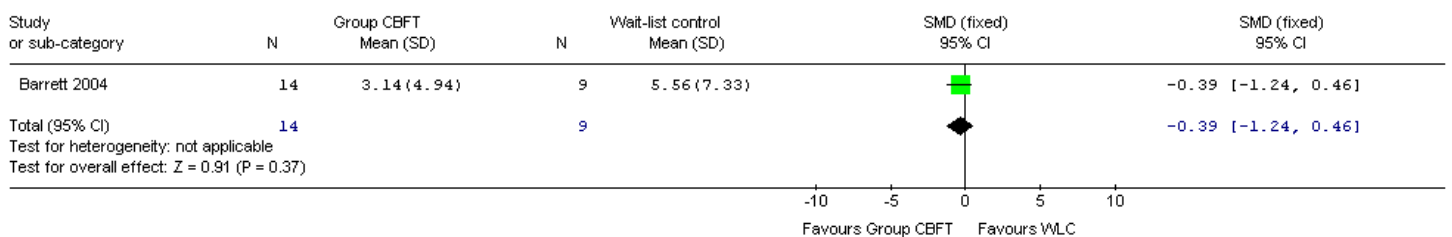
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 08 Depression Anxiety Stress Scale: Mother anxiety



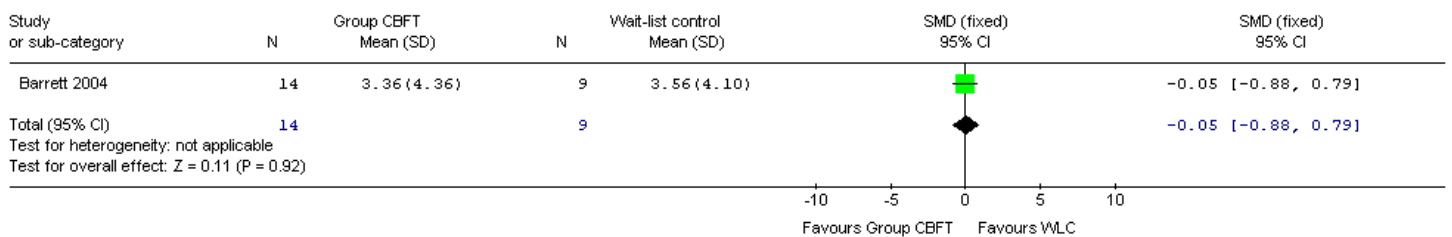
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 09 Depression Anxiety Stress Scale: Mother stress



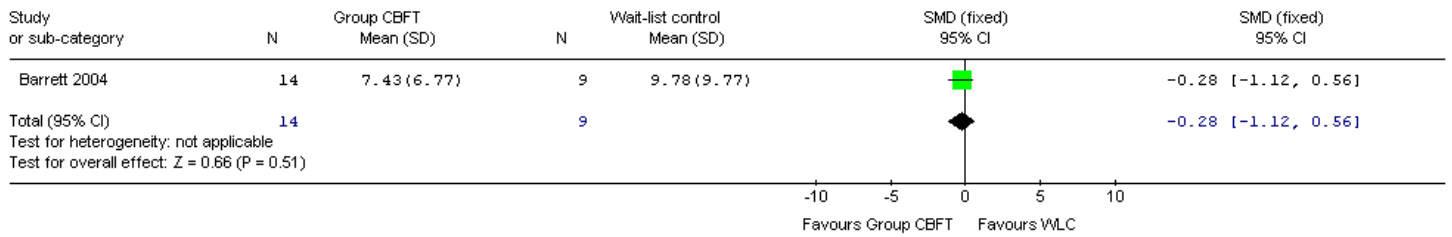
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 10 Depression Anxiety Stress Scale: Father depression



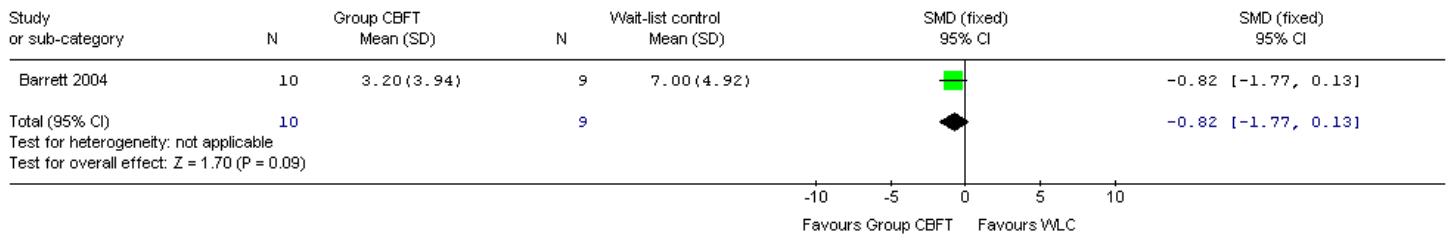
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 11 Depression Anxiety Stress Scale: Father anxiety



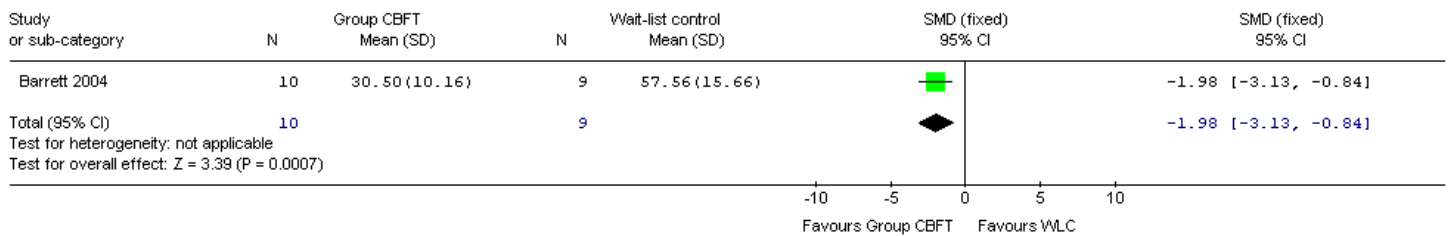
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 12 Depression Anxiety Stress Scale: Father stress



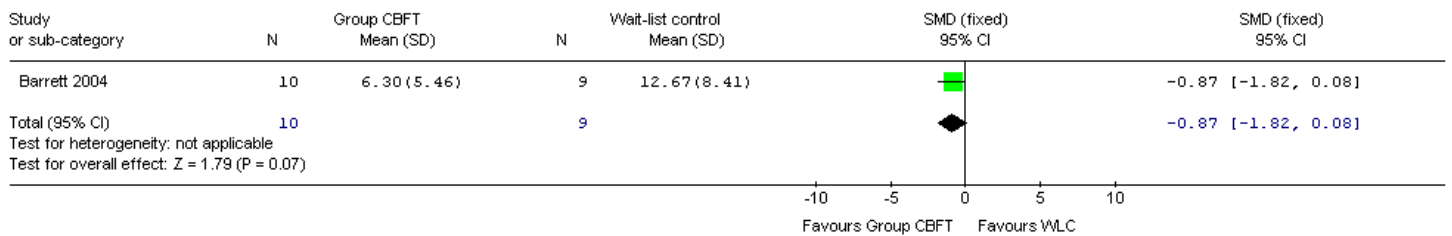
Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 13 Children's Depression Inventory: sibling's rating



Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 14 Multidimensional Anxiety Scale for Children - sibling's ratings

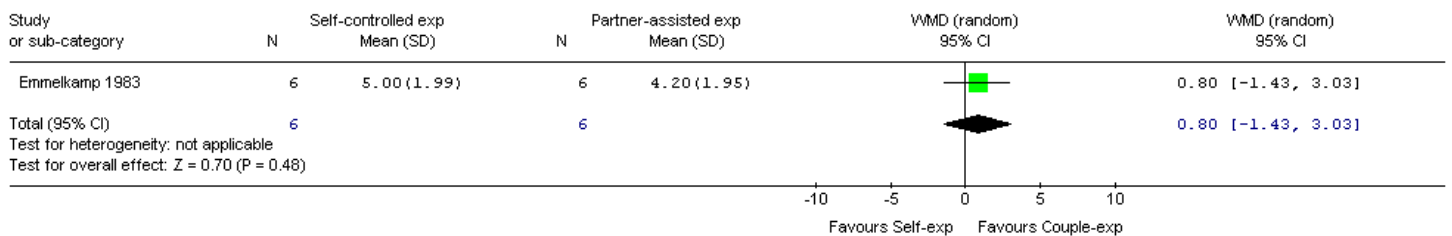


Review: OCD: psychological interventions
 Comparison: 16 Children: Group CBFT v Wait-list control
 Outcome: 15 Sibling Accomodation Scale

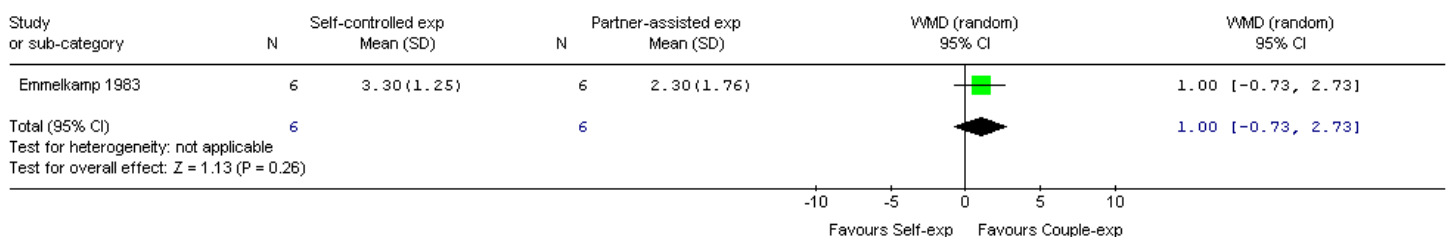


BT vs. BT (OCD)

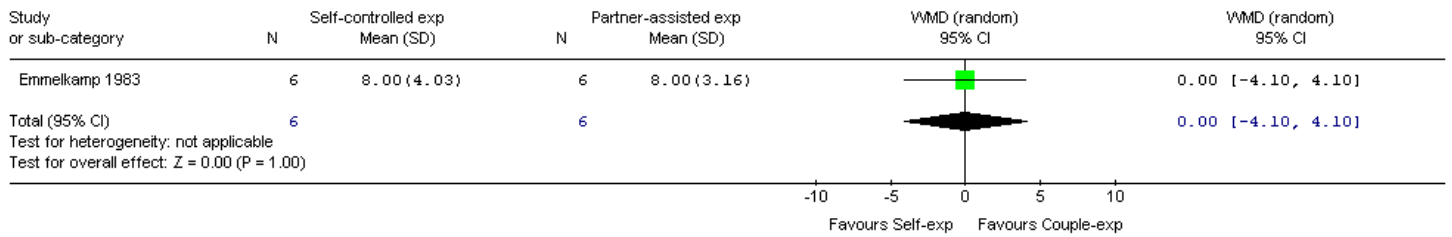
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 01 Anxiety/Discomfort - Main compulsion (assessor rated)



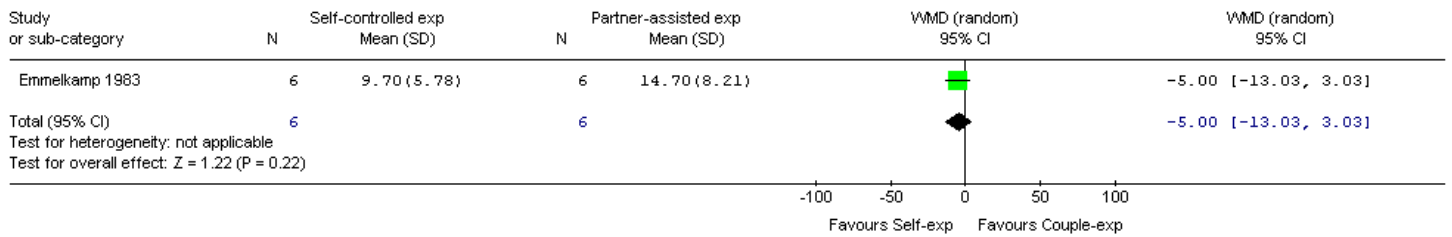
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 02 Anxiety/Discomfort - Other compulsions (assessor rated)



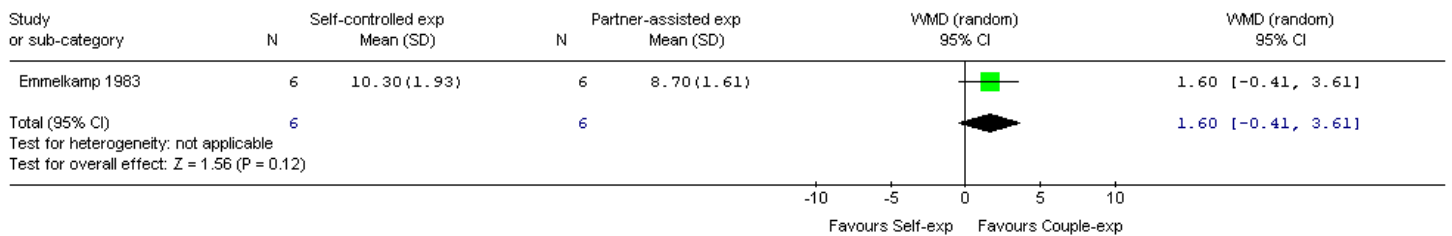
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 03 Maudsley Obsessive-compulsive inventory



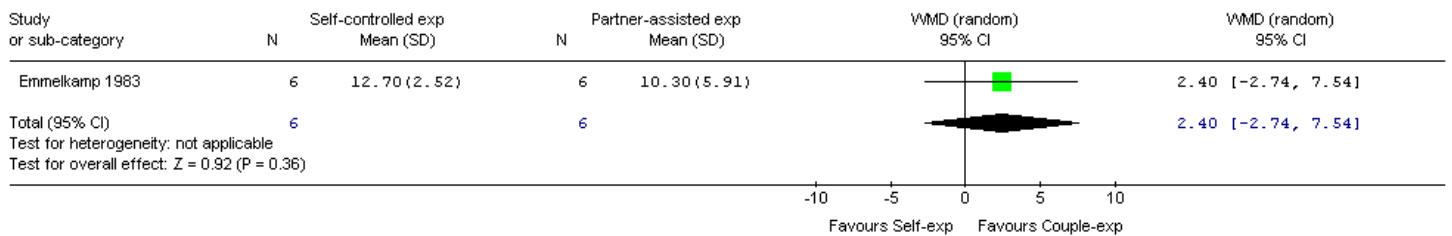
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 04 Social and Marital Adjustment: Marital



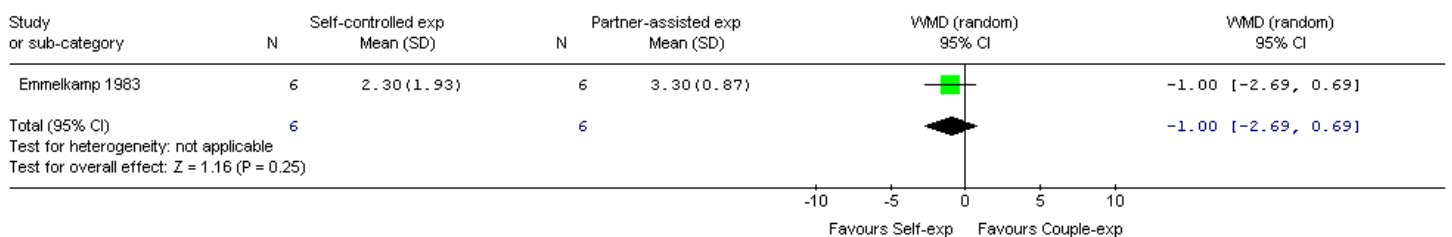
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 05 Social and Marital Adjustment: Sexual



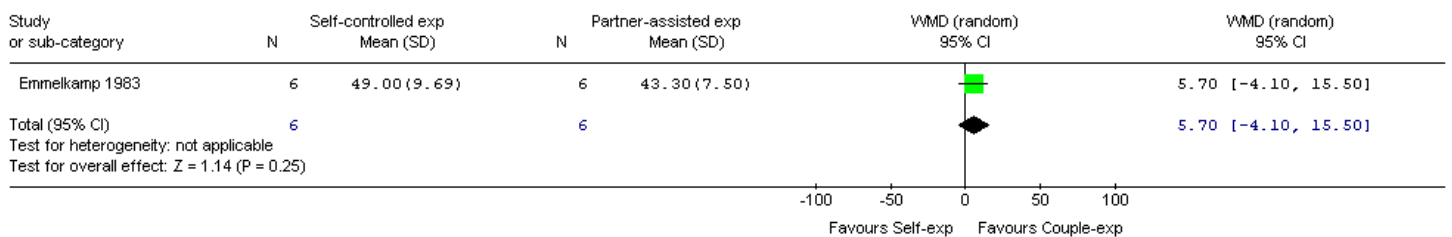
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 06 Social and Marital Adjustment: Social



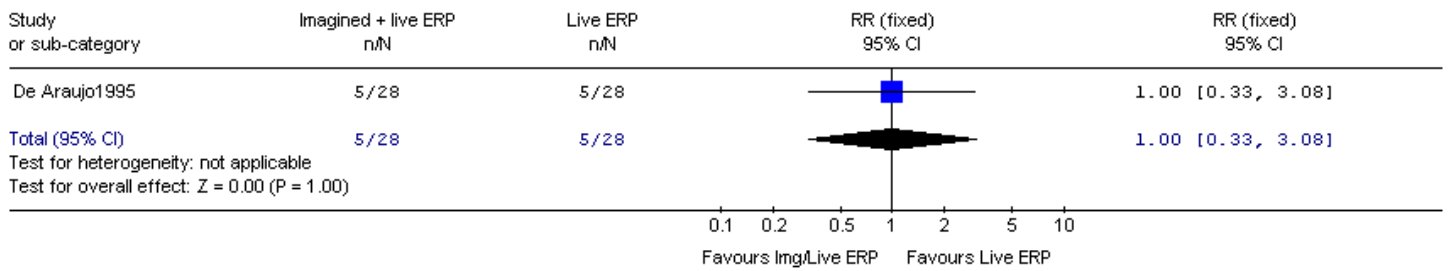
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 07 Anxious mood (assessor-rated)



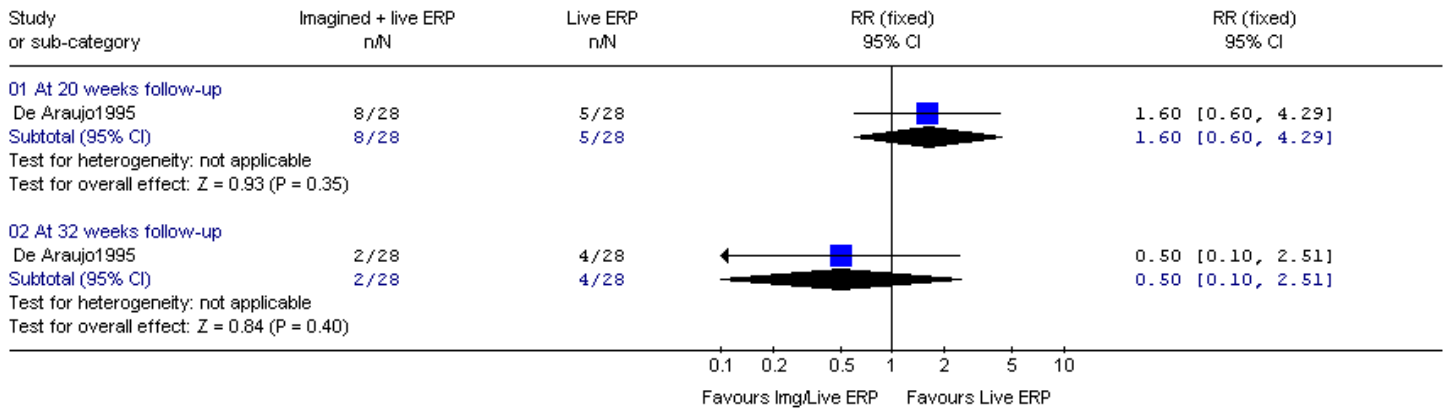
Review: OCD: psychological interventions
 Comparison: 13 Self-exposure v Partner-assisted exposure
 Outcome: 08 Self-rating Depression scale



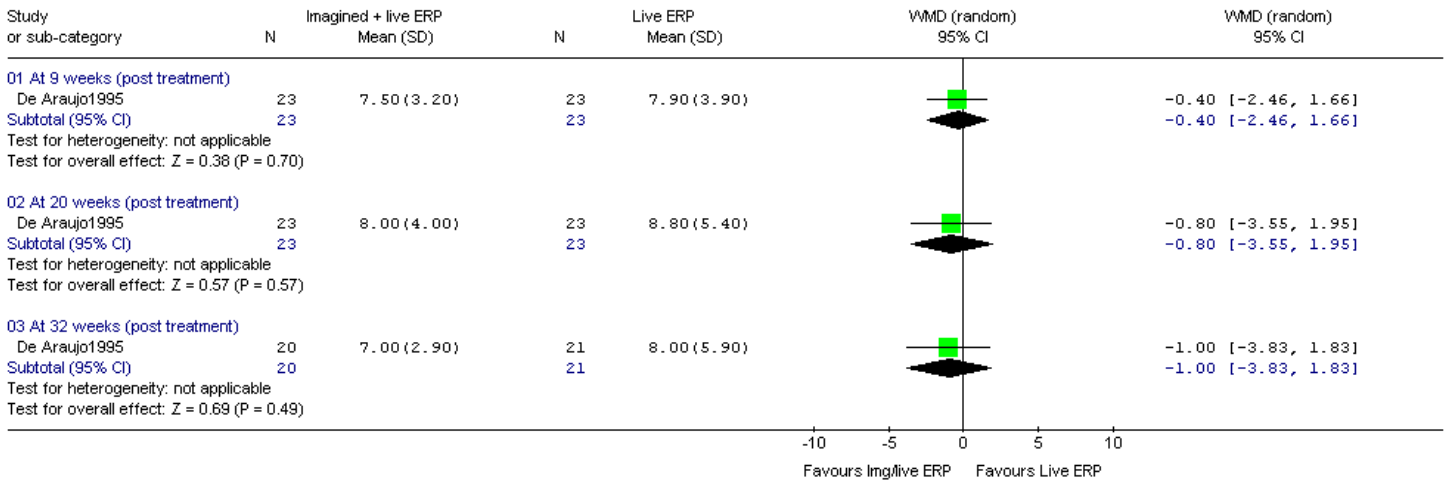
Review: OCD: psychological interventions
 Comparison: 14 Imaginal + live ERP v Live ERP
 Outcome: 01 Leaving the study early



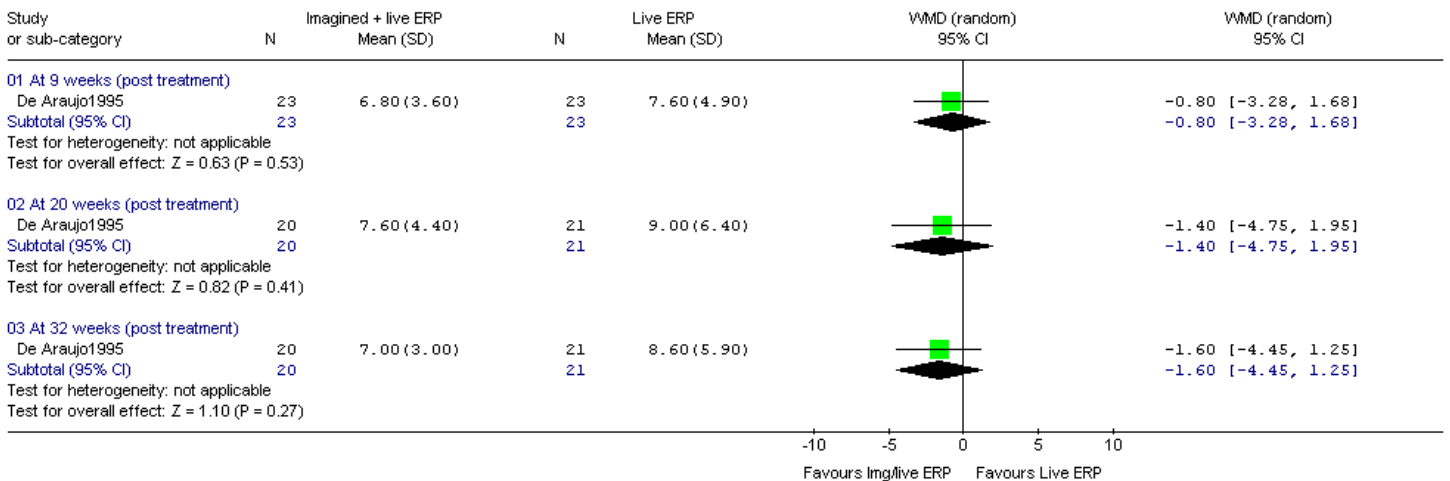
Review: OCD: psychological interventions
 Comparison: 14 Imaginal + live ERP v Live ERP
 Outcome: 02 Relapse (multiple outcomes)



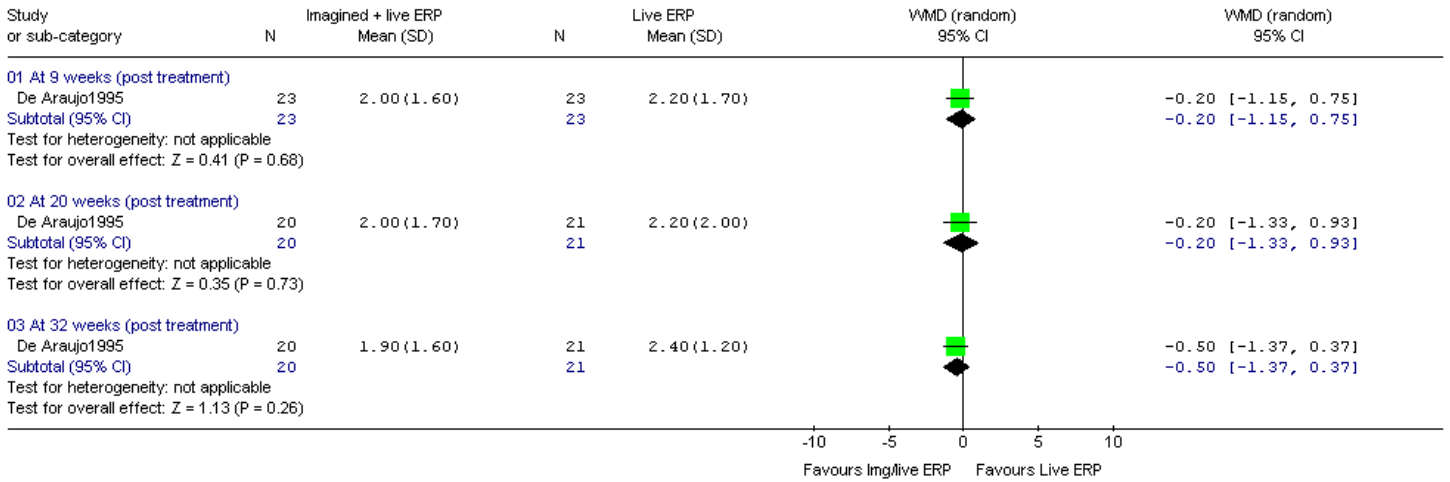
Review: OCD: psychological interventions
 Comparison: 14 Imaginal + live ERP v Live ERP
 Outcome: 03 Y-BOCS obsessions



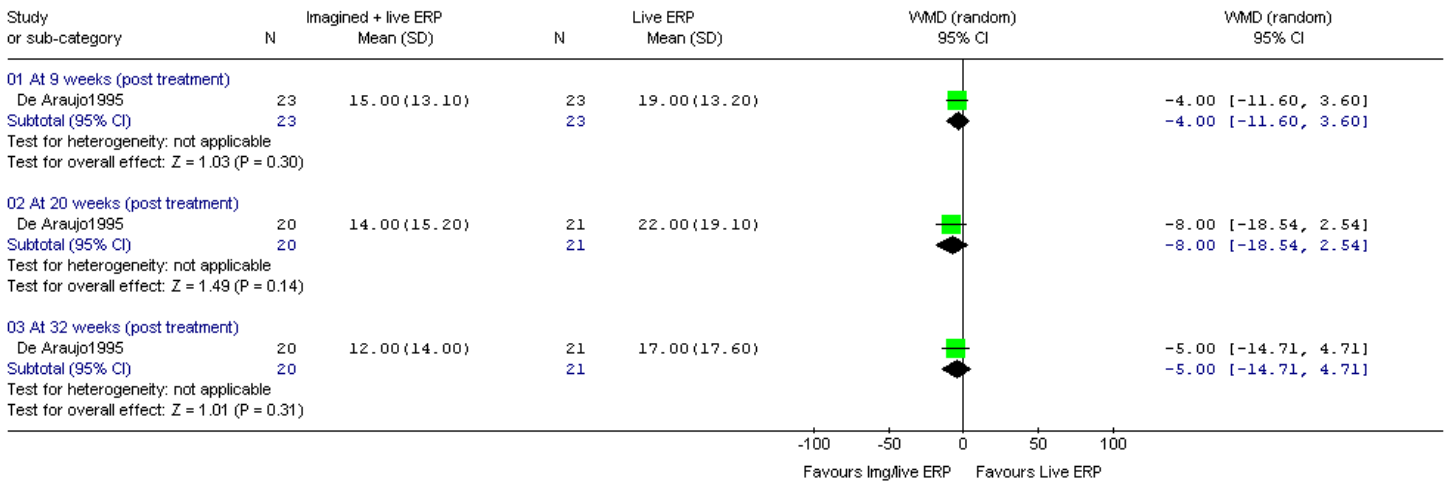
Review: OCD: psychological interventions
 Comparison: 14 Imaginal + live ERP v Live ERP
 Outcome: 04 Y-BOCS rituals



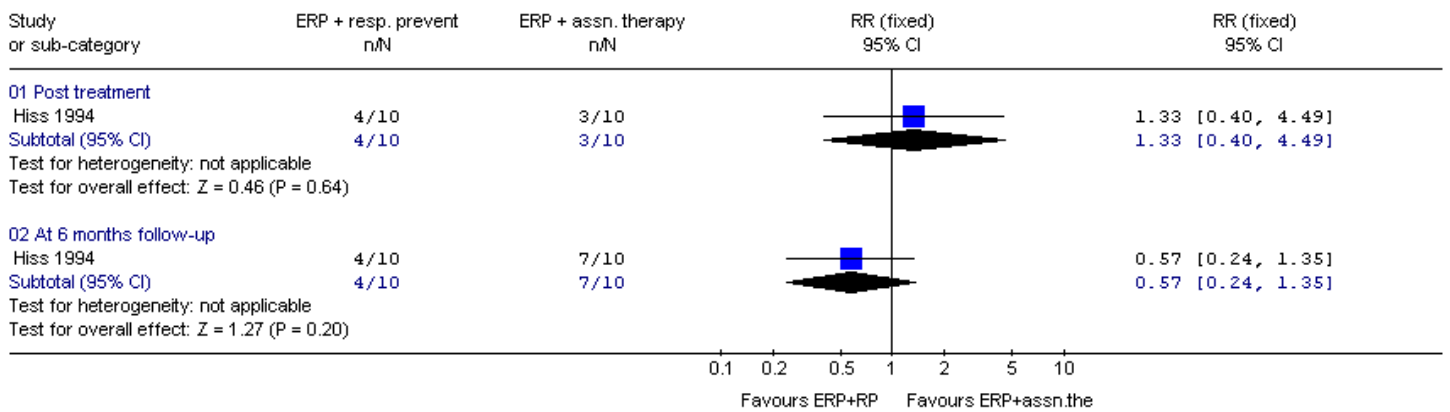
Review: OCD: psychological interventions
 Comparison: 14 Imaginal + live ERP v Live ERP
 Outcome: 05 Compulsions checklist



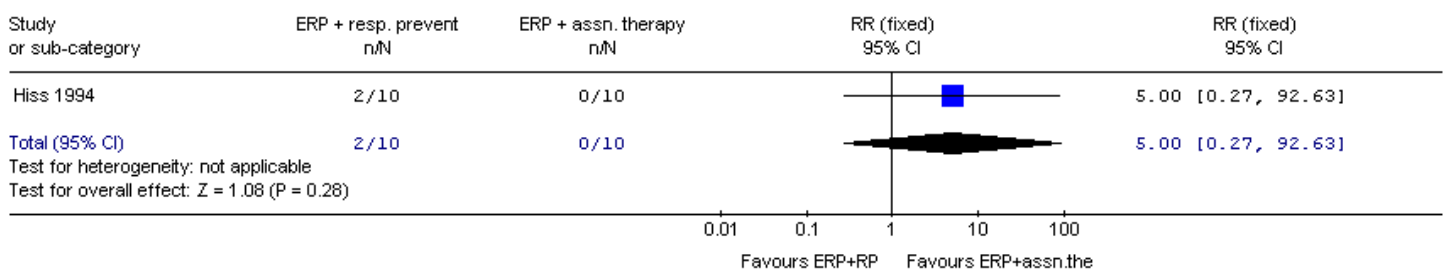
Review: OCD: psychological interventions
 Comparison: 14 Imaginal + live ERP v Live ERP
 Outcome: 06 Beck Depression Inventory



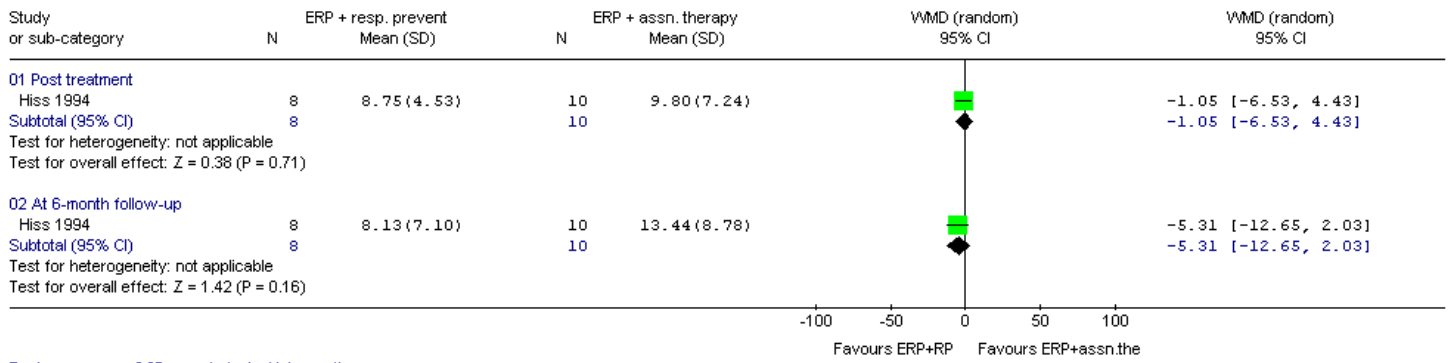
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 01 Non-responders (Y-BOCS 50%)



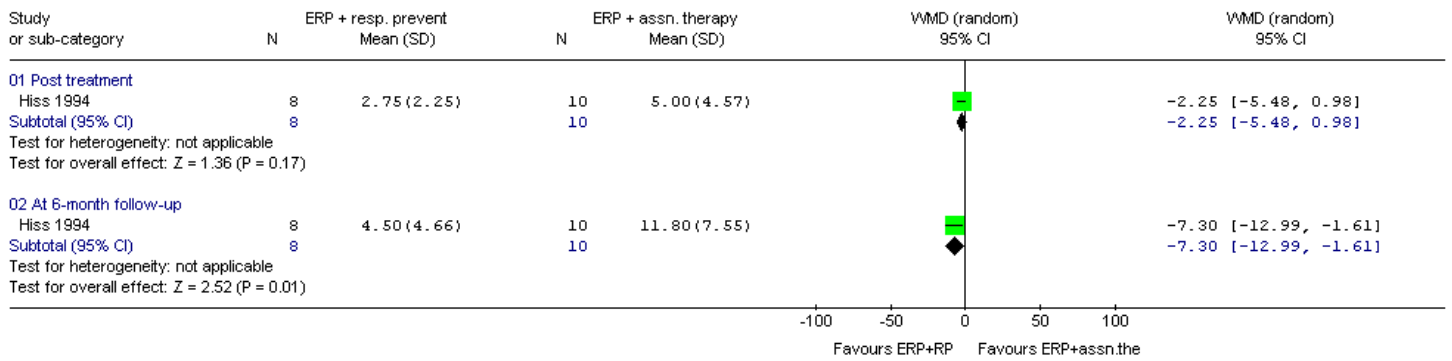
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 02 Leaving the study early



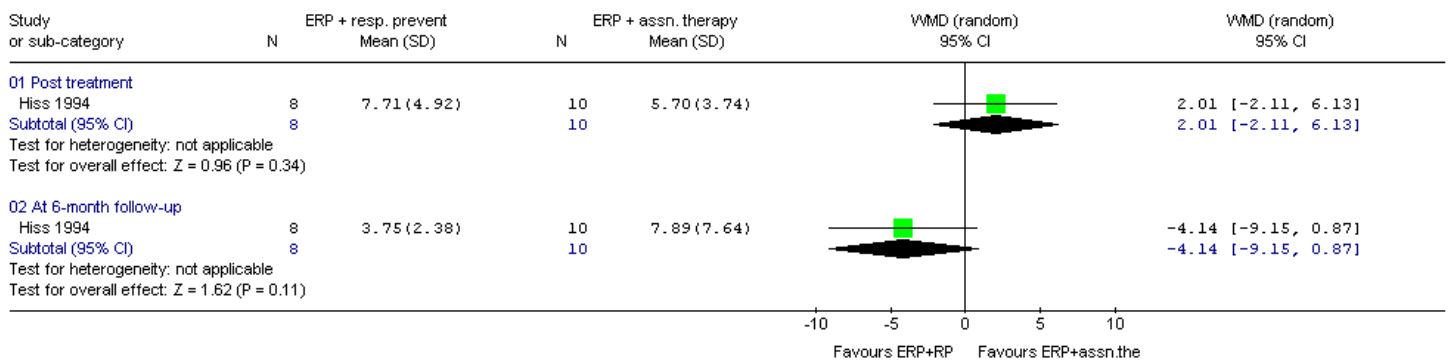
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 03 Y-BOCS



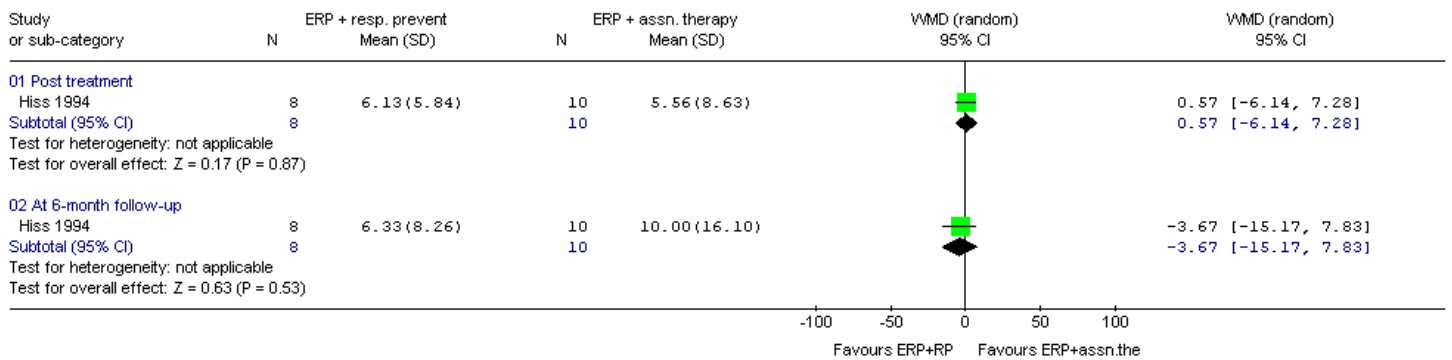
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 04 Obsessive-compulsive symptoms (assessor-rated)



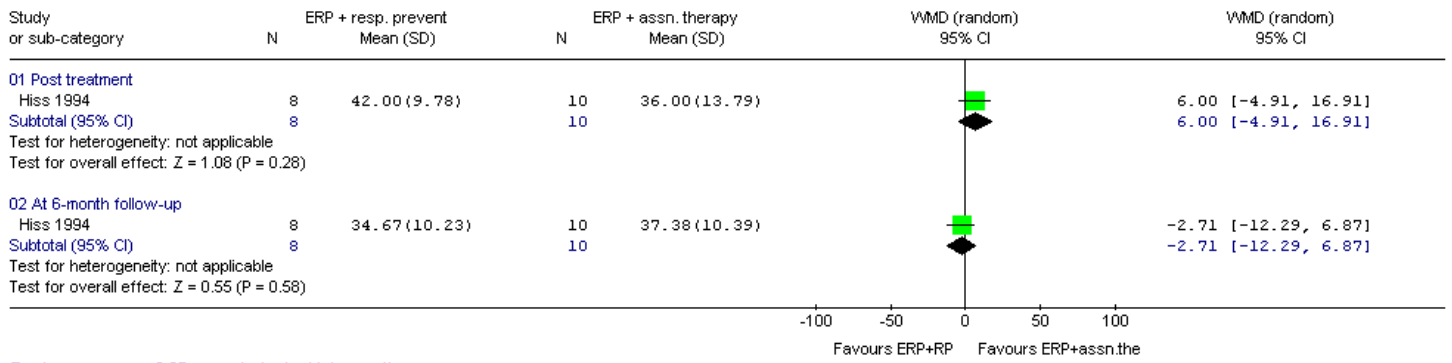
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 05 Hamilton Depression Scale



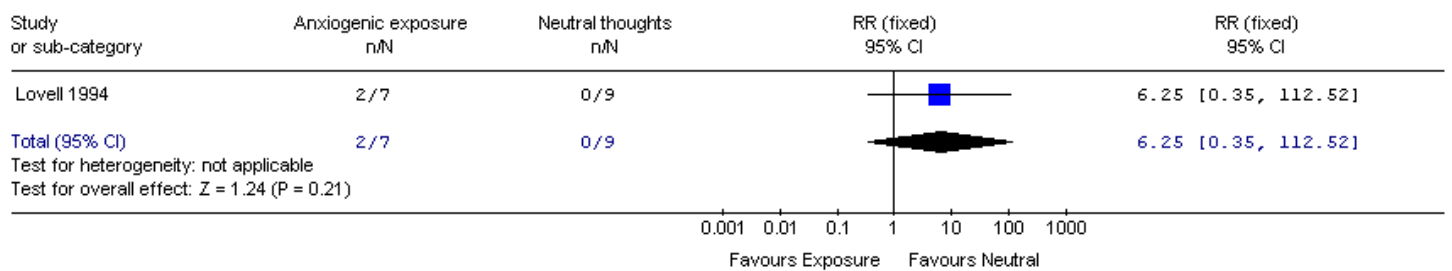
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 06 Beck Depression Inventory



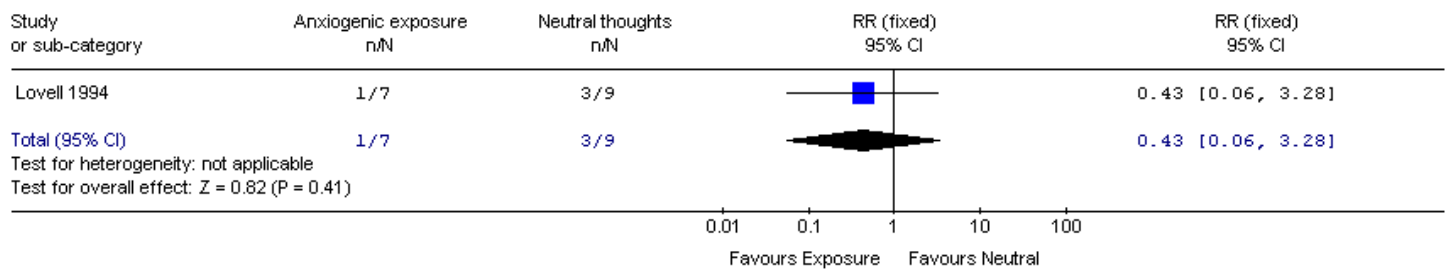
Review: OCD: psychological interventions
 Comparison: 15 ERP + response prevention v ERP + associative therapy
 Outcome: 07 State-Trait Anxiety Inventory - State



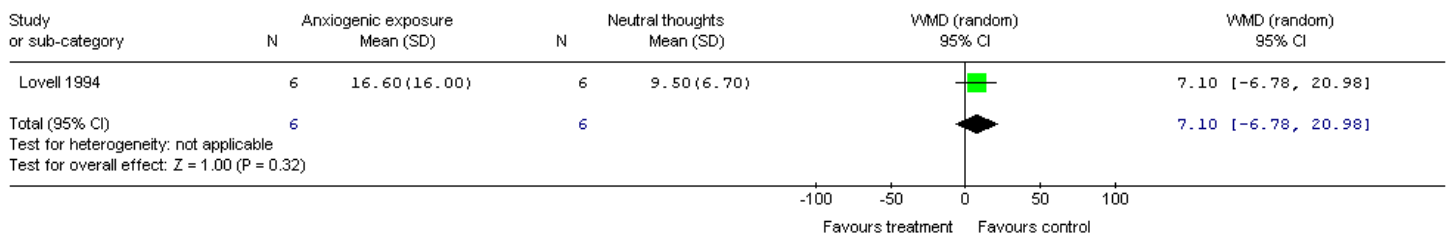
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 01 Non-responders (multiple outcomes "much improved")



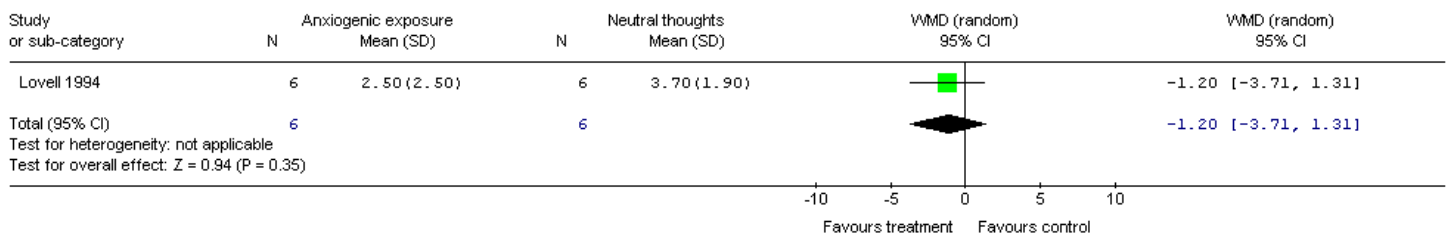
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 02 Leaving the study early



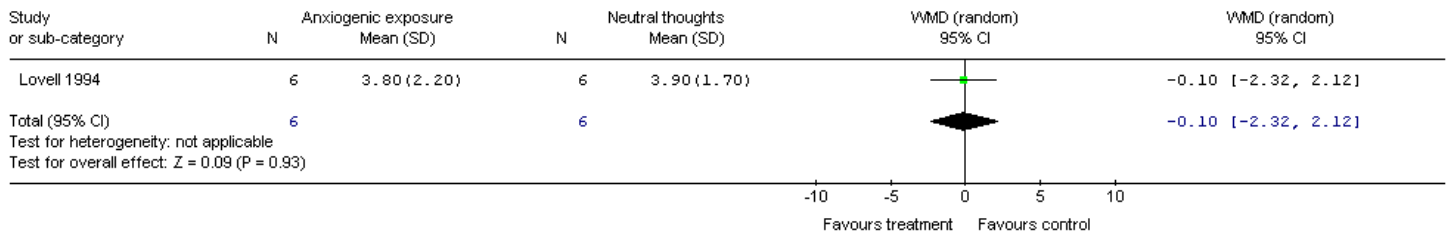
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 03 Compulsions checklist



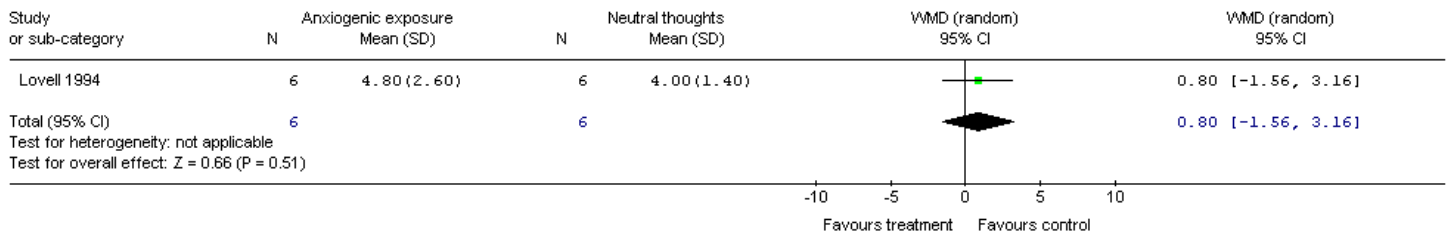
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 04 Obsessions - time



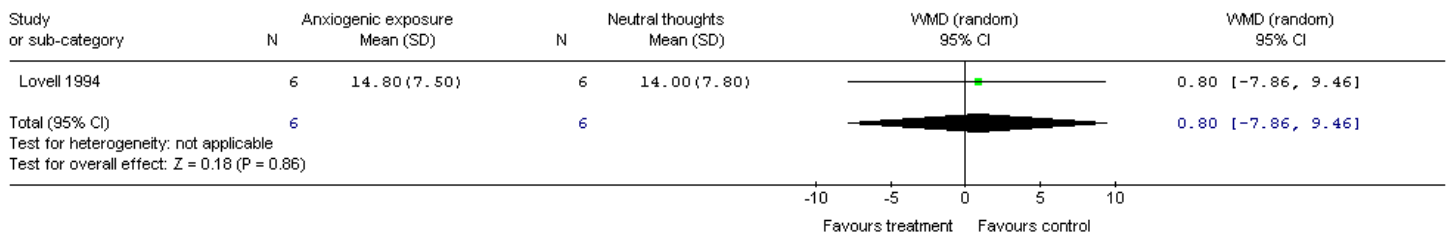
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 05 Obsessions - discomfort



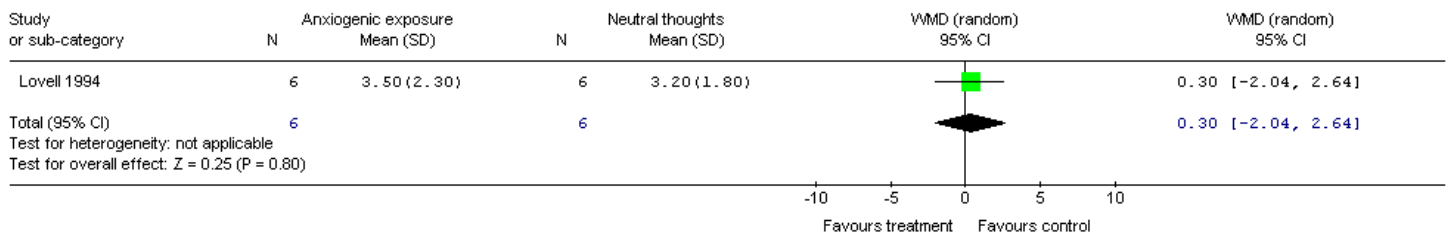
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 06 Main target



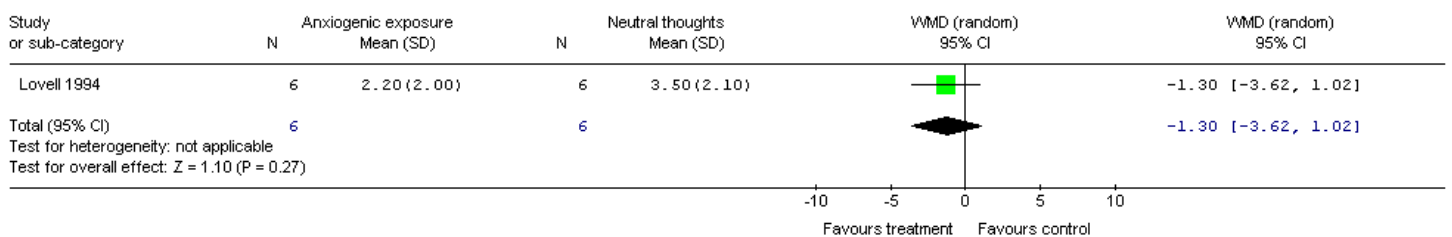
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 07 Beck Depression Inventory



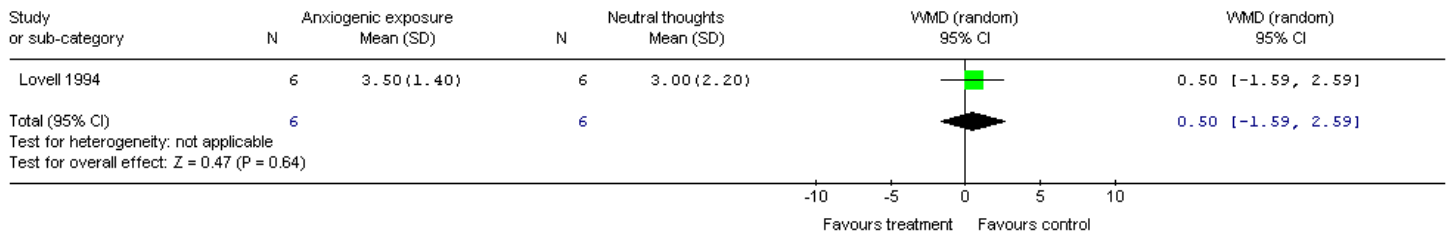
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 08 Work adjustment



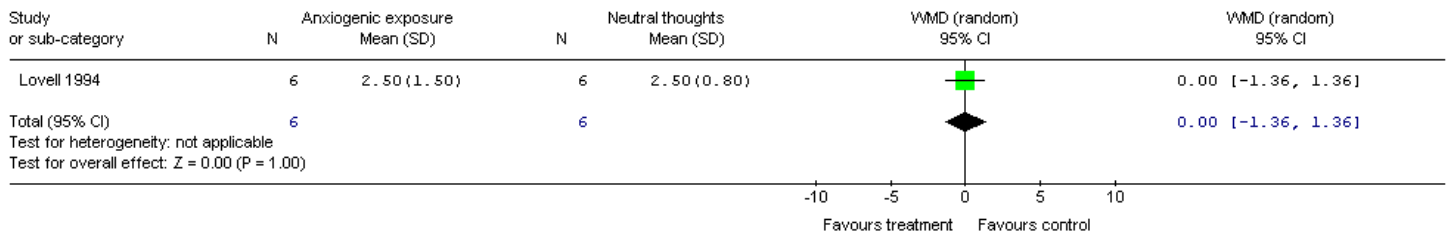
Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 09 Home adjustment



Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 10 Social adjustment

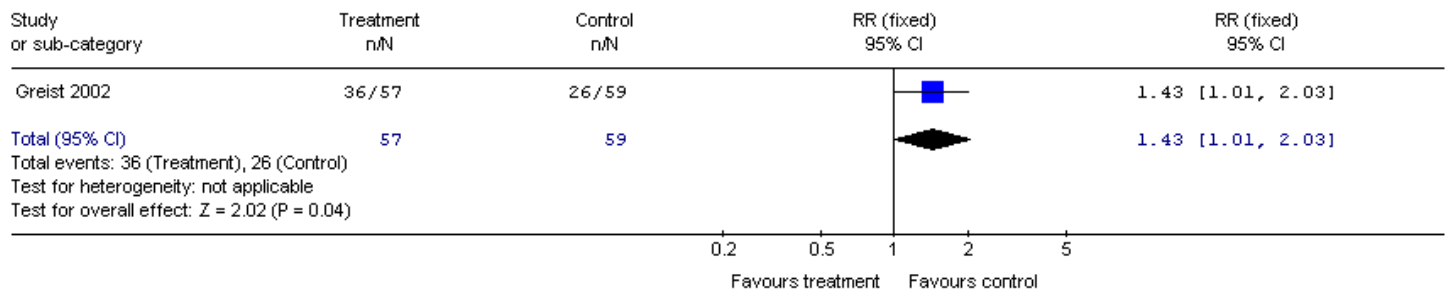


Review: OCD: psychological interventions
 Comparison: 16 Anxiogenic exposure v Neutral thoughts
 Outcome: 11 Private adjustment

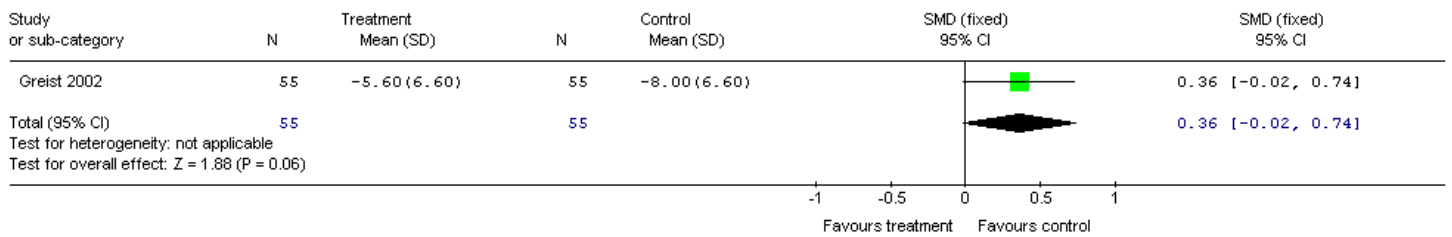


Psychological vs. Psychological (OCD)

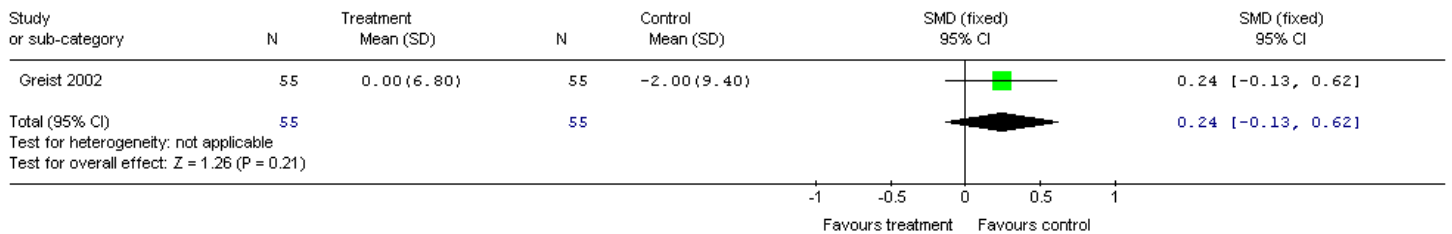
Review: OCD: psychological interventions
 Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided
 Outcome: 01 Non-responders (CGI)



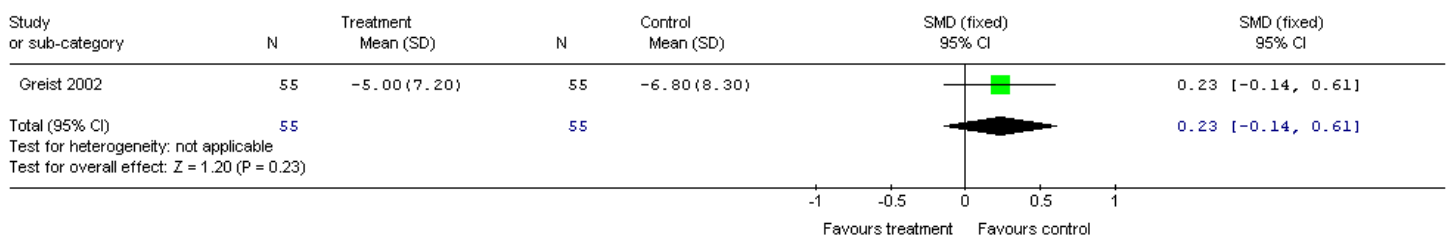
Review: OCD: psychological interventions
 Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided
 Outcome: 02 Y-BOCS



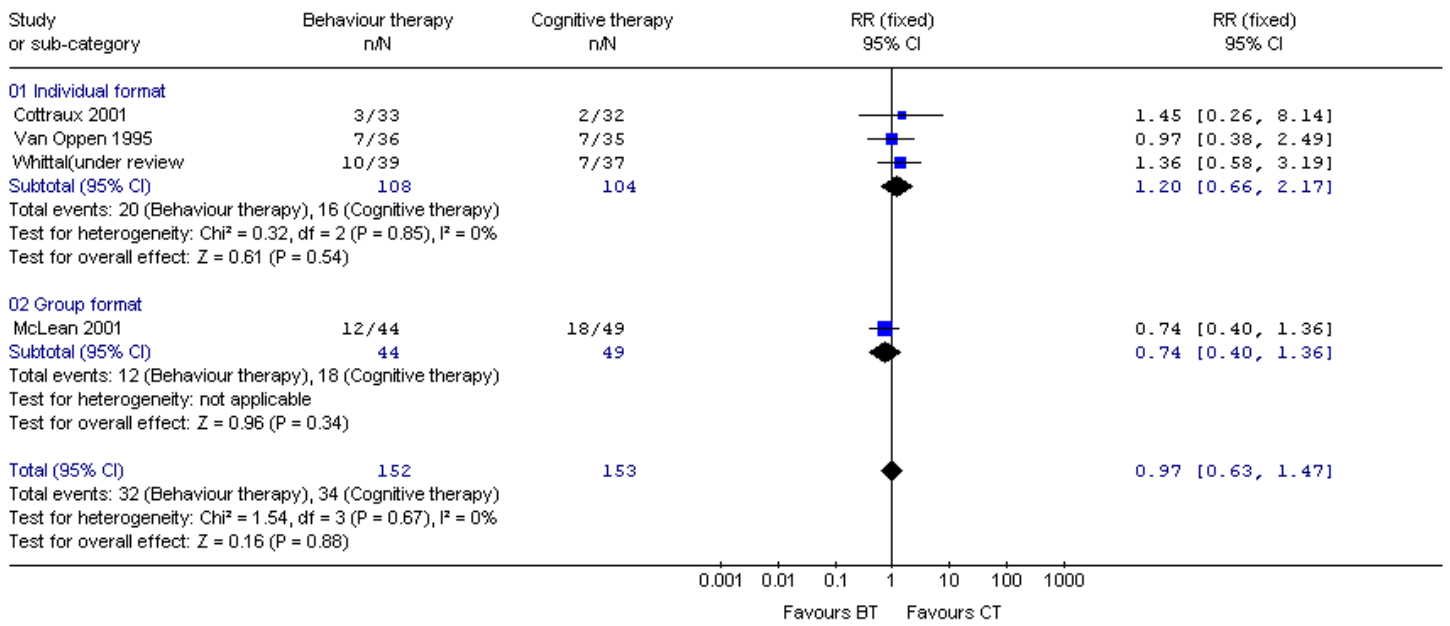
Review: OCD: psychological interventions
 Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided
 Outcome: 03 Hamilton Depression Rating Scale



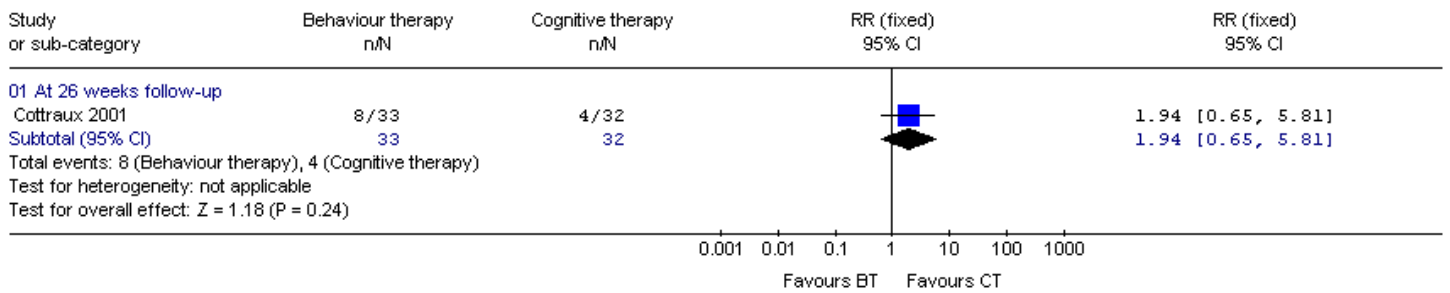
Review: OCD: psychological interventions
 Comparison: 03 Behaviour therapy: Computer-guided v Clinician-guided
 Outcome: 04 Work and Social Adjustment Scale



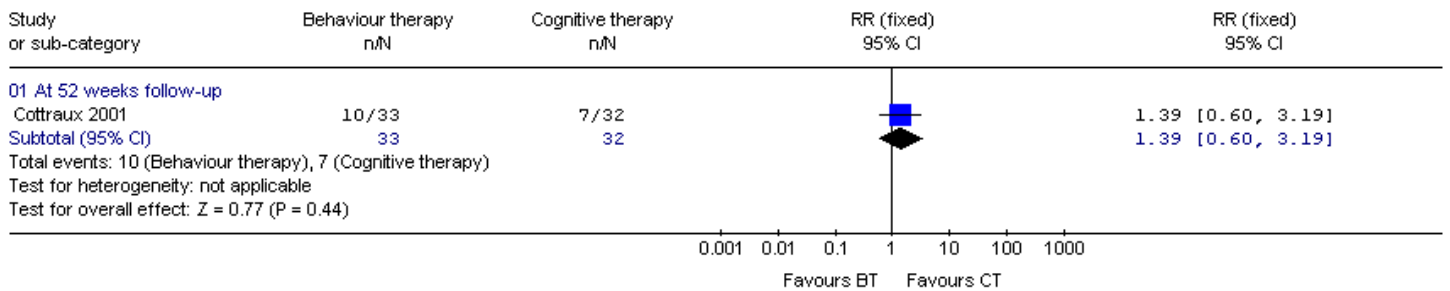
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 01 Leaving the study early



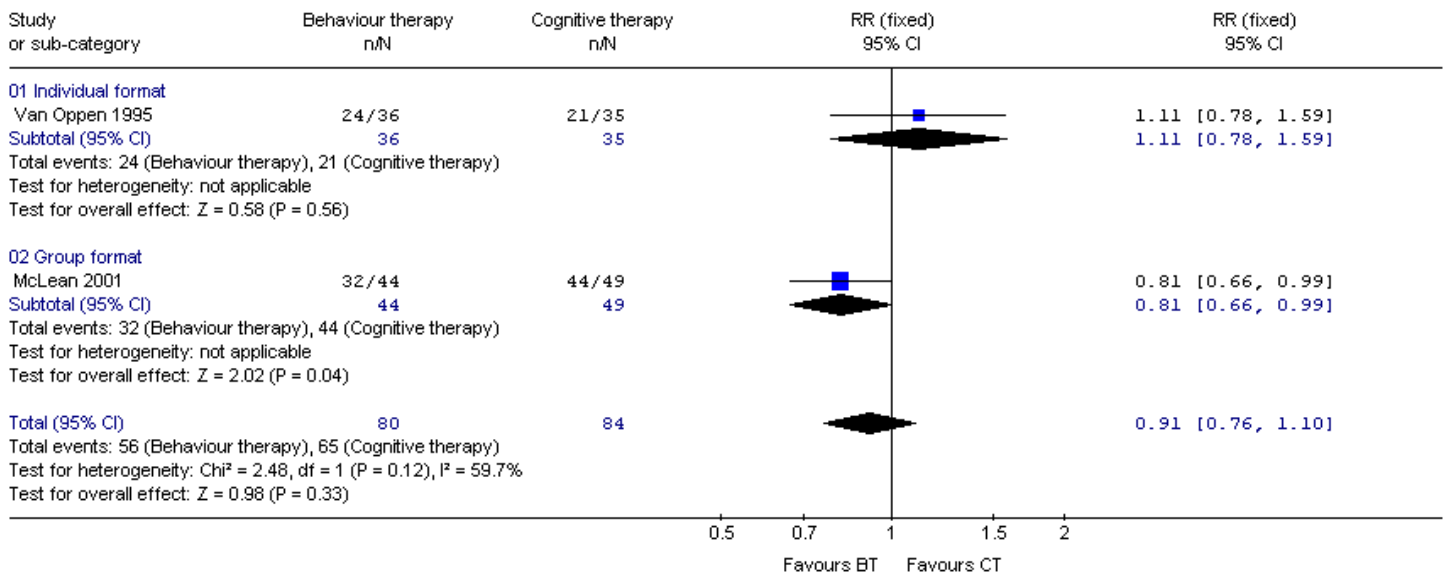
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 02 Leaving the study early at 26 weeks follow-up



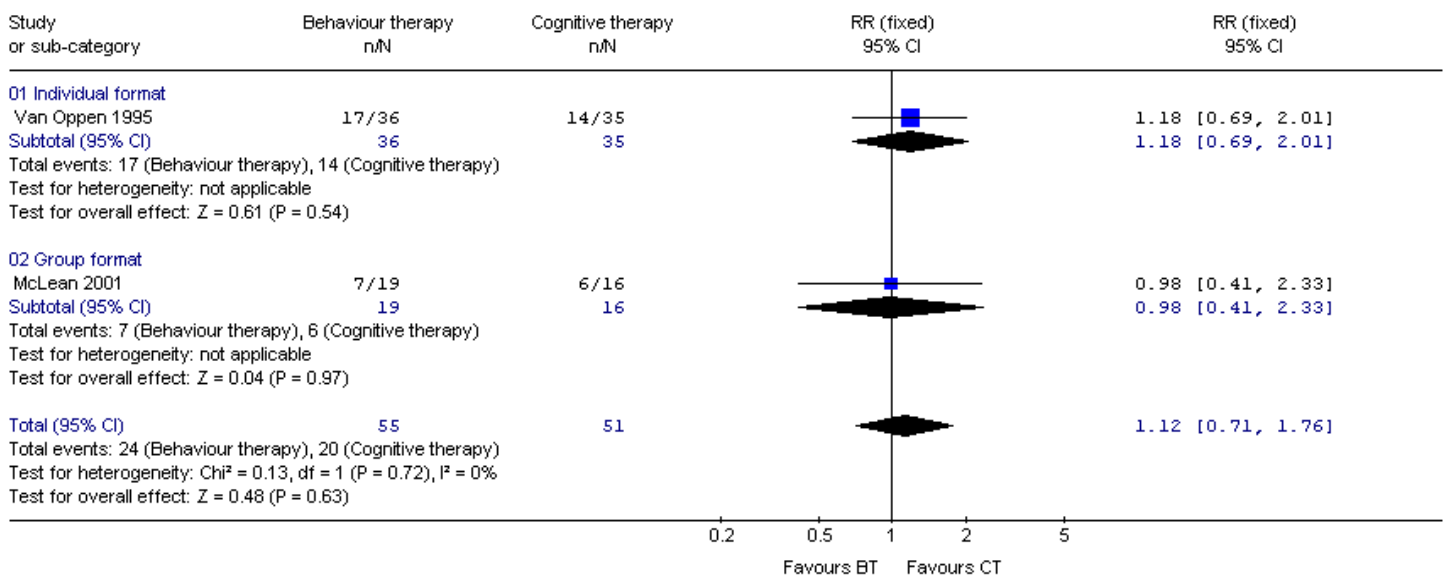
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 03 Leaving the study early at 52 weeks follow-up



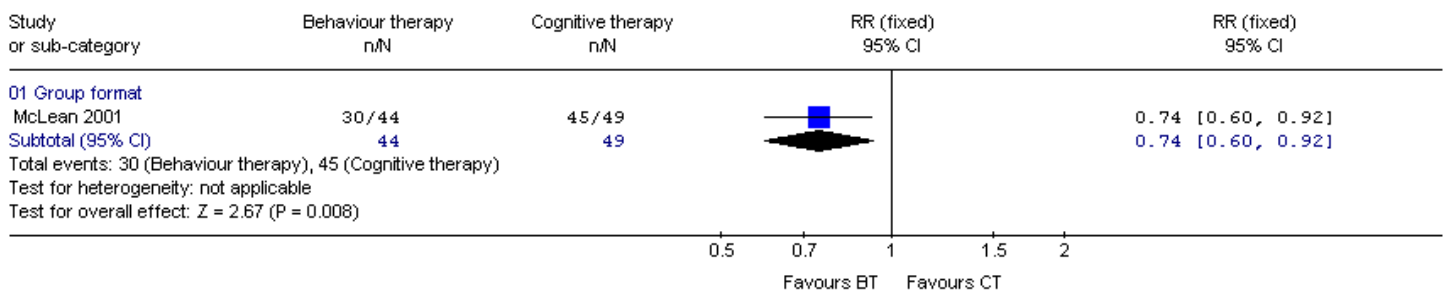
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 04 Not recovered (Y-BOCS) post treatment



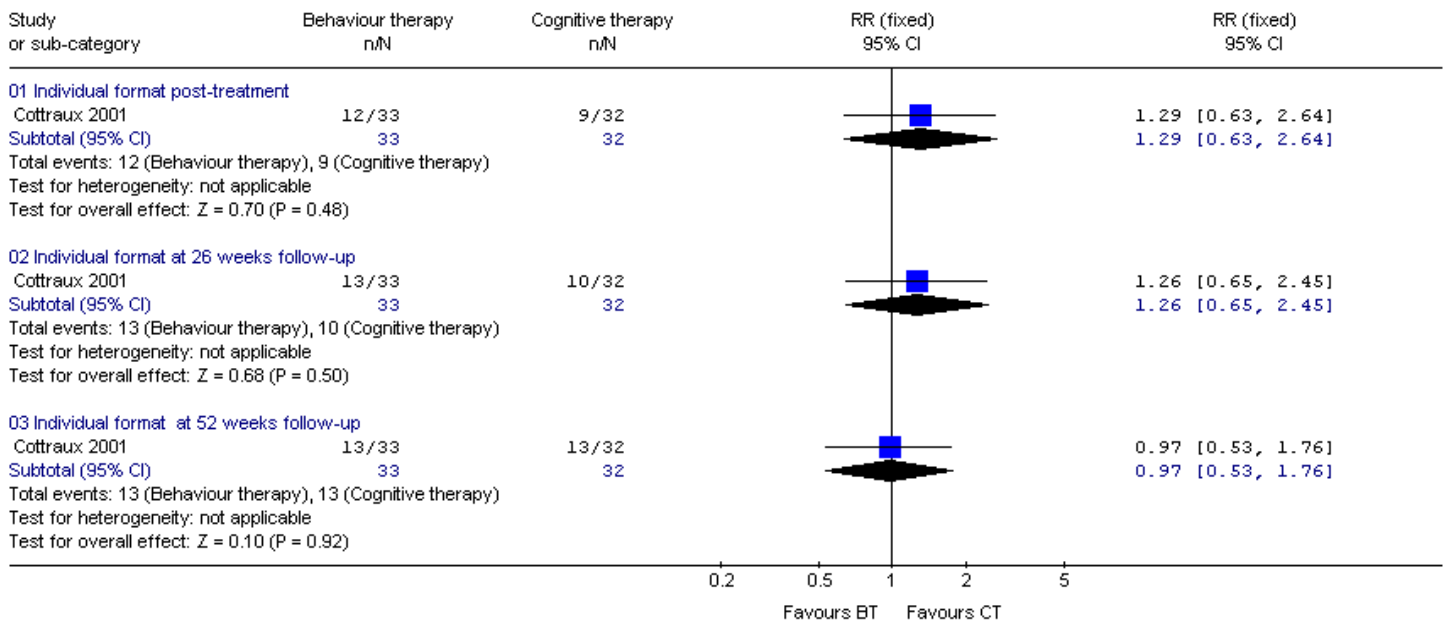
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 05 Not reliable change (Y-BOCS) post treatment



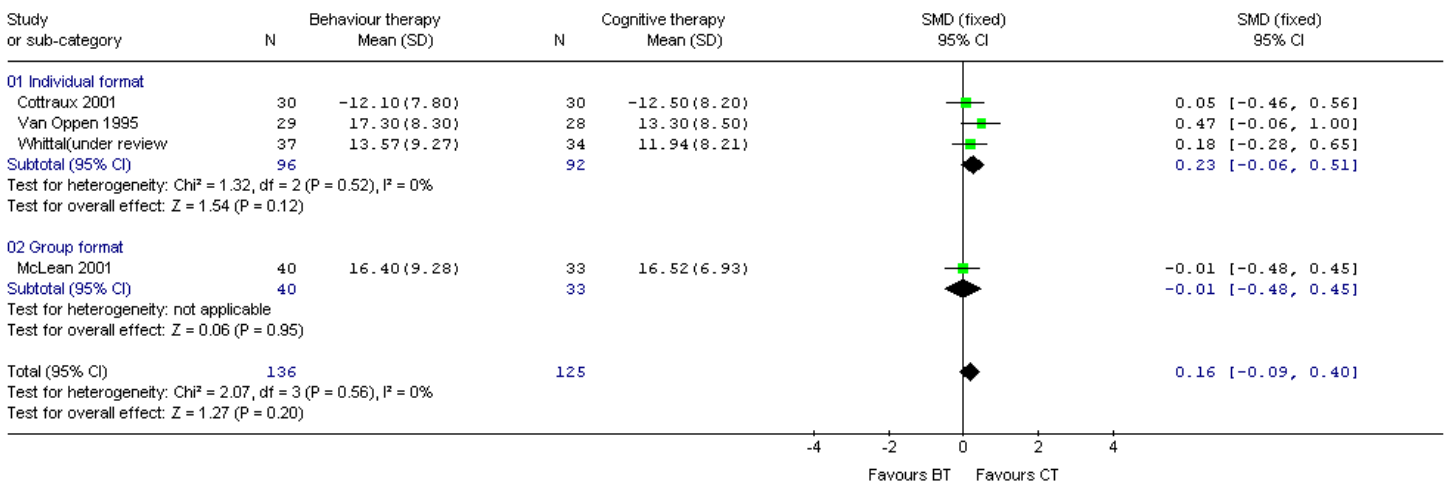
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 06 Not recovered (Y-BOCS) at 12 weeks follow-up



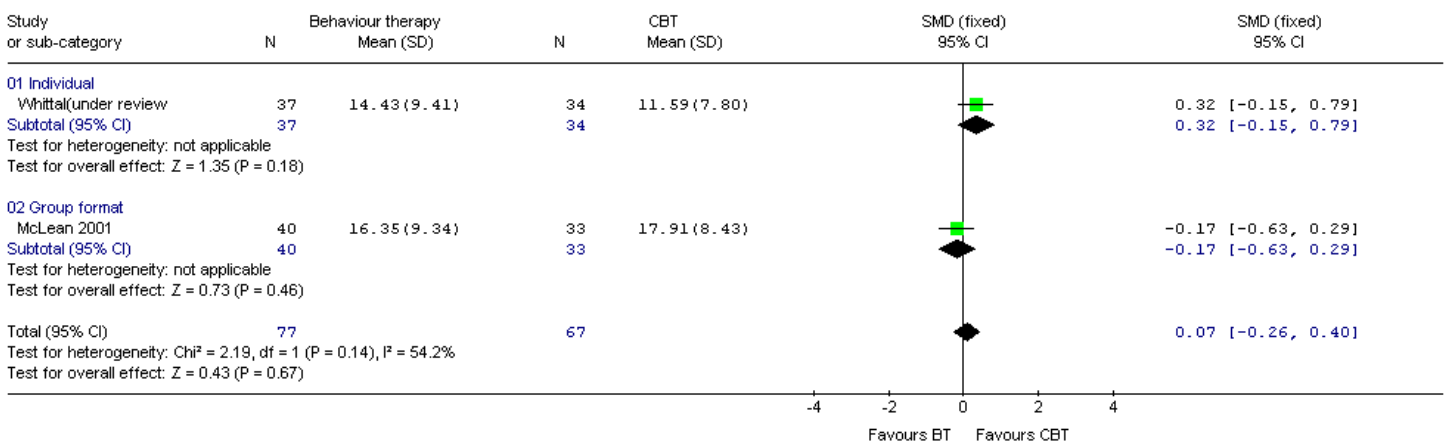
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 07 Non-responder (Y-BOCS 25%)



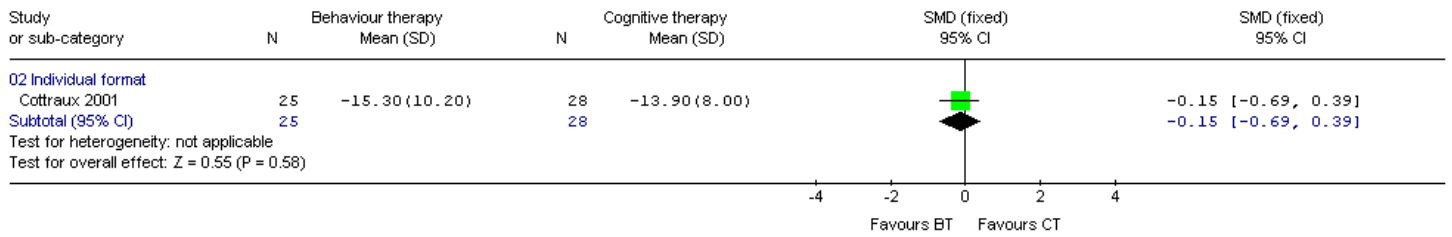
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 08 Y-BOCS post treatment



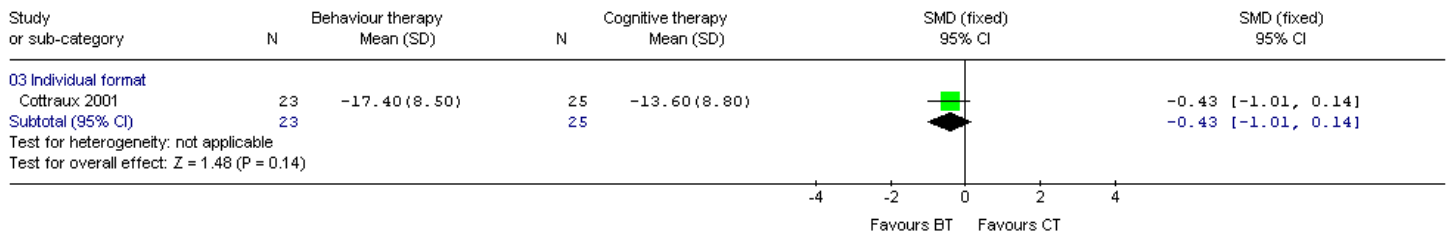
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 09 Y-BOCS at 12 weeks follow-up



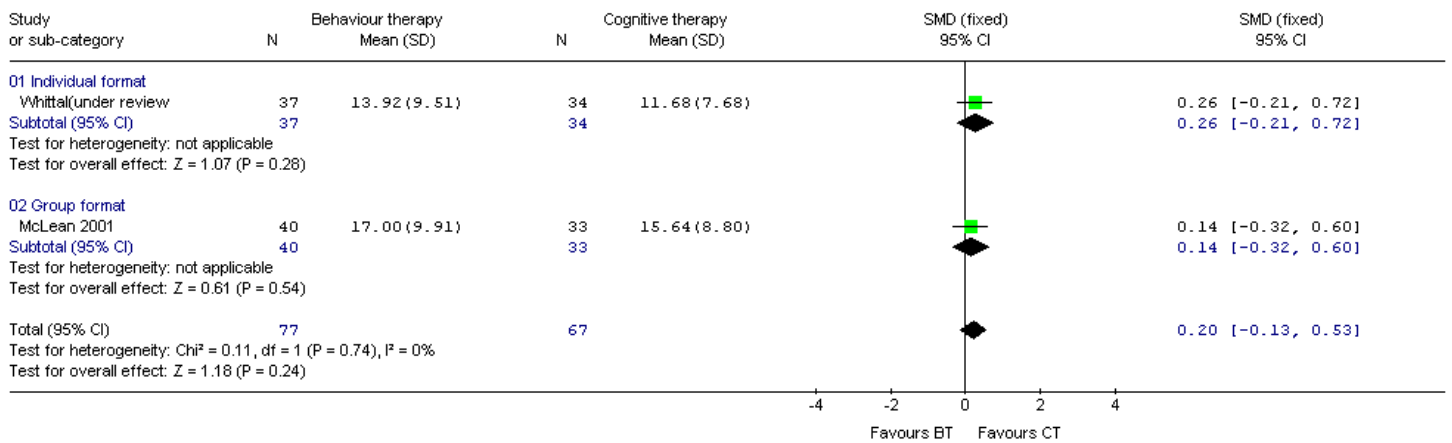
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 10 Y-BOCS at 26 weeks follow-up



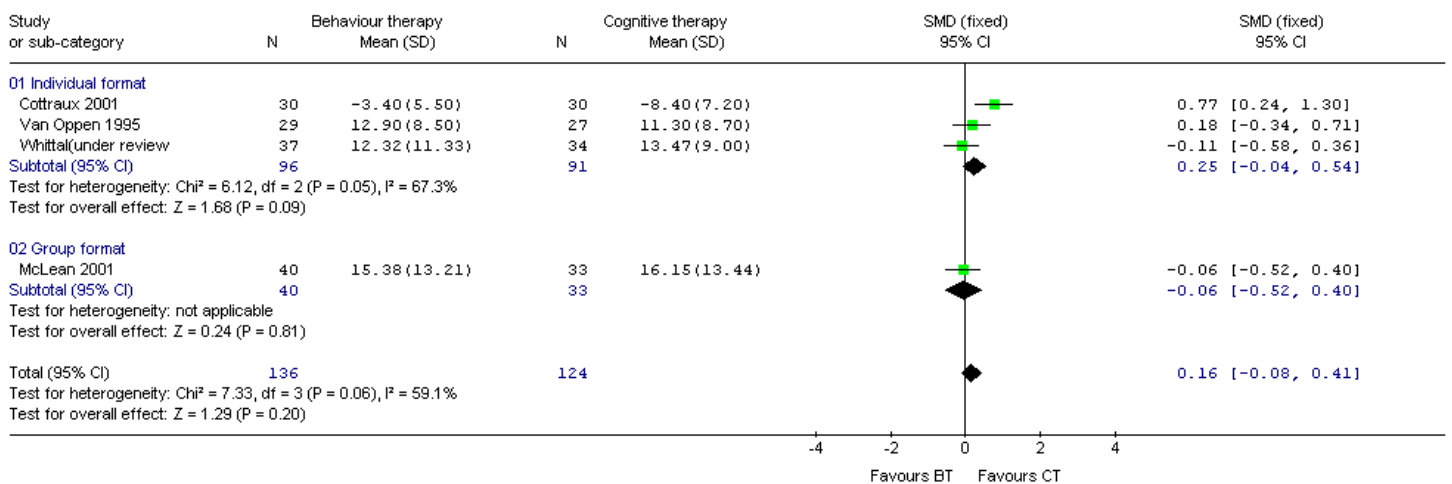
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 11 Y-BOCS at 52 weeks follow-up



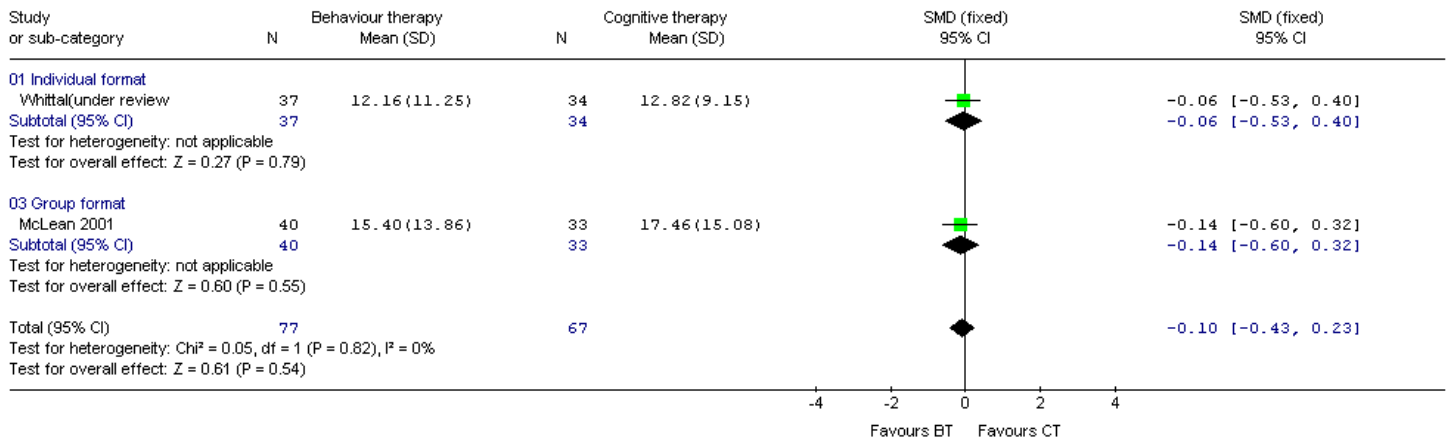
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 12 Y-BOCS at 2 years follow-up



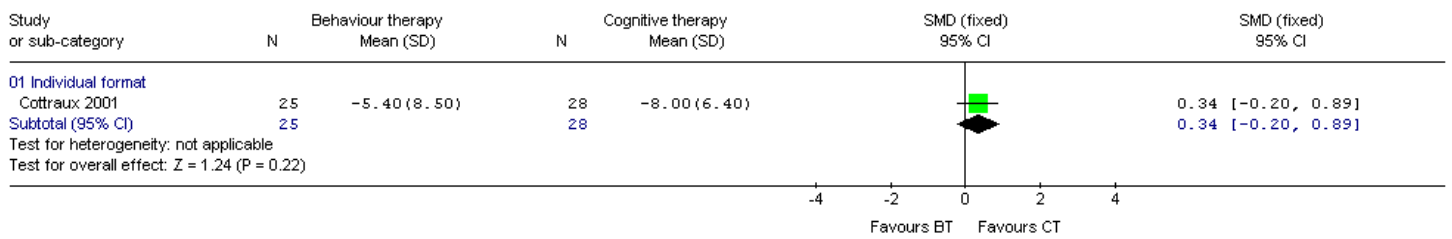
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 13 Beck Depression Inventory post treatment



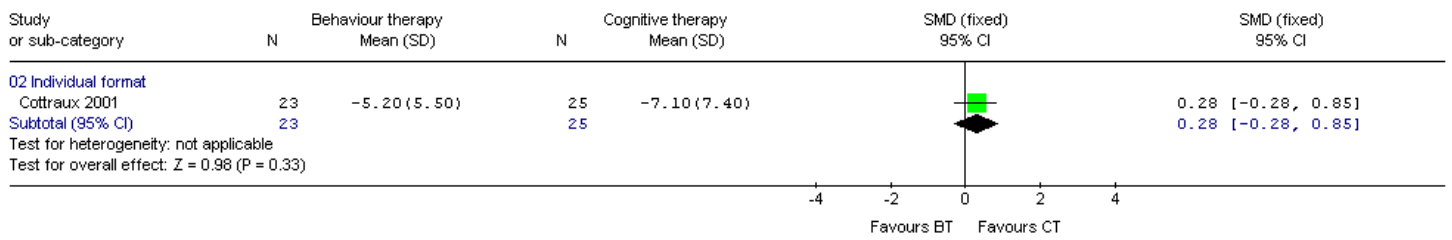
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 14 Beck Depression Inventory at 12 weeks follow-up



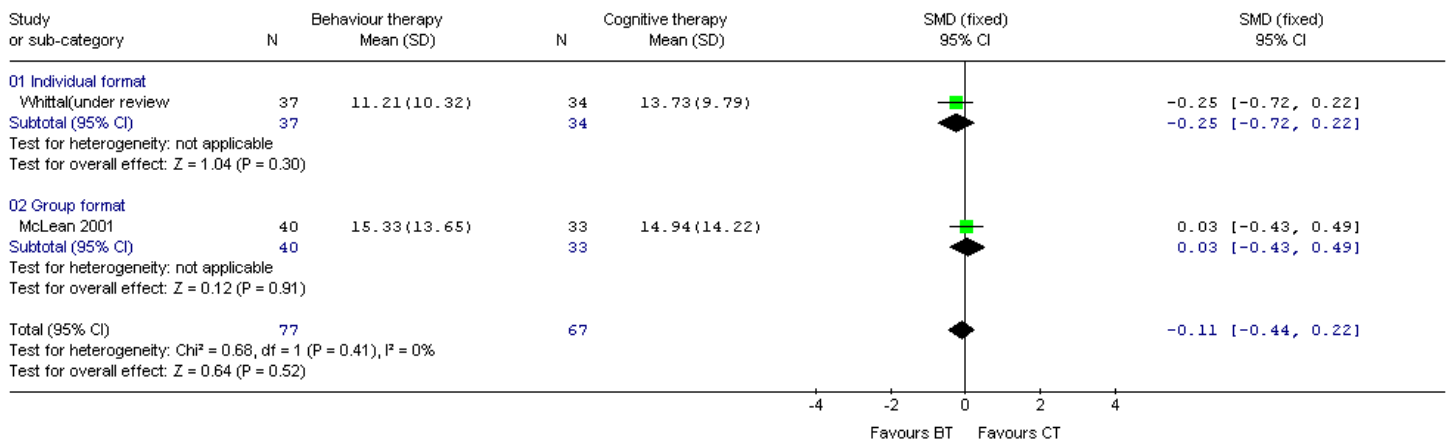
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 15 Beck Depression Inventory at 26 weeks follow-up



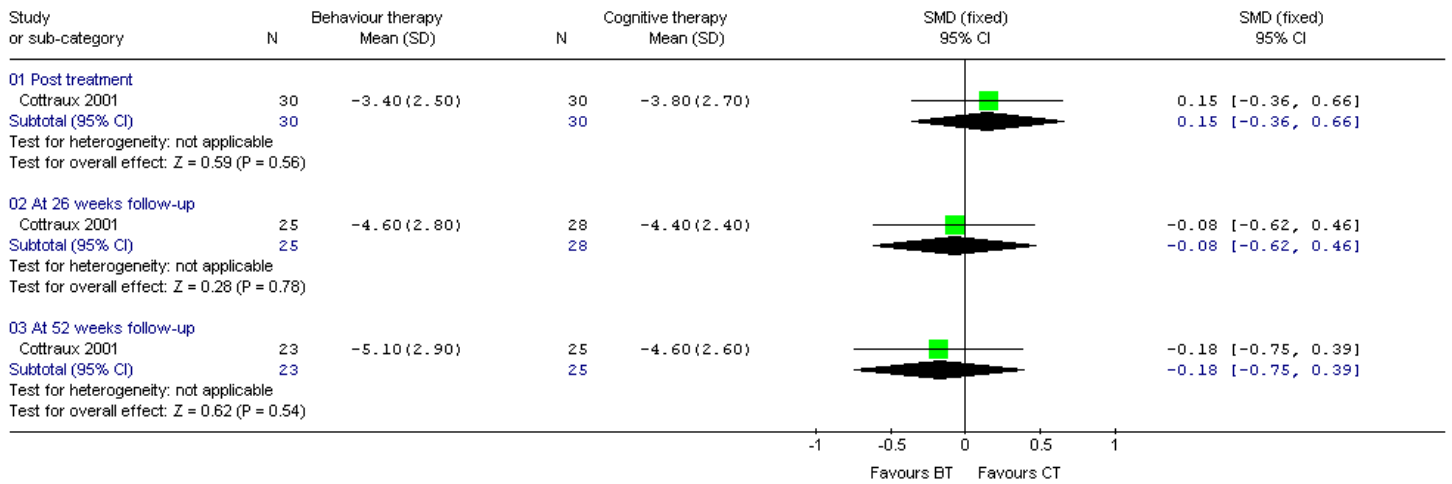
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 16 Beck Depression Inventory at 52 weeks follow-up



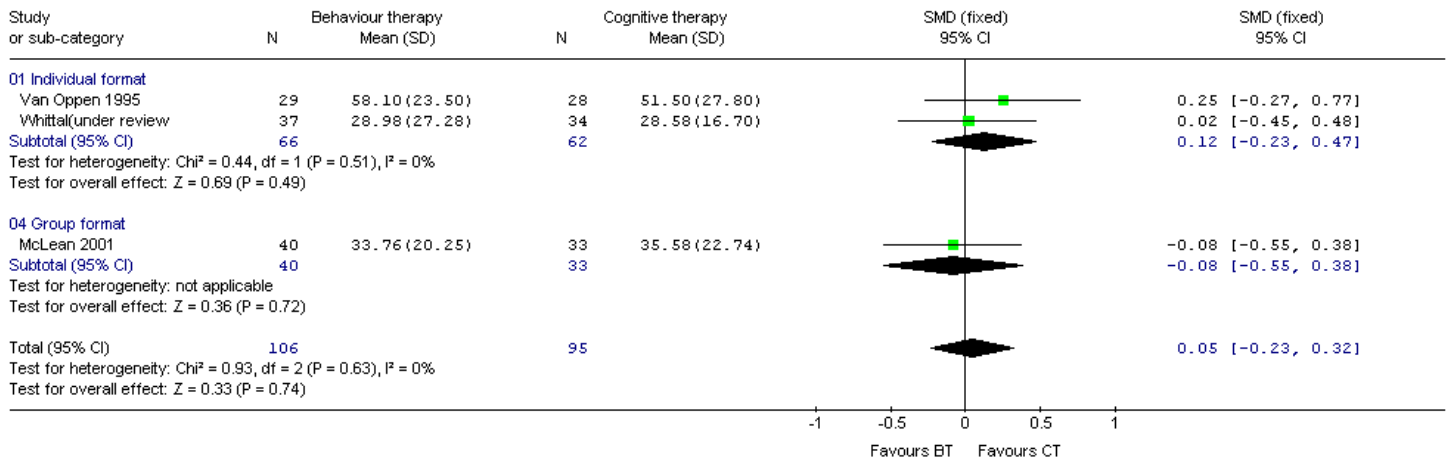
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 17 Beck Depression Inventory at 2 years follow-up



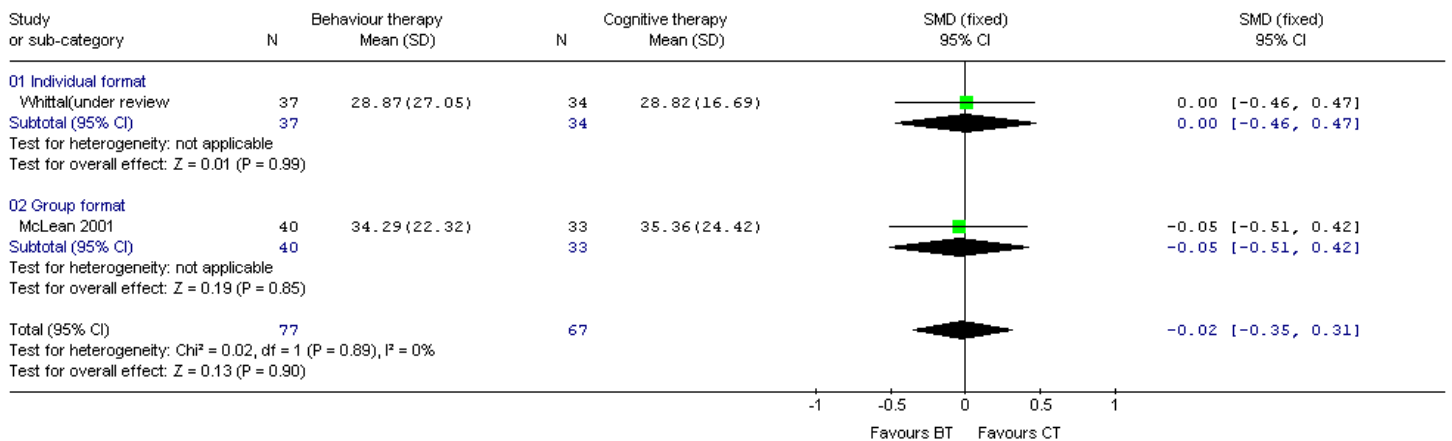
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 18 NIMH-OCS



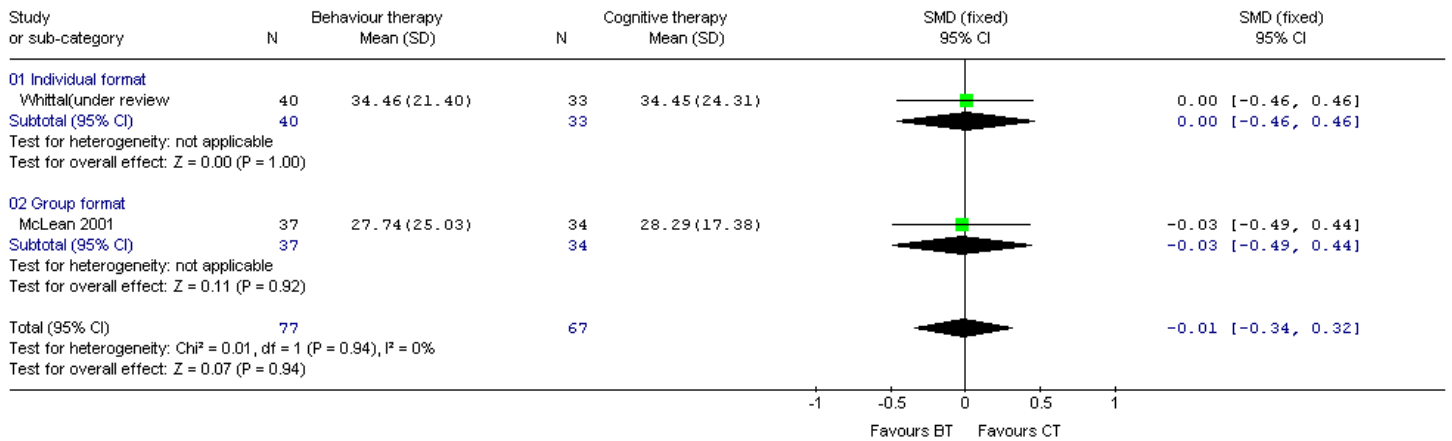
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 19 Padua Inventory post treatment



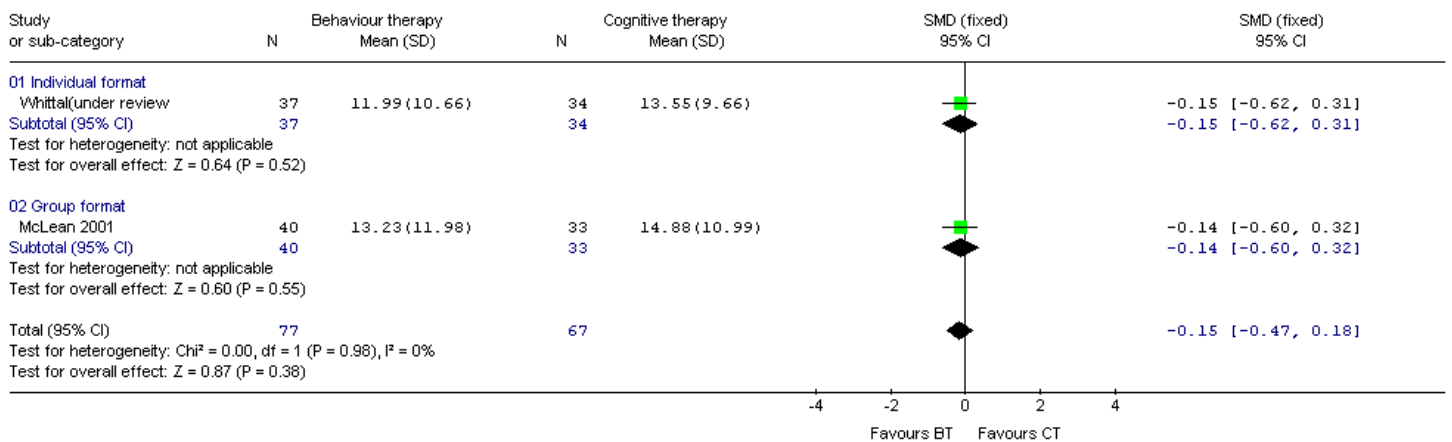
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 20 Padua Inventory at 12 weeks follow-up



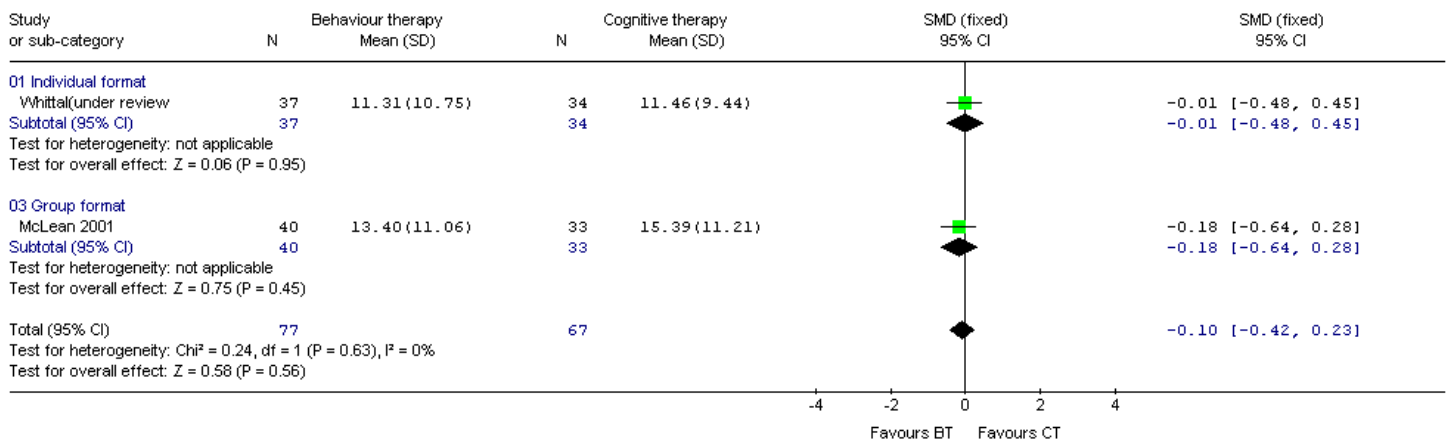
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 21 Padua Inventory at 2 years follow-up



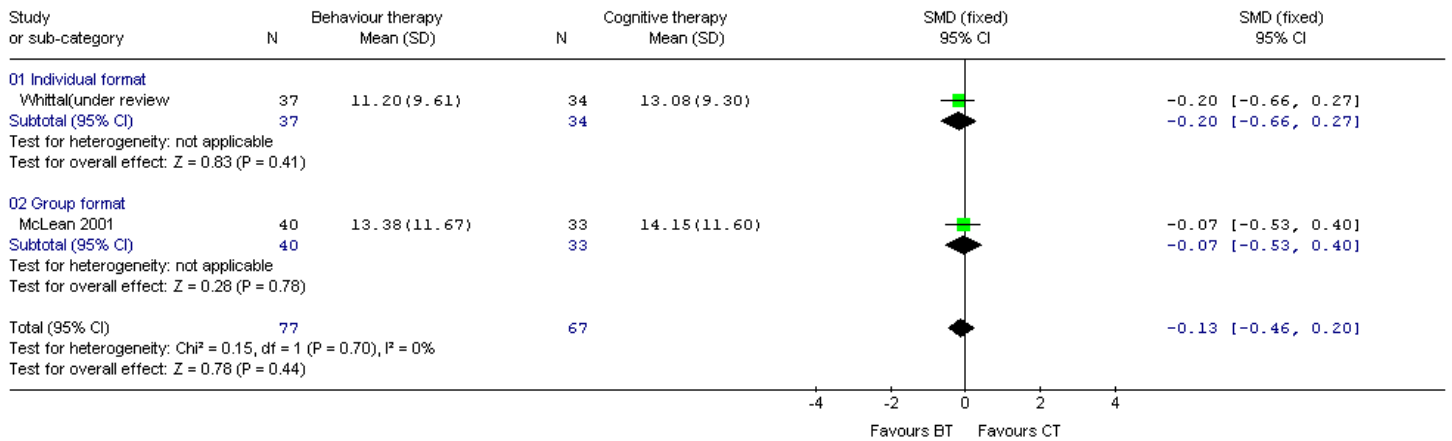
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 22 Beck Anxiety Inventory post treatment



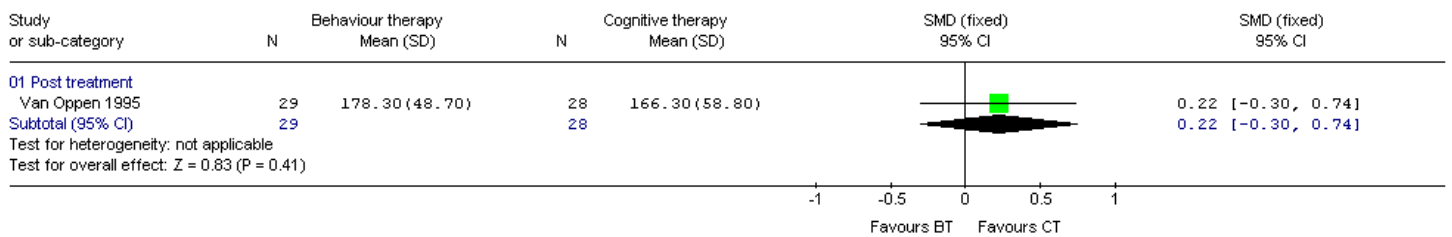
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 23 Beck Anxiety Inventory at 12 weeks follow-up



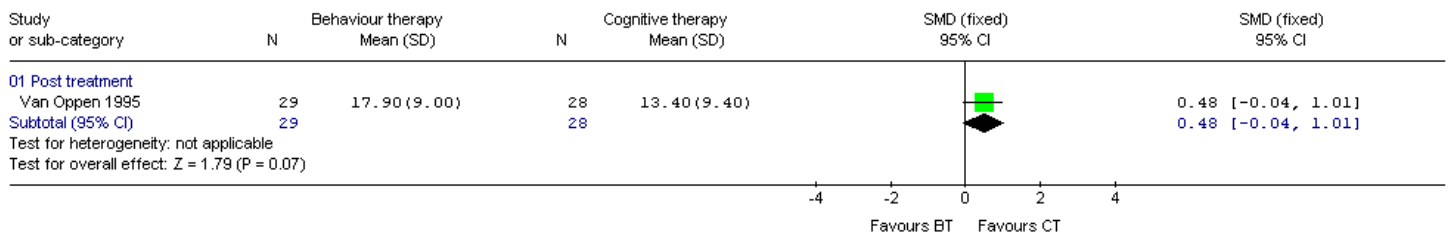
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 24 Beck Anxiety Inventory at 2 years follow-up



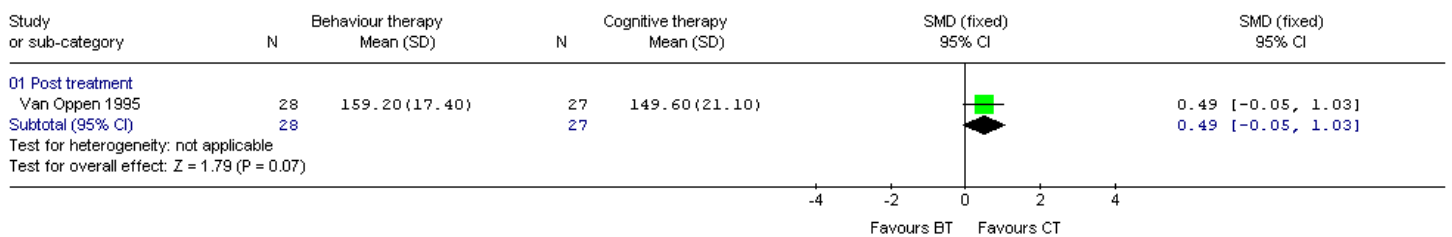
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 25 Symptom Checklist-90



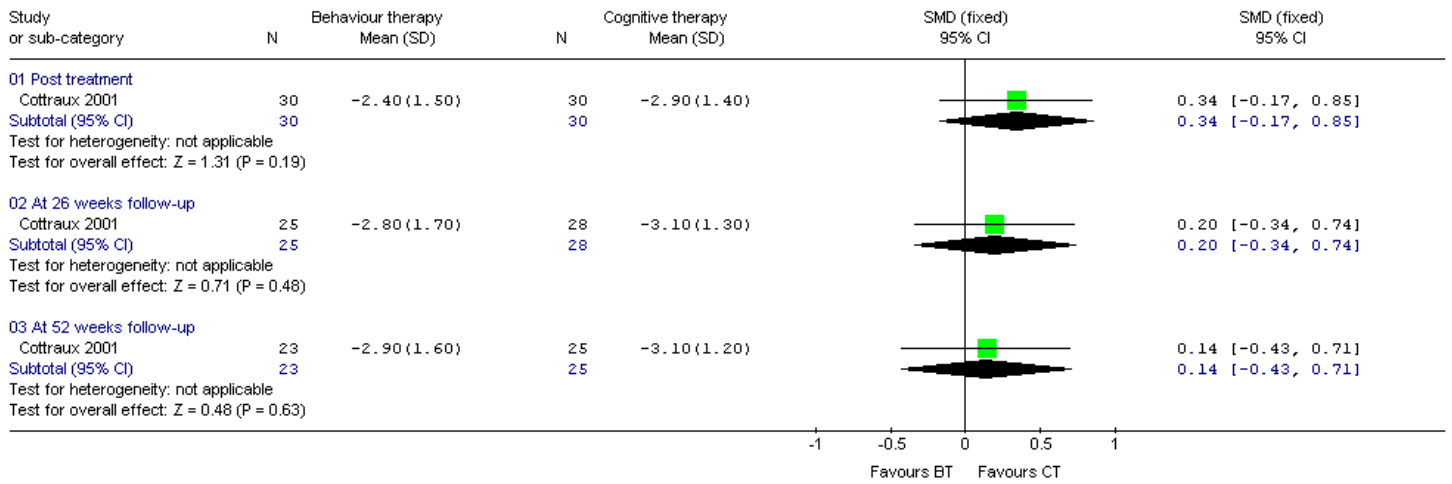
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 26 Anxiety Discomfort Scale: mean of patient, therapist and assessor ratings



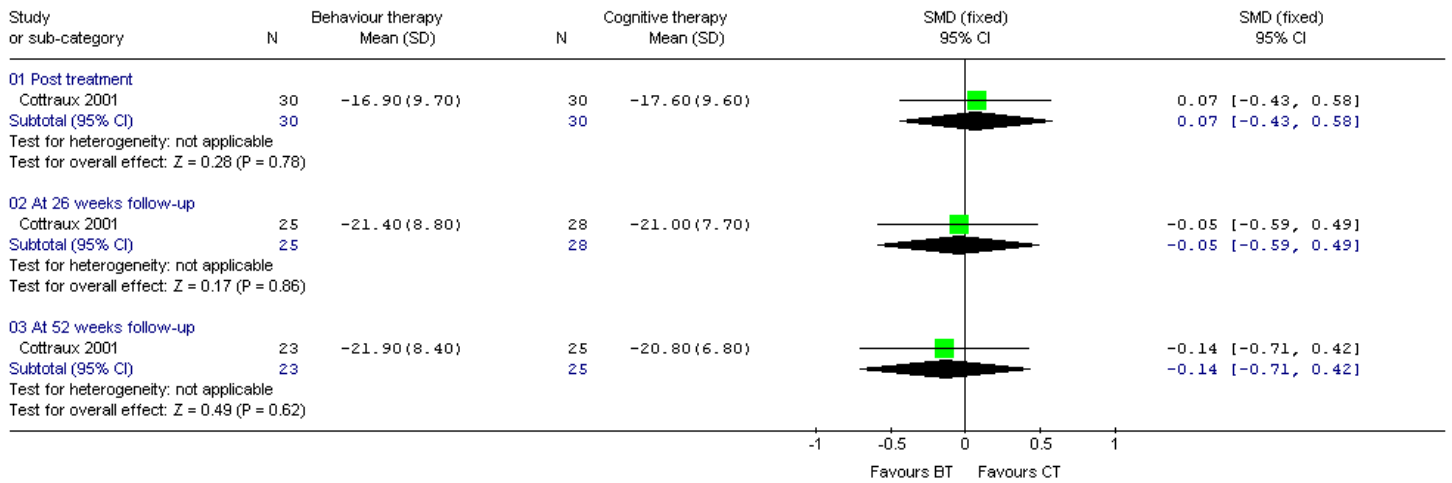
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 27 Irrational Belief Inventory



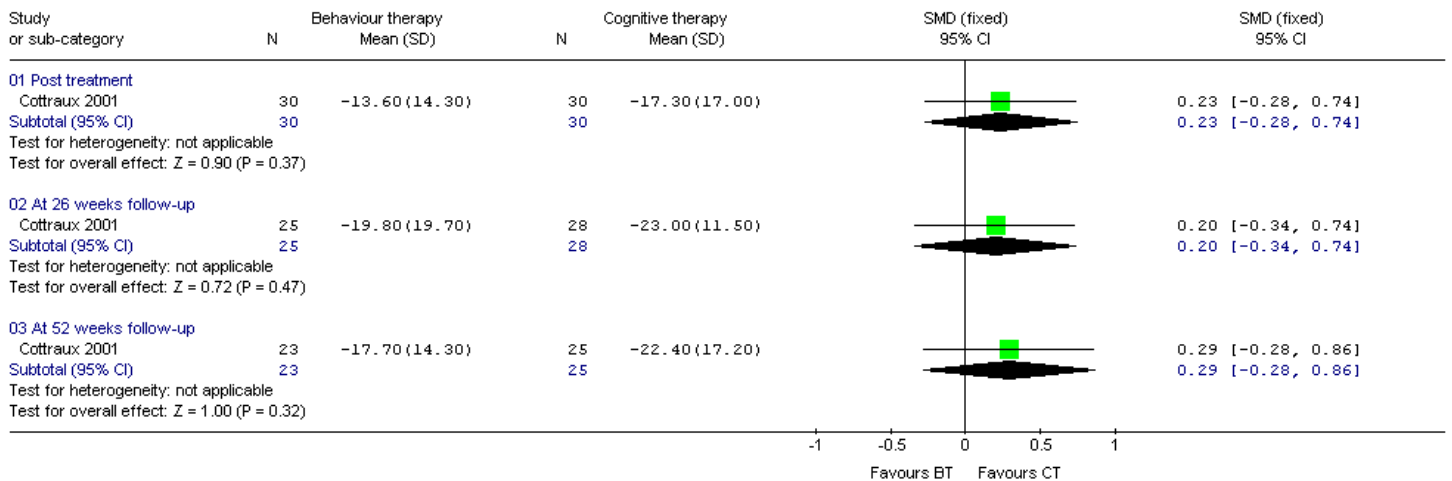
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 28 Behavioural Avoidance Test: Avoidance



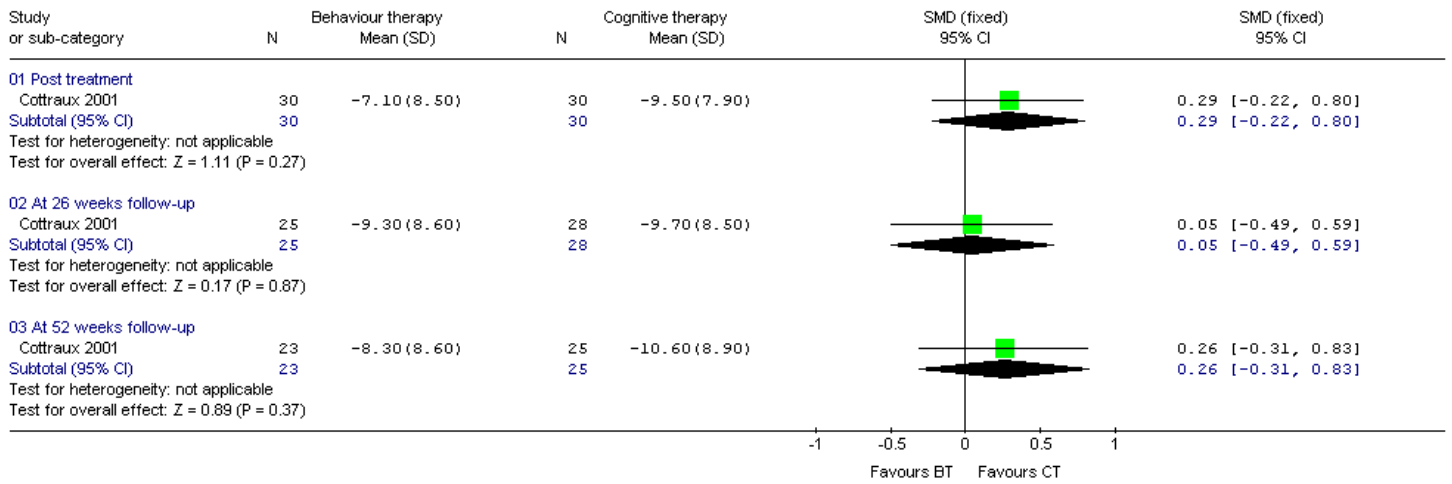
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 29 Behavioural Avoidance Test: Discomfort



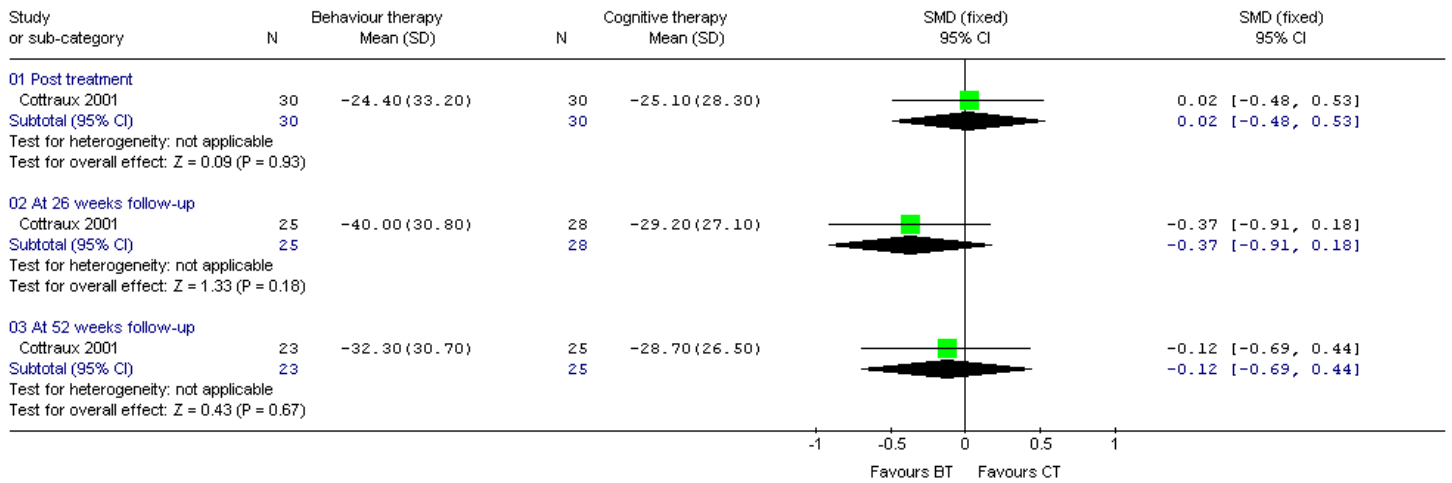
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 30 Obsessive Thoughts Checklist: total



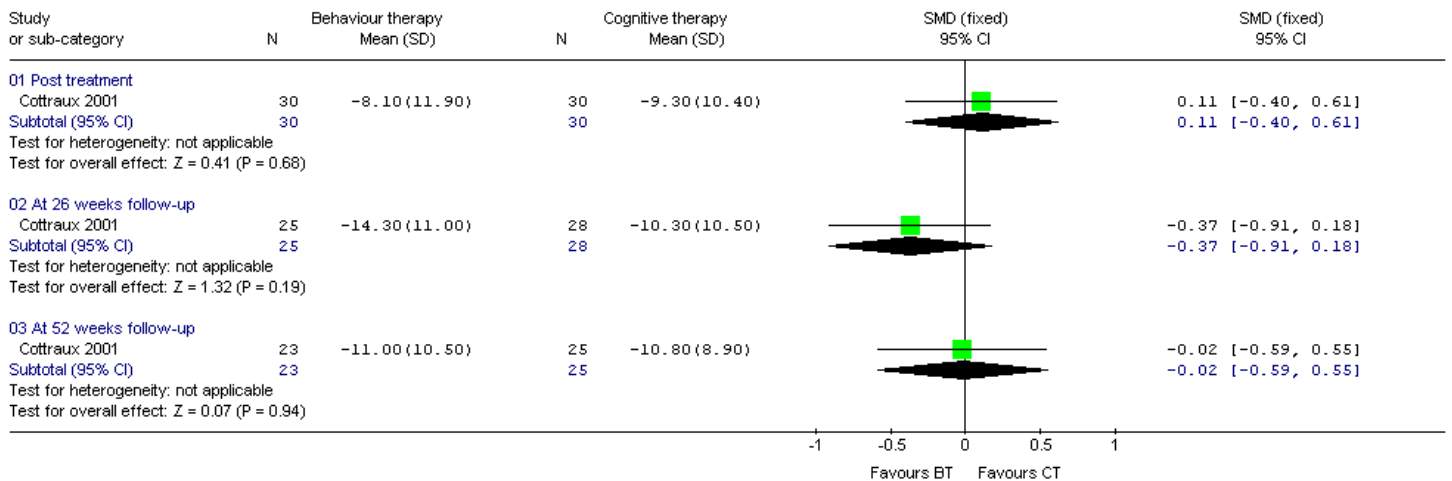
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 31 ITIQ - intrusive thoughts



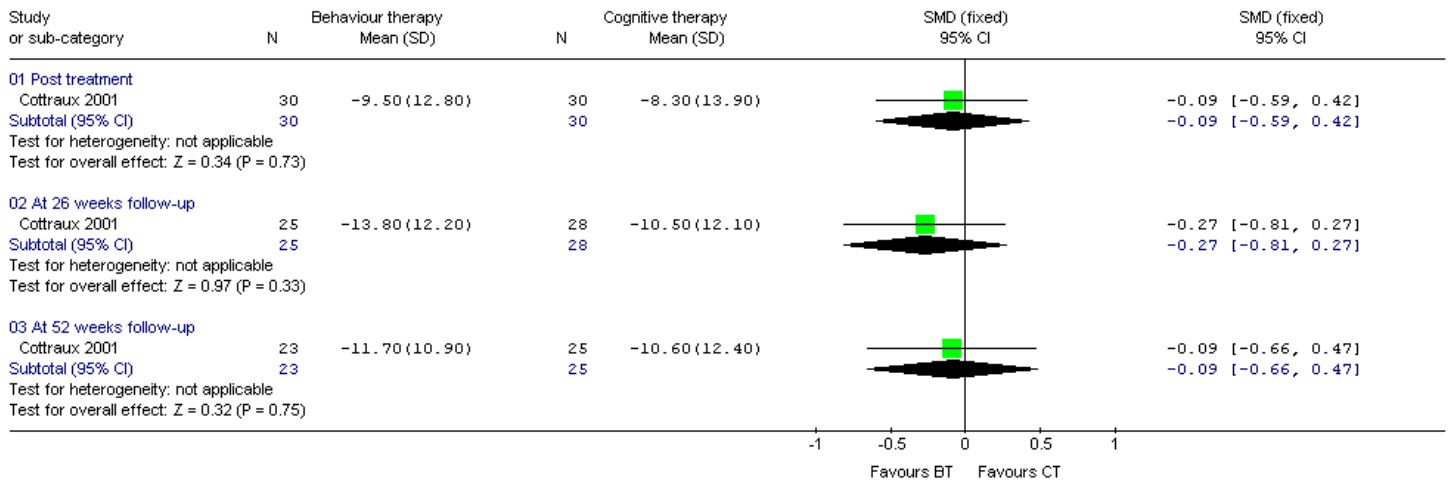
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 32 ITIQ - interpretation/intrusion



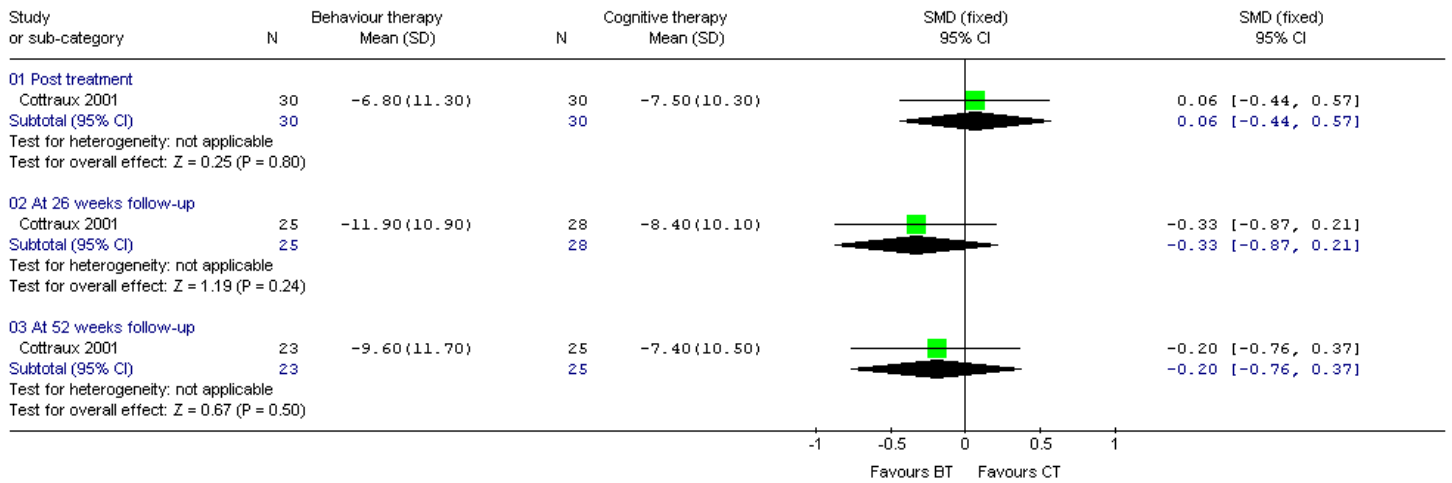
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 33 ITIQ - responsibility



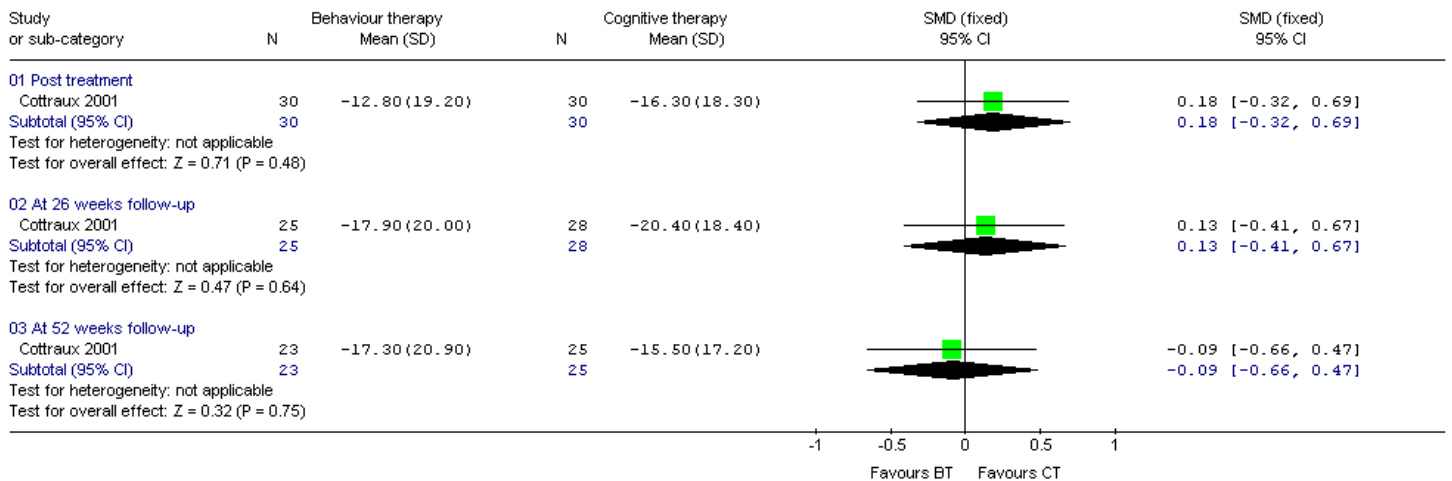
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 34 ITIQ - guilt



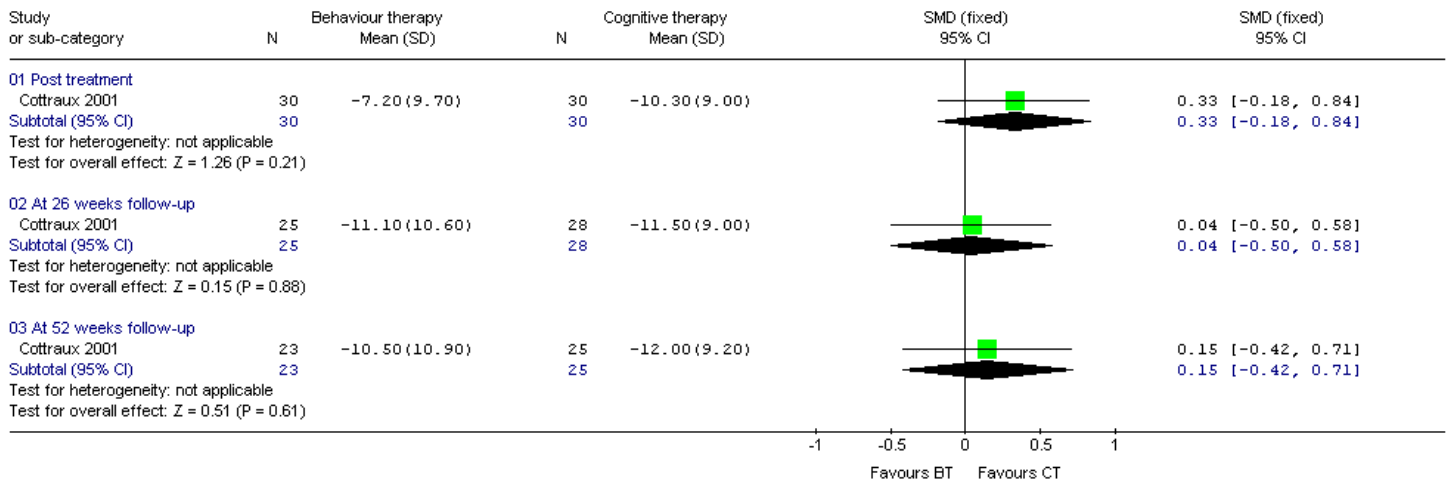
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 35 ITIQ - inferiority



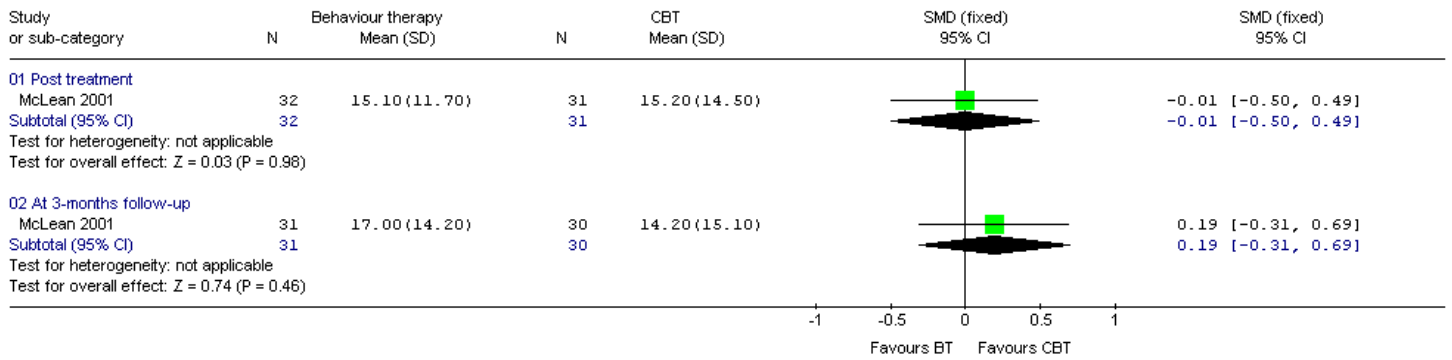
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 36 Salkovskis Responsibility Scale



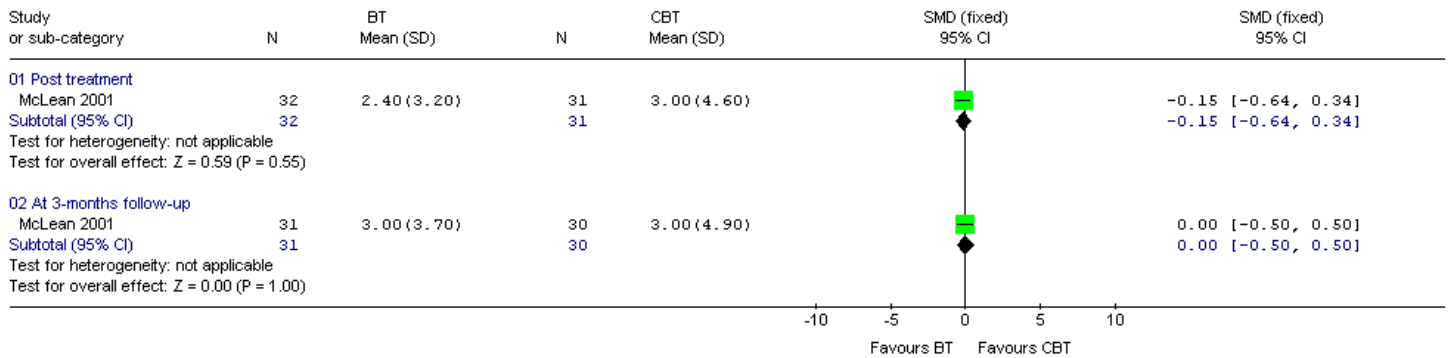
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 37 Quality of life



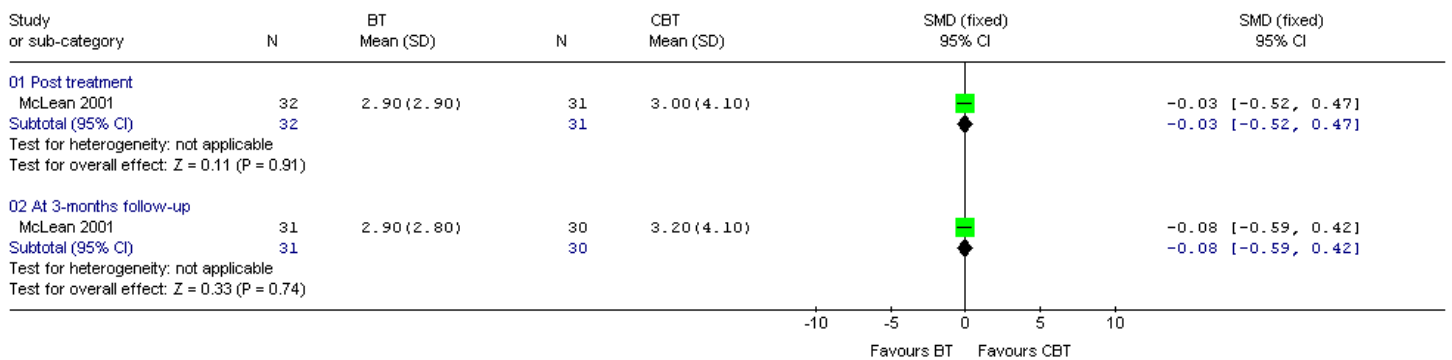
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 38 Thought Action Fusion Scale: Moral



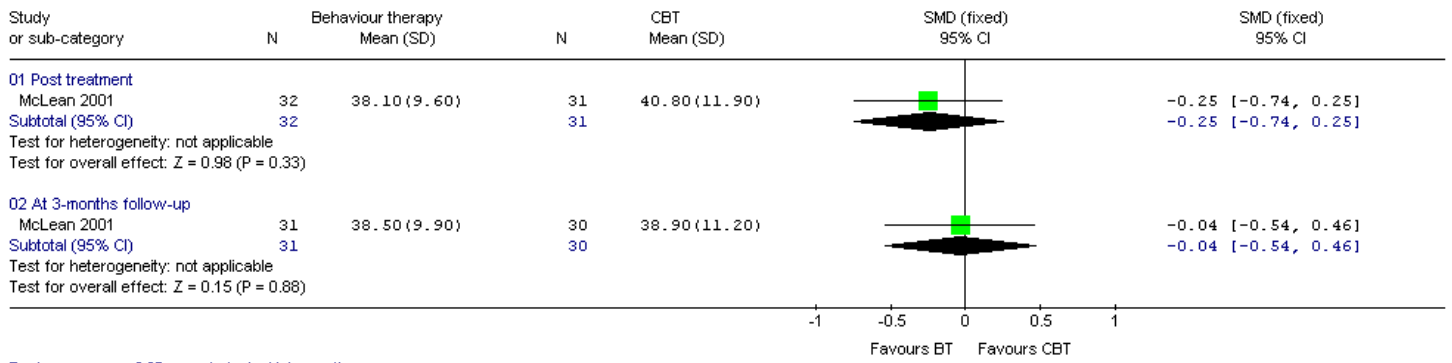
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 39 Thought Action Fusion Scale: Likelihood for Others



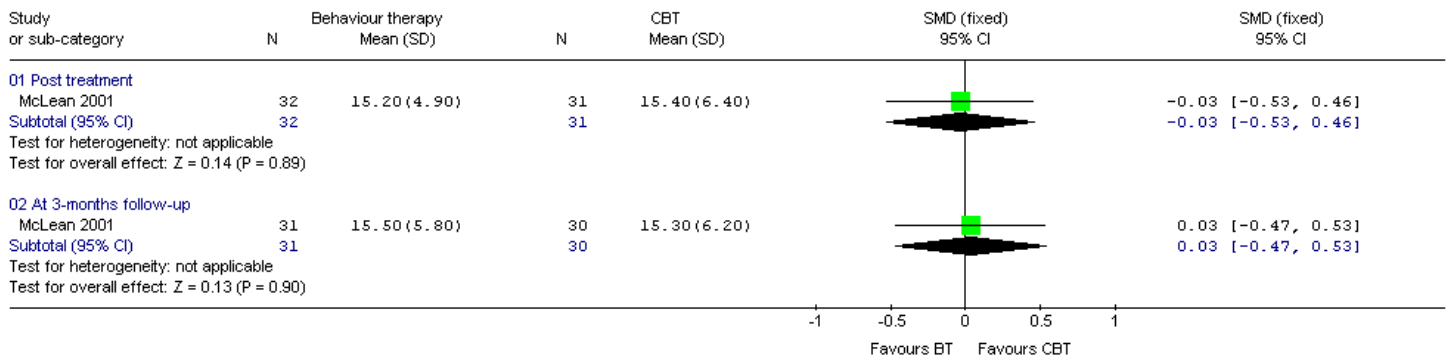
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 40 Thought Action Fusion Scale: Likelihood for Self



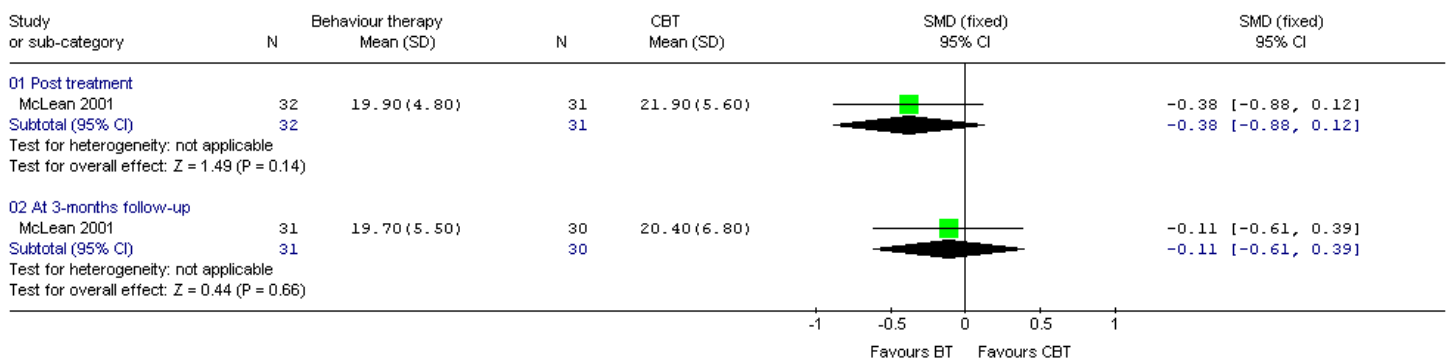
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 41 IBRO: inflated responsibility



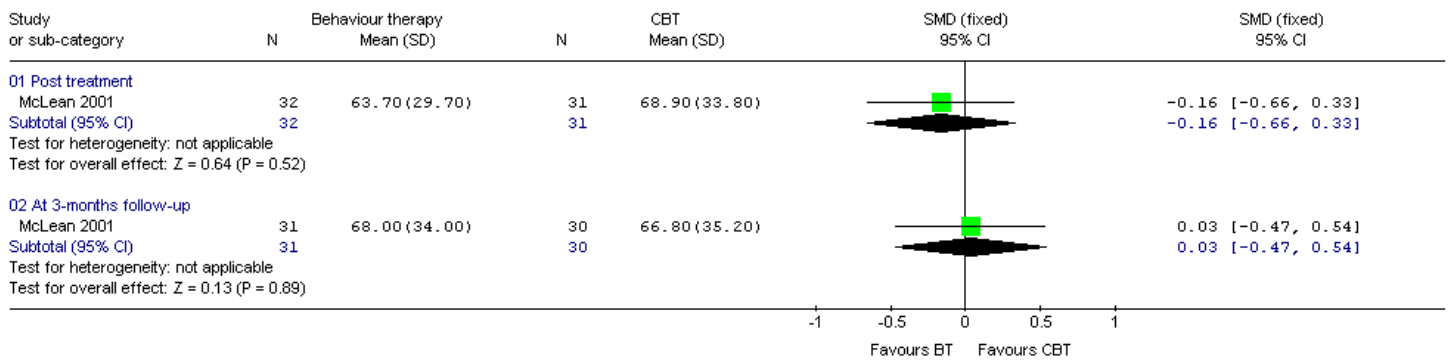
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 42 IBRO: overestimation of threat



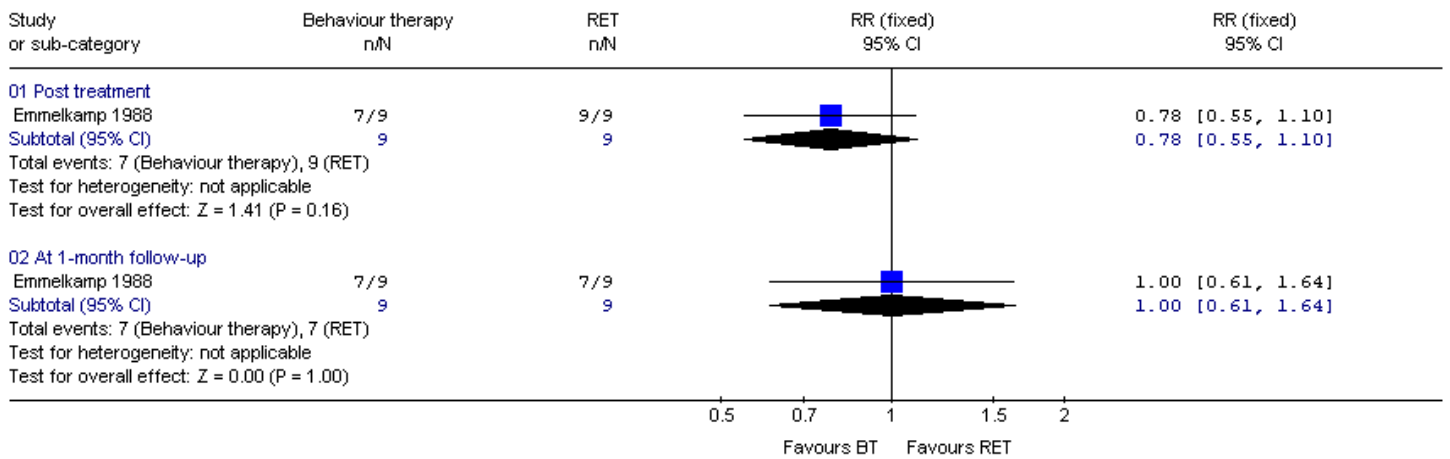
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 43 IBRO: intolerance of uncertainty



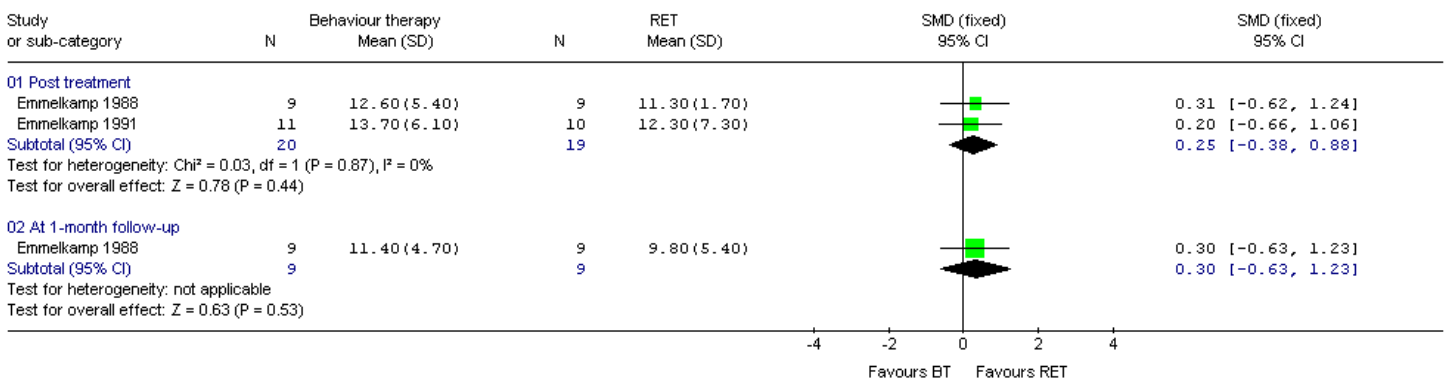
Review: OCD: psychological interventions
 Comparison: 04 Behaviour therapy v Cognitive therapy
 Outcome: 44 Responsibility Attitude Scale



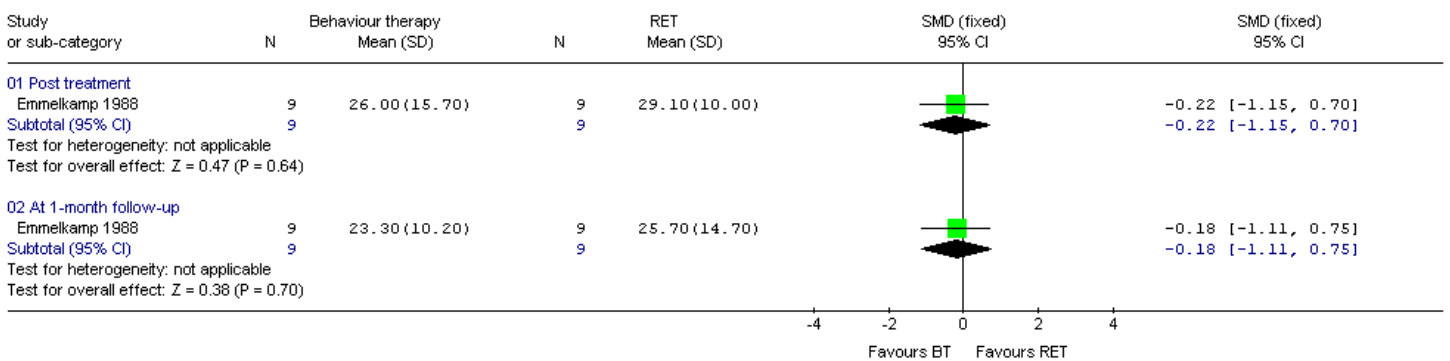
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 01 Non-responders (ADS 70%)



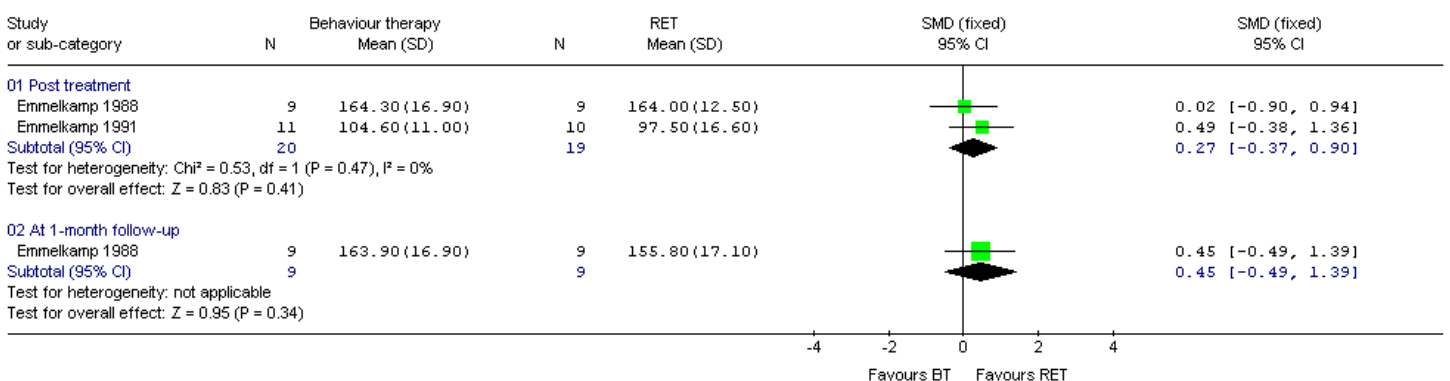
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 02 Maudsley Obsessive-Compulsive Inventory



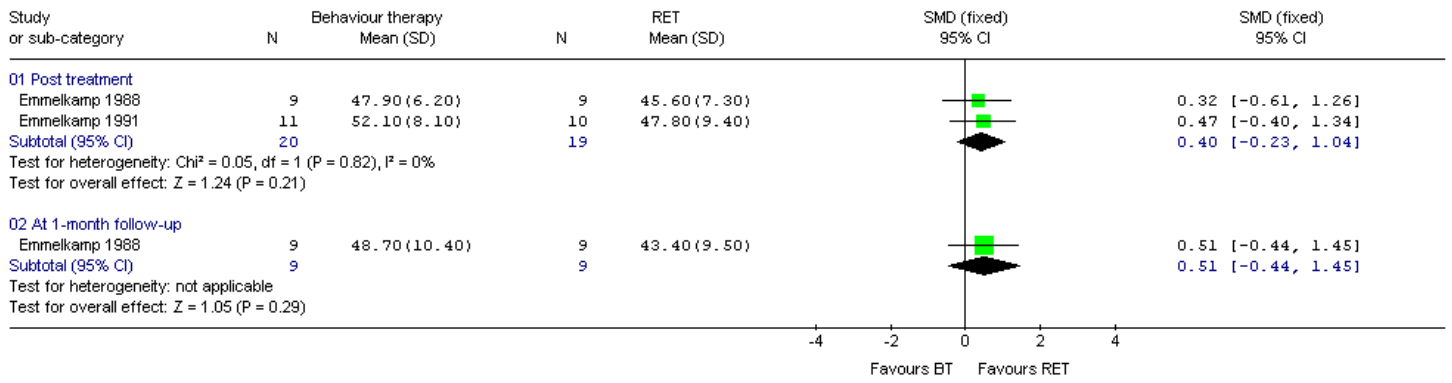
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 03 Anxiety Discomfort Scale



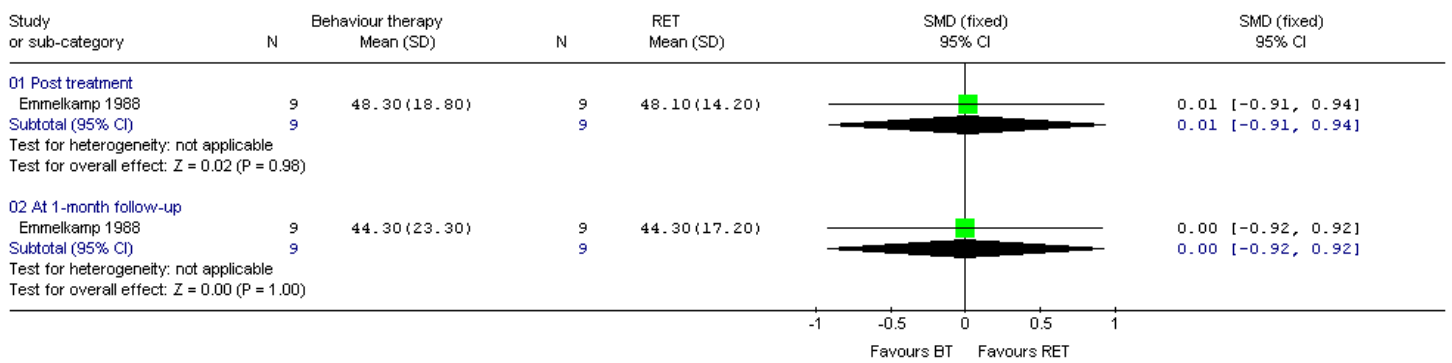
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 04 Irrational Beliefs Test



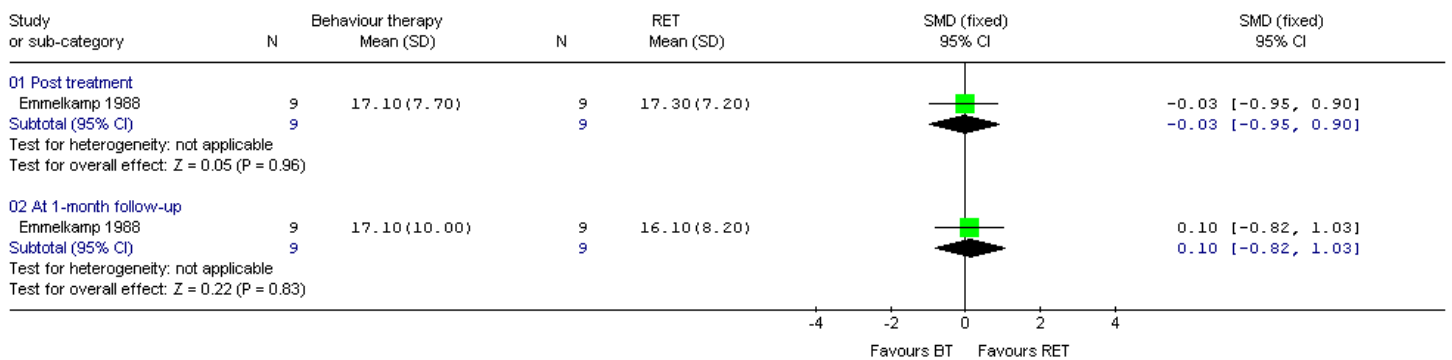
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 05 Self-rating Depression Scale



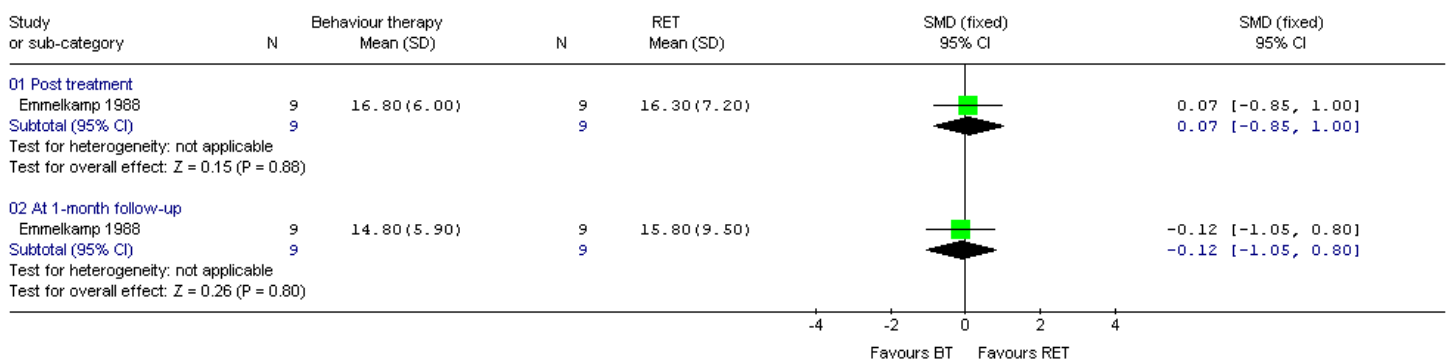
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 06 Social Anxiety scale



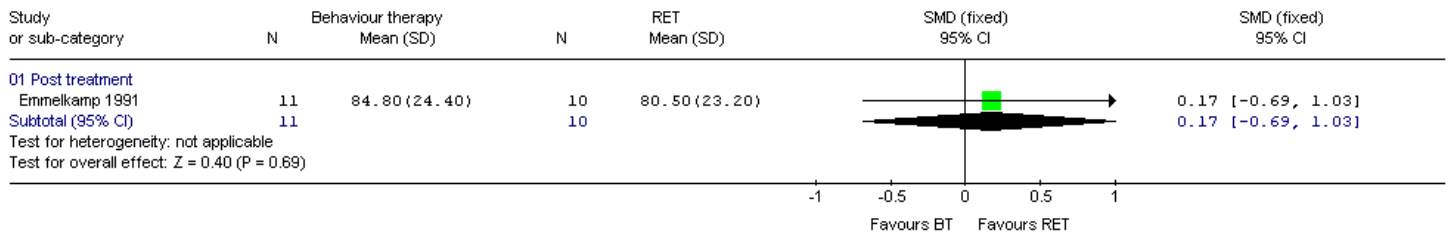
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 07 Hostility and Direction of Hostility Questionnaire: Intrapunitivity



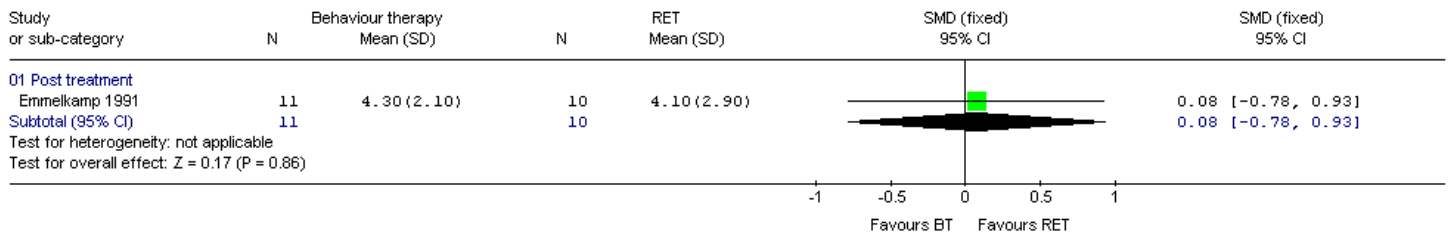
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 08 Hostility and Direction of Hostility Questionnaire: Extrapunitivity



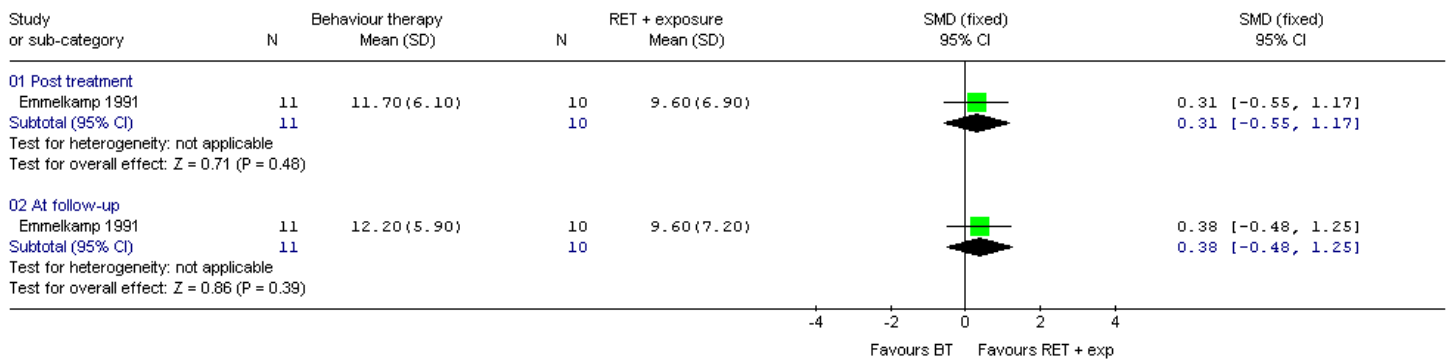
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 09 Dutch Obsessive-Compulsive Questionnaire



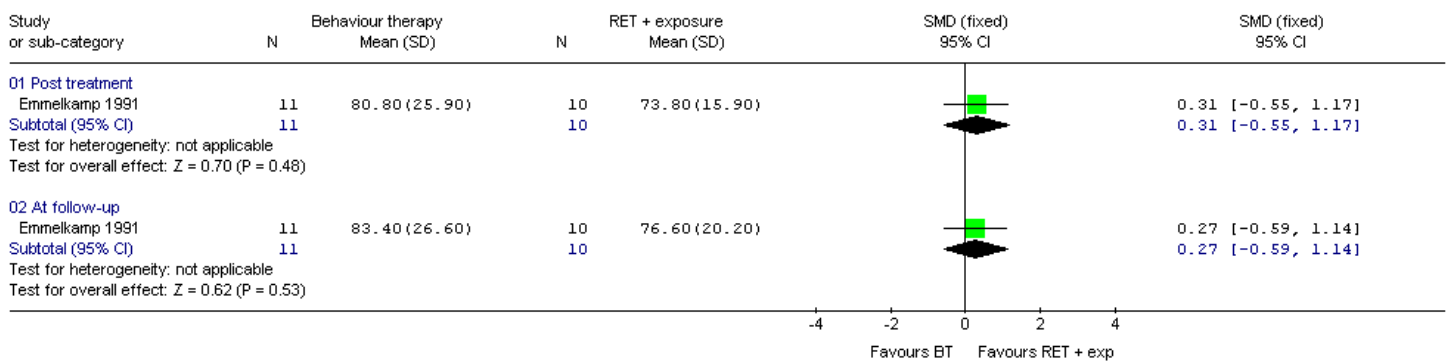
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 10 Anxiety Discomfort Scale: main OC symptoms (Assessor)



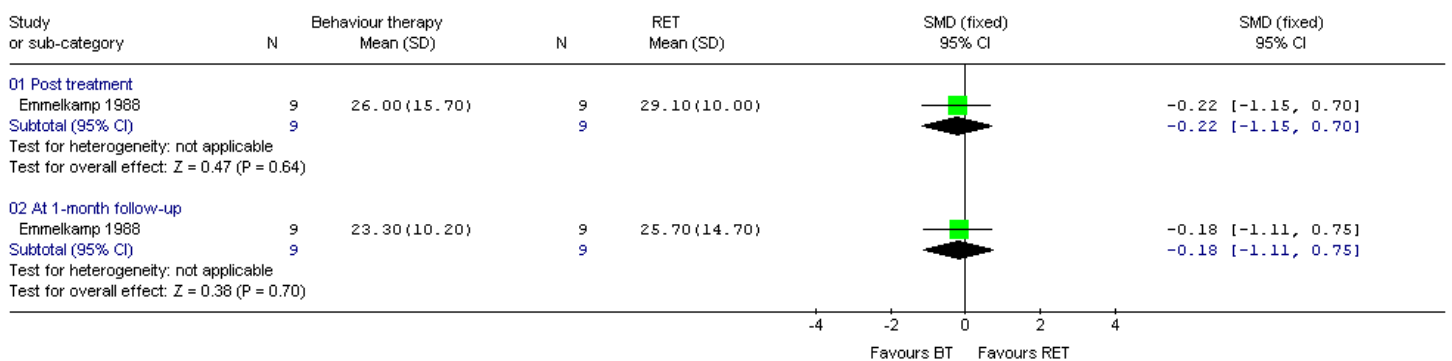
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 01 Maudsley Obsessive-Compulsive Inventory



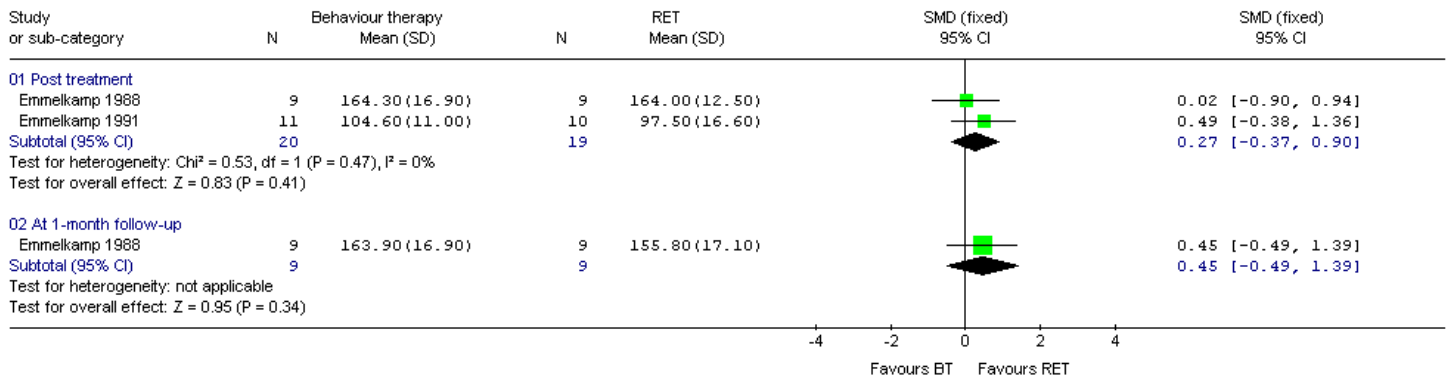
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 02 Dutch Obsessive-Compulsive Questionnaire



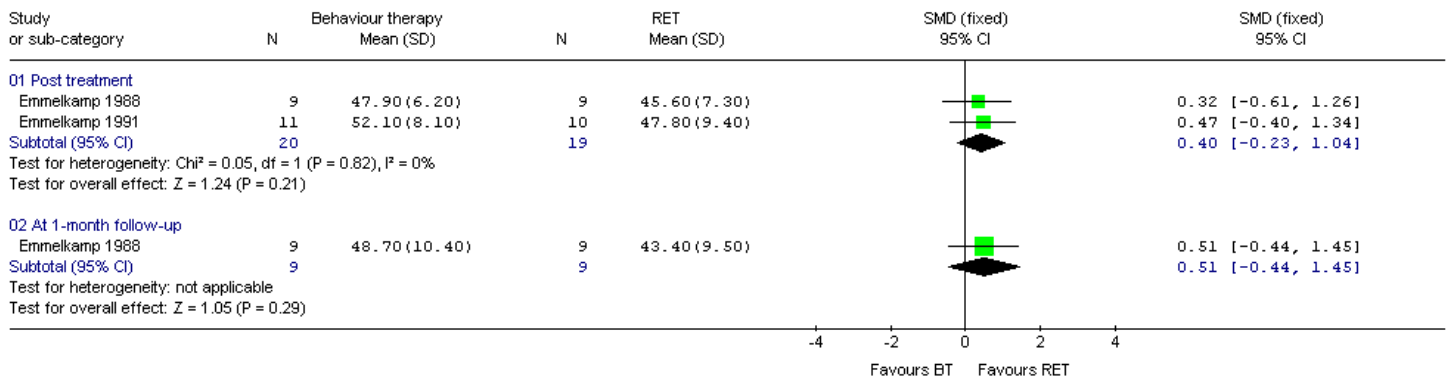
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 03 Anxiety Discomfort Scale



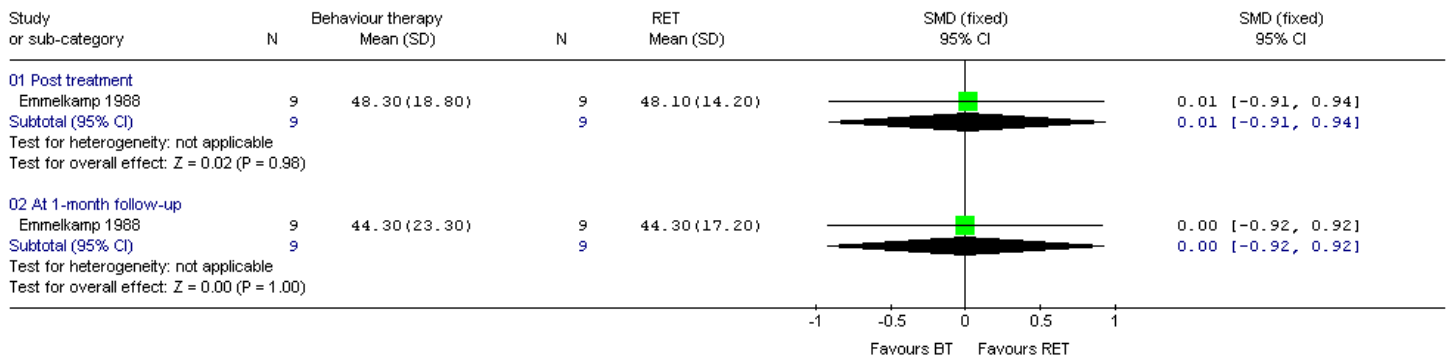
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 04 Irrational Beliefs Test



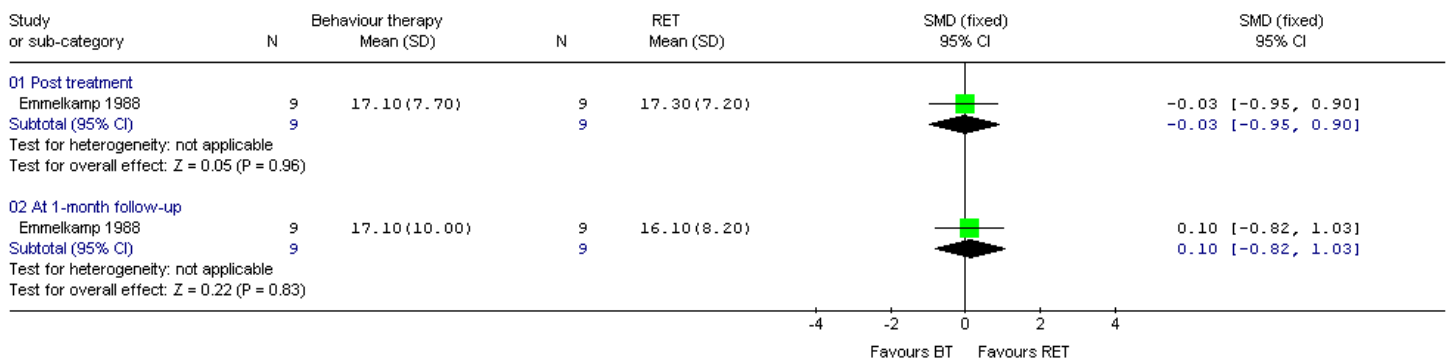
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 05 Self-rating Depression Scale



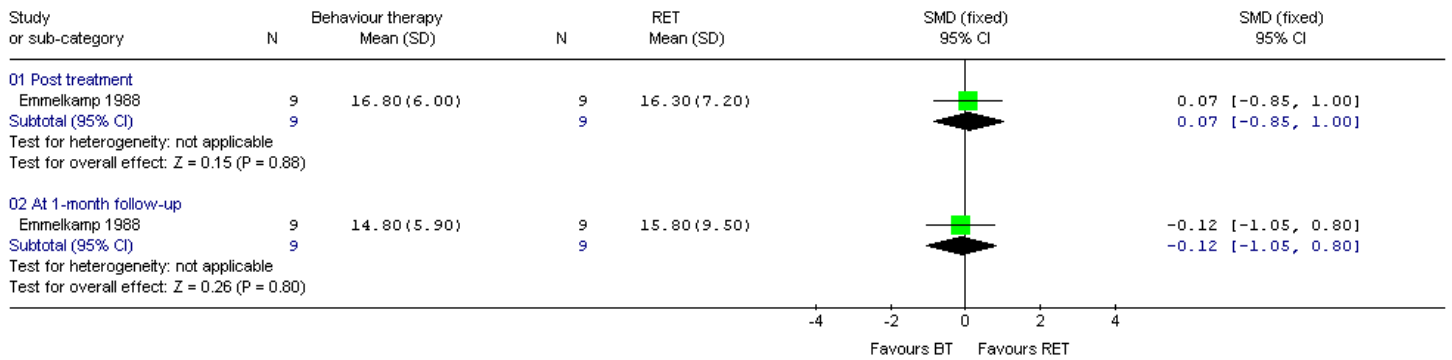
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 06 Social Anxiety scale



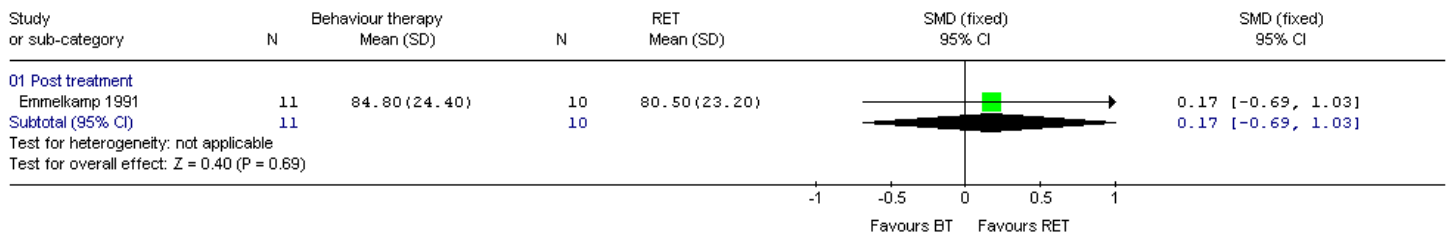
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 07 Hostility and Direction of Hostility Questionnaire: Intrapunitivity



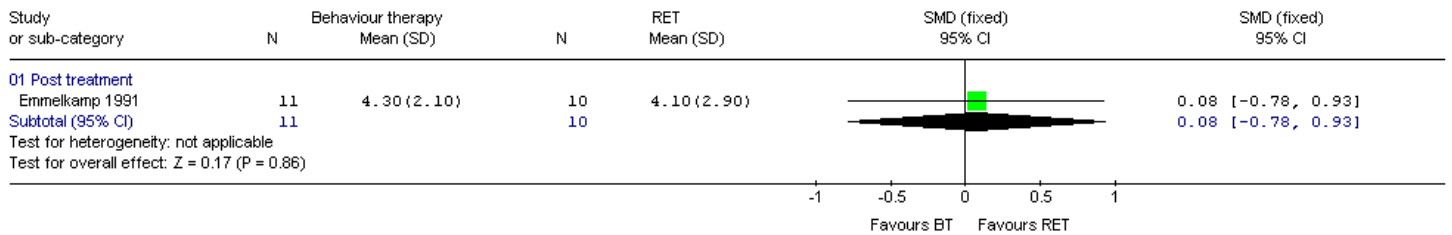
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 08 Hostility and Direction of Hostility Questionnaire: Extrapunitivity



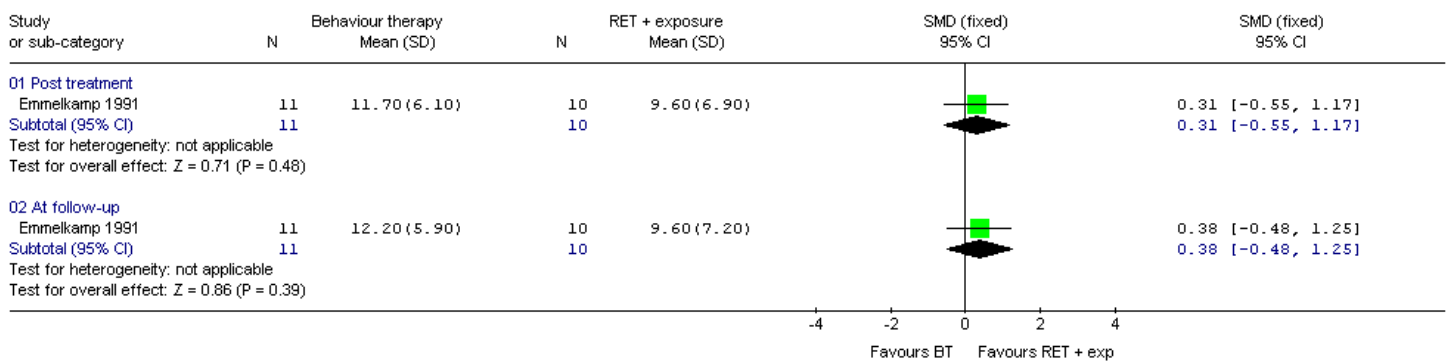
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 09 Dutch Obsessive-Compulsive Questionnaire



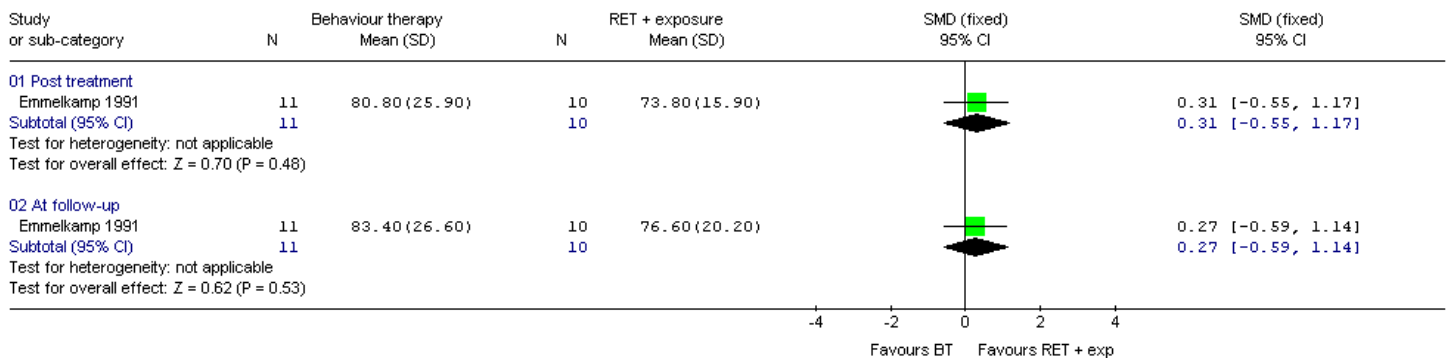
Review: OCD: psychological interventions
 Comparison: 05 Behaviour therapy v Rational emotive therapy
 Outcome: 10 Anxiety Discomfort Scale: main OC symptoms (Assessor)



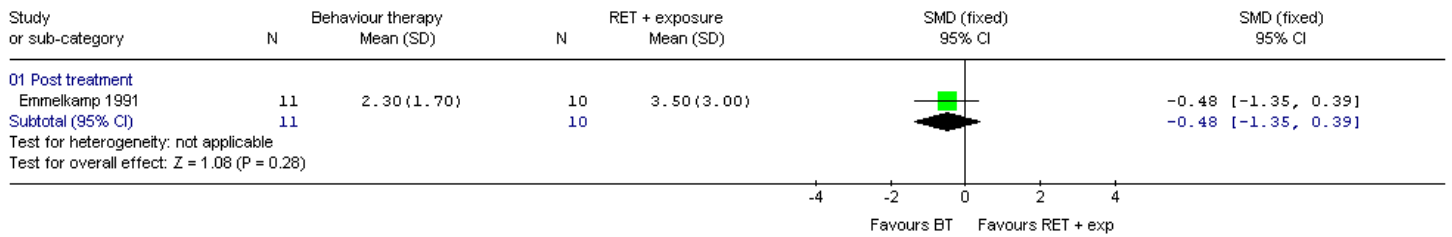
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 01 Maudsley Obsessive-Compulsive Inventory



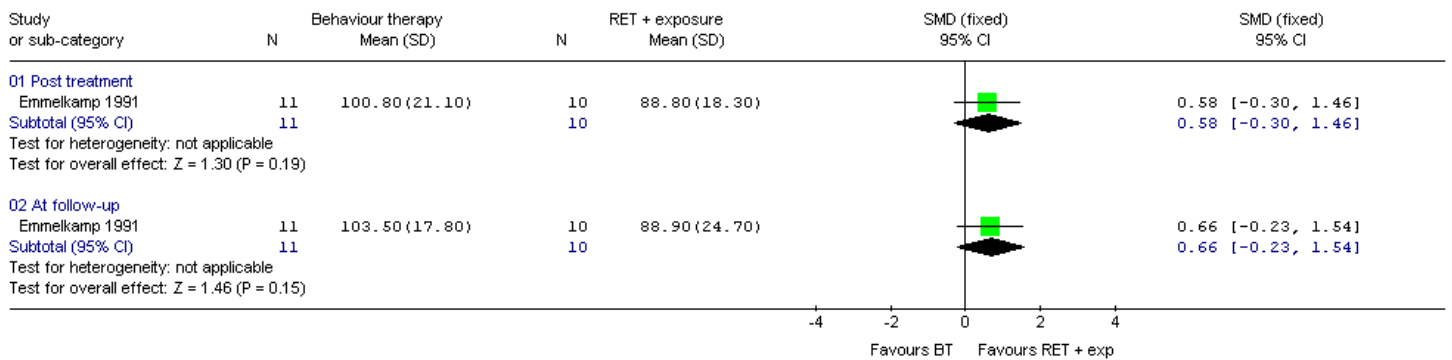
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 02 Dutch Obsessive-Compulsive Questionnaire



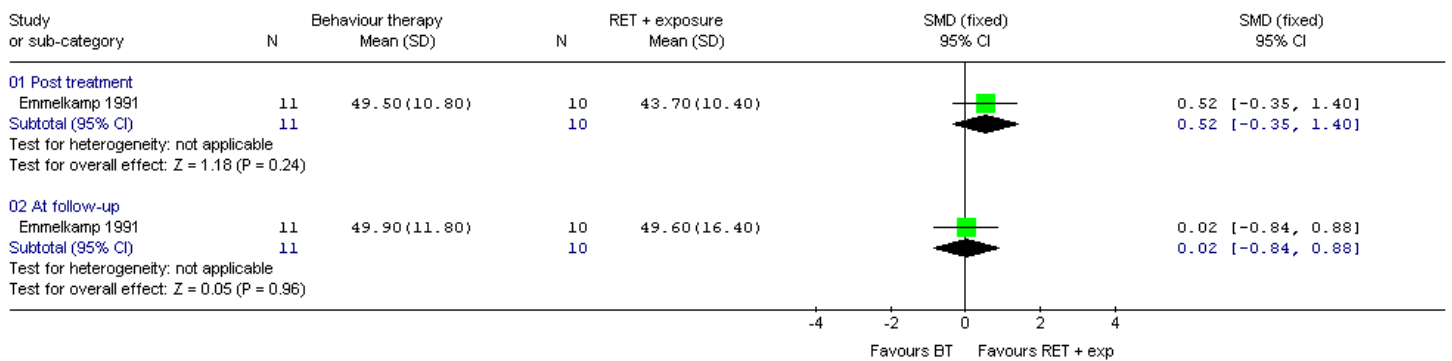
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 03 Anxiety Discomfort Scale: main OC symptoms (assessor)



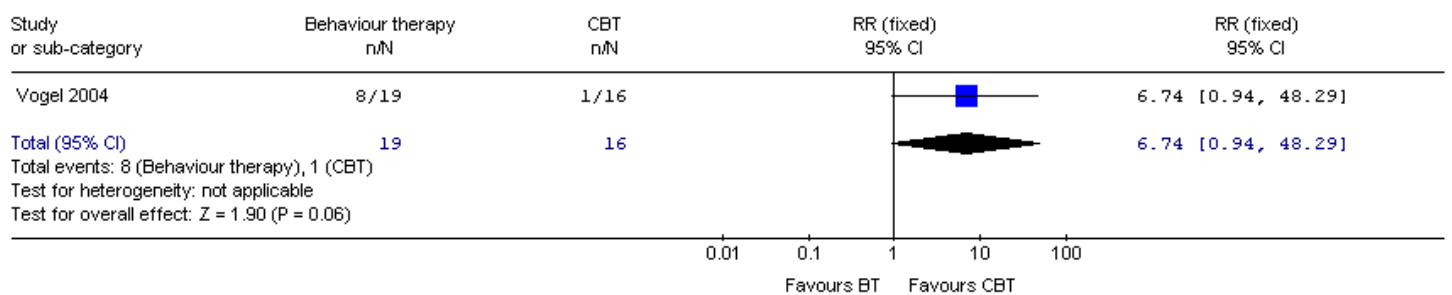
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 04 Irrational Beliefs Test



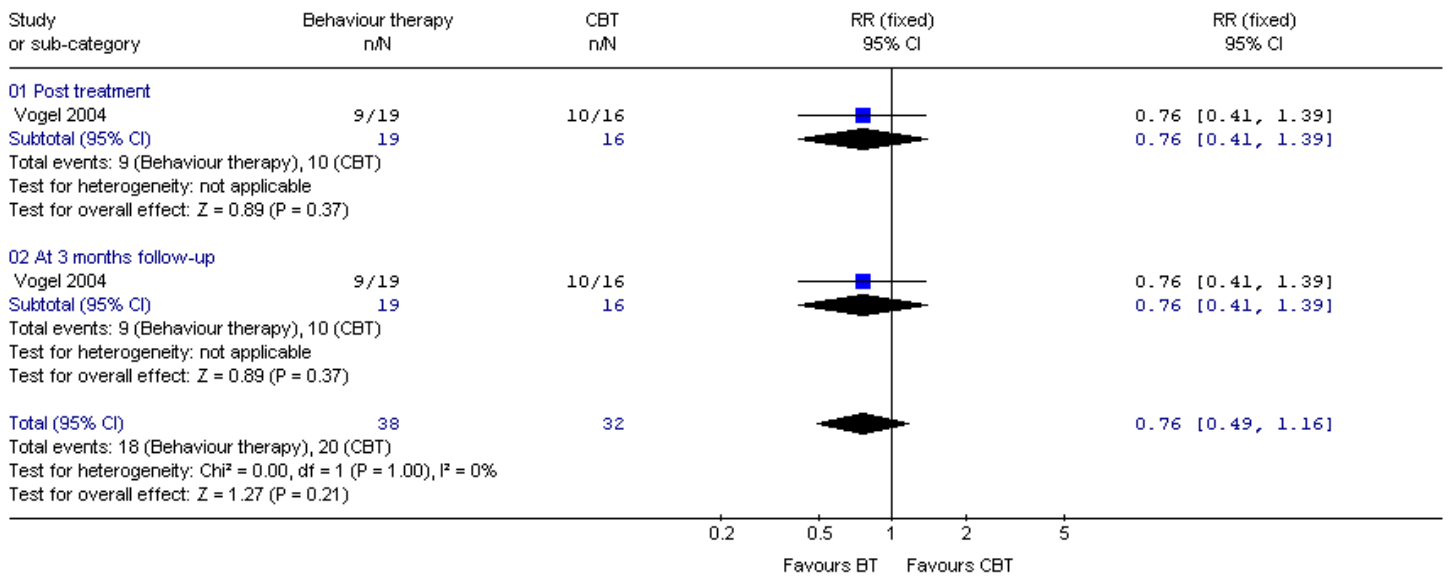
Review: OCD: psychological interventions
 Comparison: 06 BT v RET + exposure in vivo (post RET alone)
 Outcome: 05 Self-rating Depression Scale



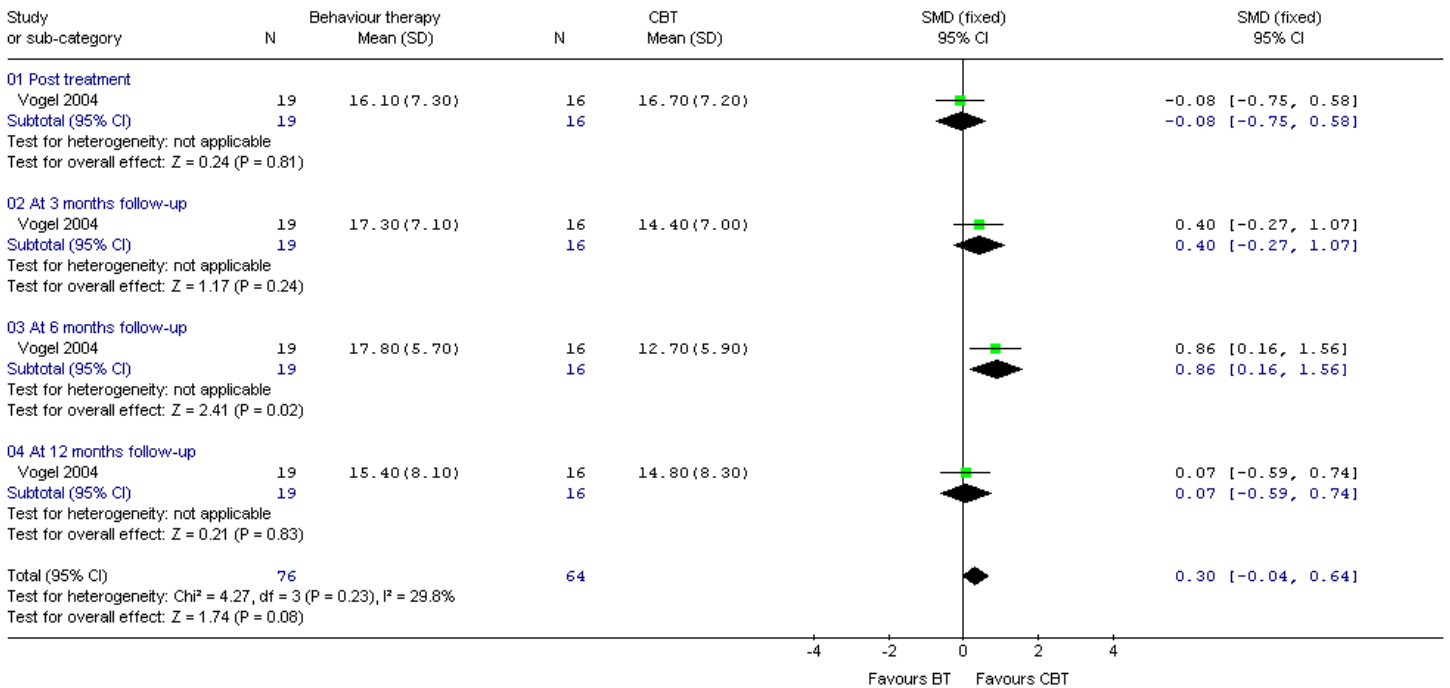
Review: OCD: psychological interventions
 Comparison: 07 BT v CBT
 Outcome: 01 Leaving the study early



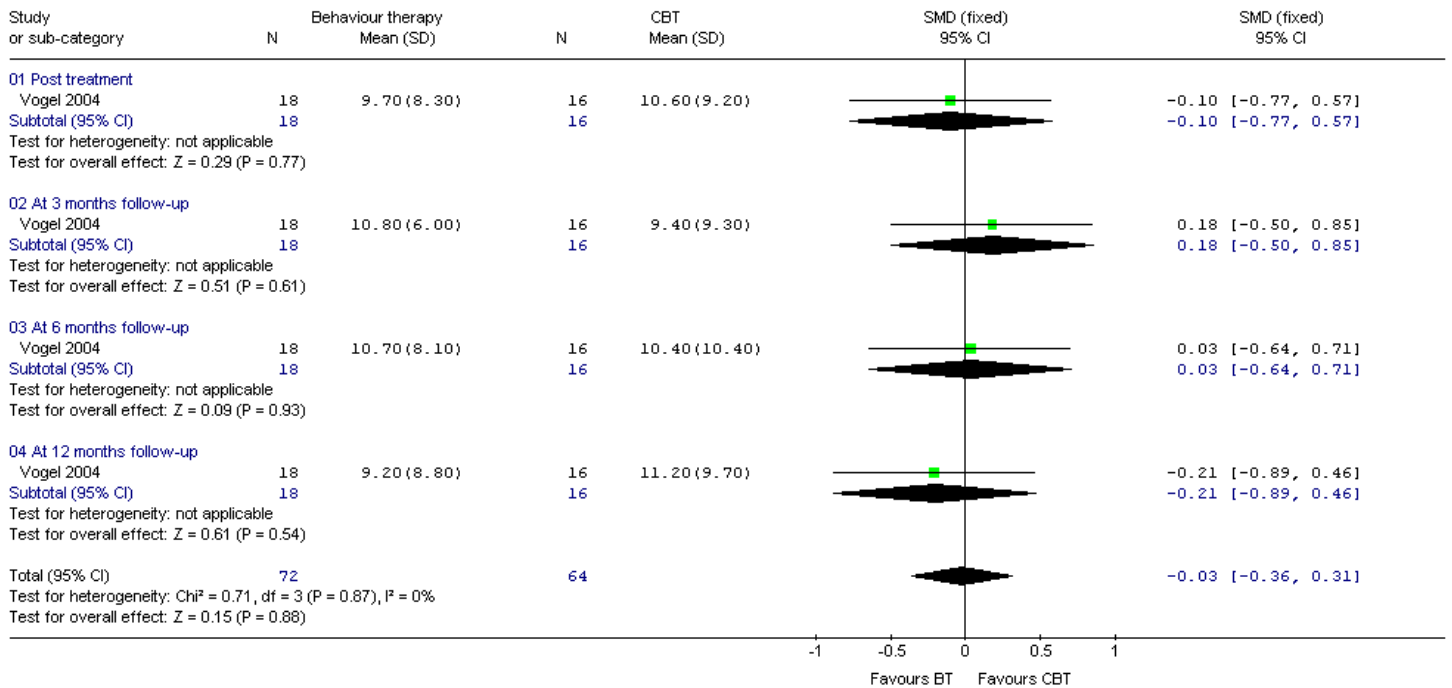
Review: OCD: psychological interventions
 Comparison: 07 BT v CBT
 Outcome: 02 Non-remission (Y-BOCS)



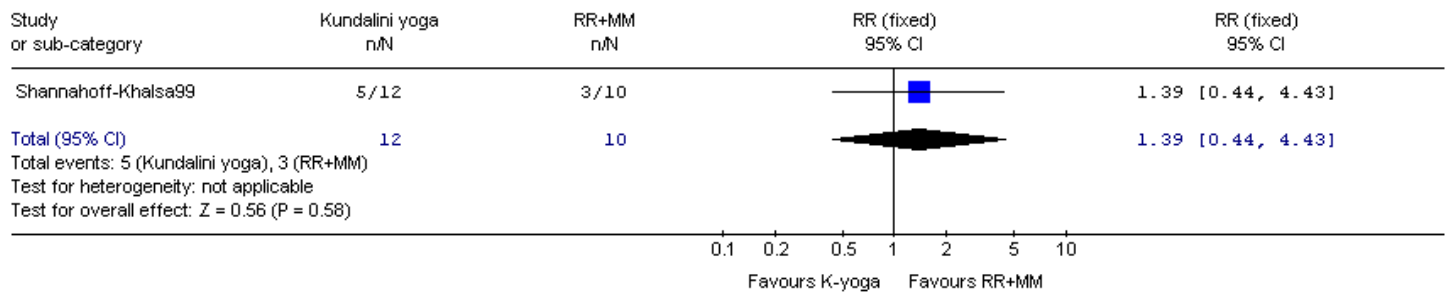
Review: OCD: psychological interventions
 Comparison: 07 BT v CBT
 Outcome: 03 Y-BOCS



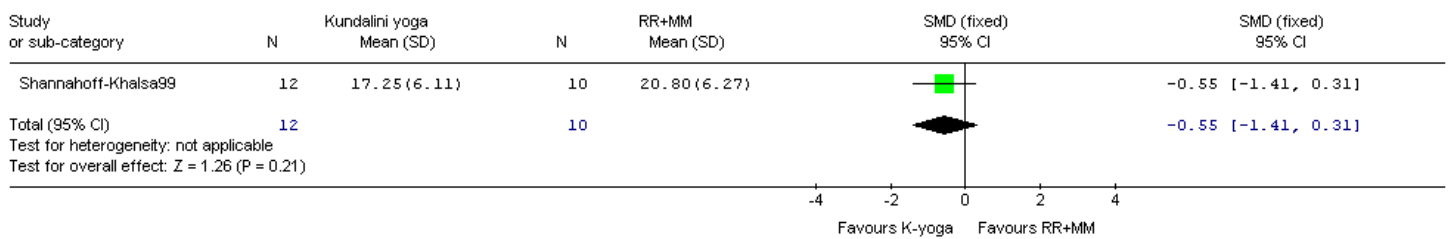
Review: OCD: psychological interventions
 Comparison: 07 BT v CBT
 Outcome: 08 BDI



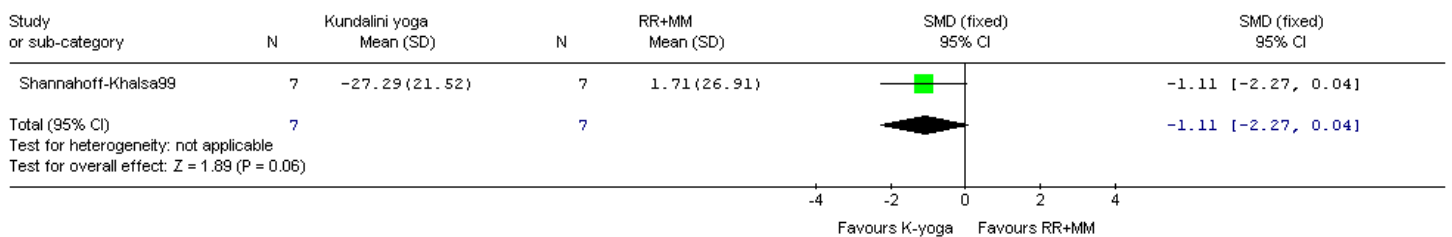
Review: OCD: psychological interventions
 Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation
 Outcome: 01 Leaving the study early



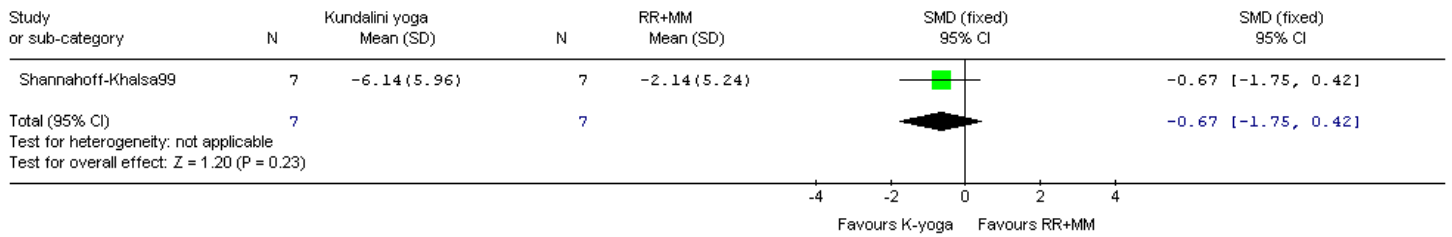
Review: OCD: psychological interventions
 Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation
 Outcome: 02 Y-BOCS (ITT)



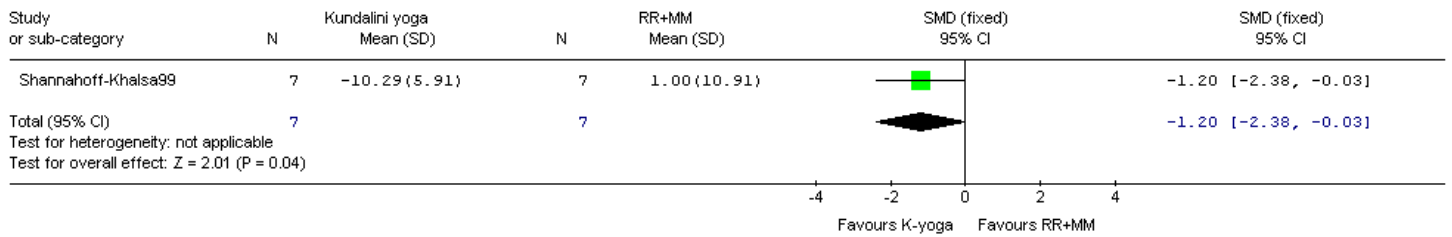
Review: OCD: psychological interventions
 Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation
 Outcome: 03 Profile of Moods scale



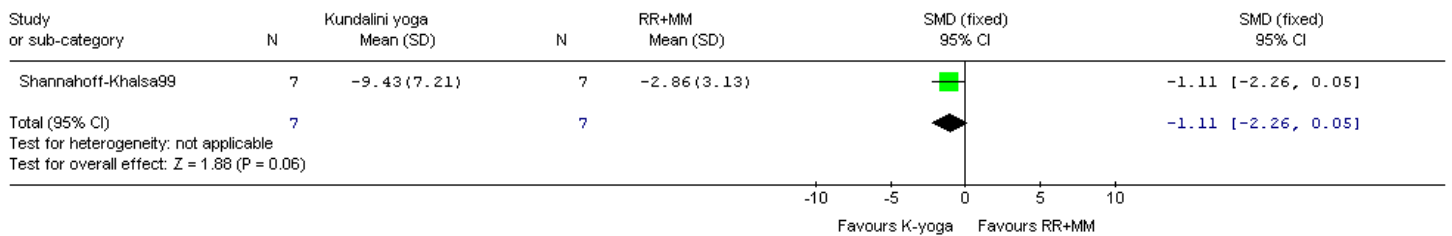
Review: OCD: psychological interventions
 Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation
 Outcome: 04 Perceived Stress scale



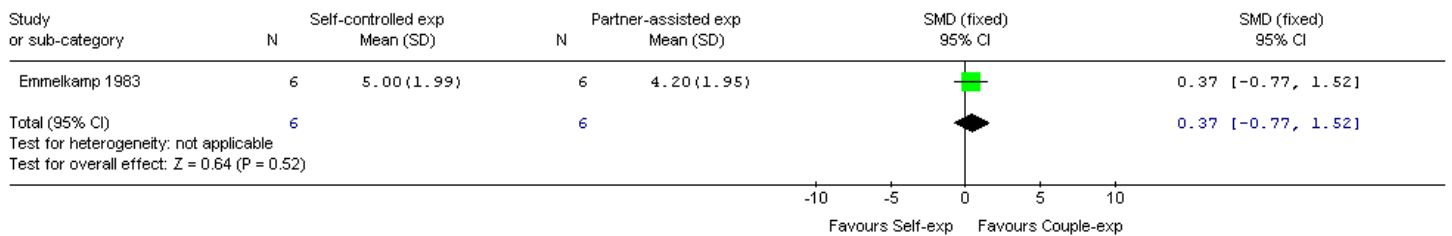
Review: OCD: psychological interventions
 Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation
 Outcome: 05 Purpose in Life scale



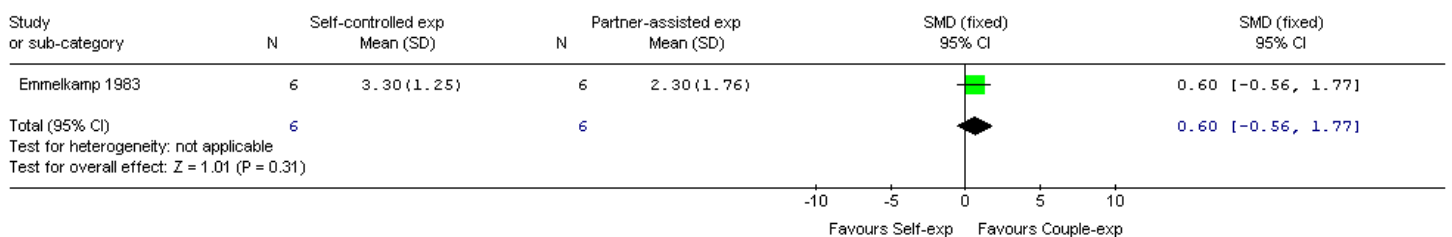
Review: OCD: psychological interventions
 Comparison: 08 Kundalini yoga v Relaxation response + mindfulness meditation
 Outcome: 06 Y-BOCS (PP)



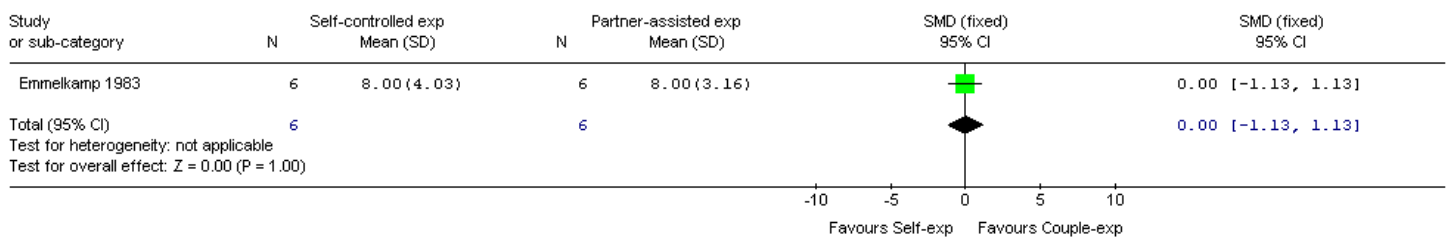
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 01 Anxiety/Discomfort - Main compulsion (assessor rated)



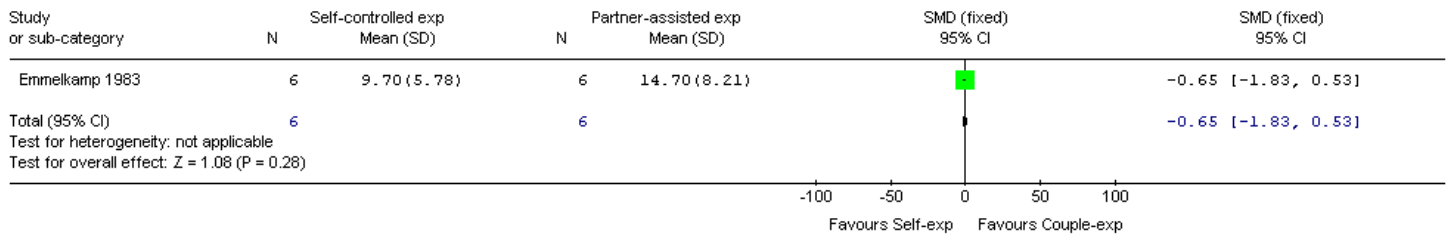
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 02 Anxiety/Discomfort - Other compulsions (assessor rated)



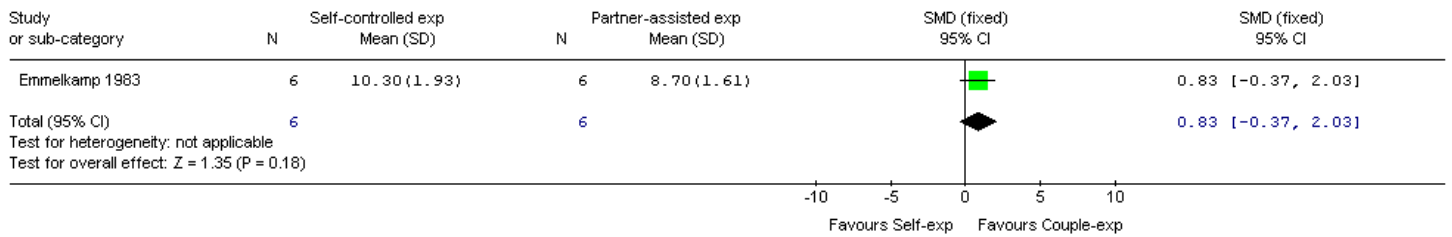
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 03 Maudsley Obsessive-compulsive inventory



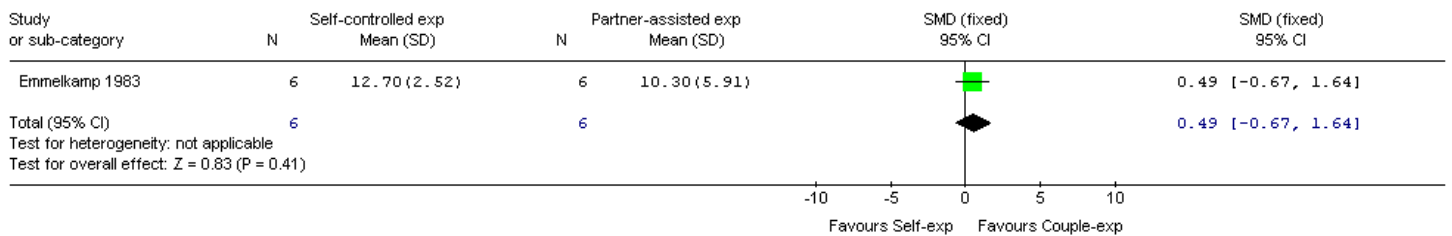
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 04 Social and Marital Adjustment: Marital



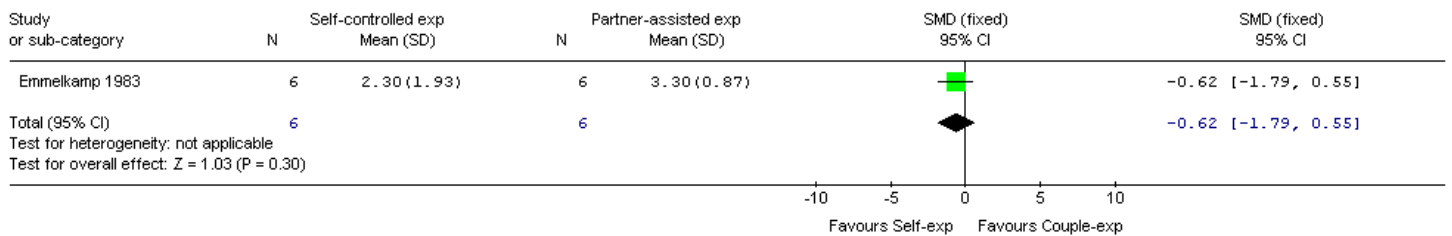
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 05 Social and Marital Adjustment: Sexual



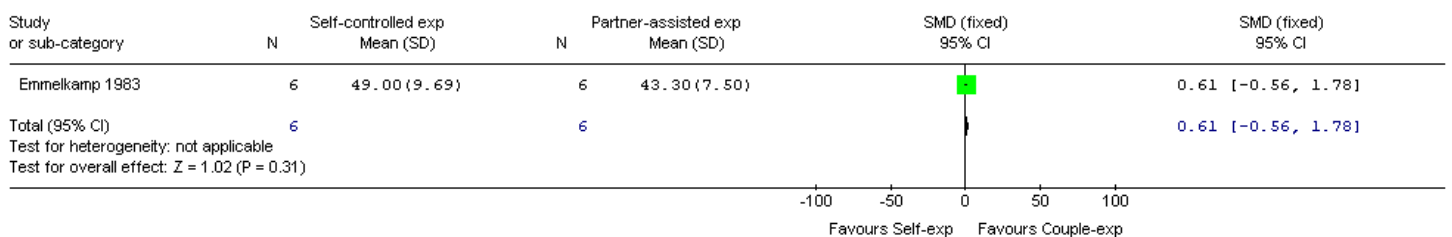
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 06 Social and Marital Adjustment: Social



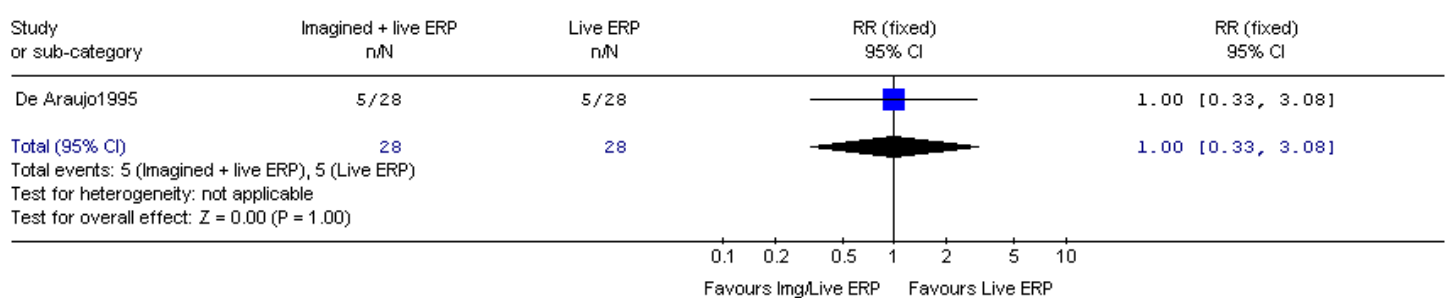
Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 07 Anxious mood (assessor-rated)



Review: OCD: psychological interventions
 Comparison: 09 Self-exposure v Partner-assisted exposure
 Outcome: 08 Self-rating Depression scale

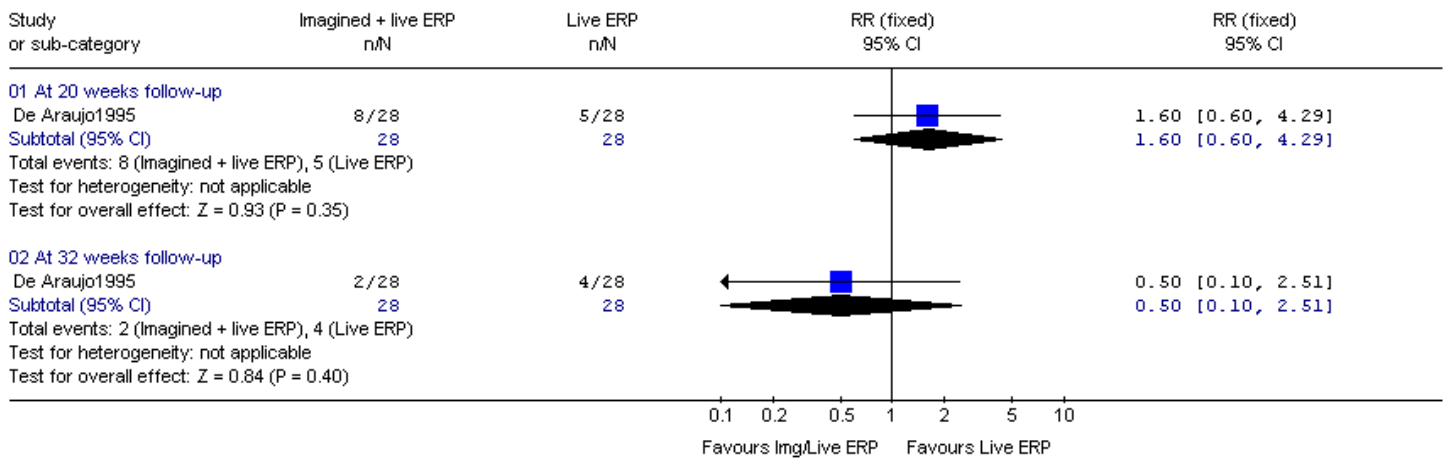


Review: OCD: psychological interventions
 Comparison: 10 Imaginal + live ERP v Live ERP
 Outcome: 01 Leaving the study early

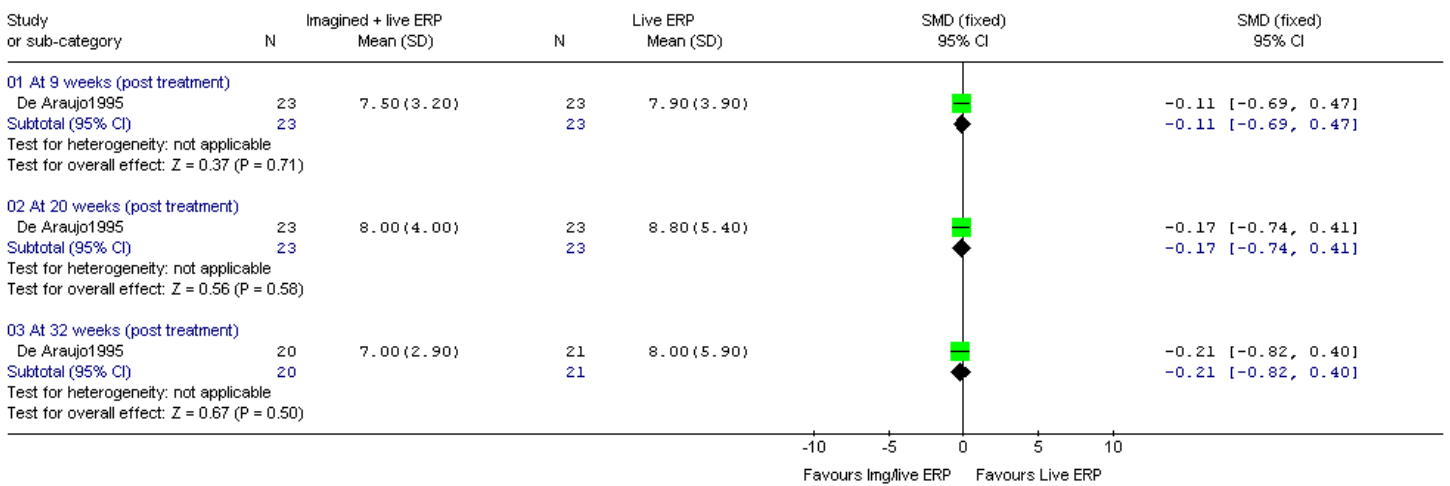


Management of OCD (full guideline) – Appendix 16a: Forest plots

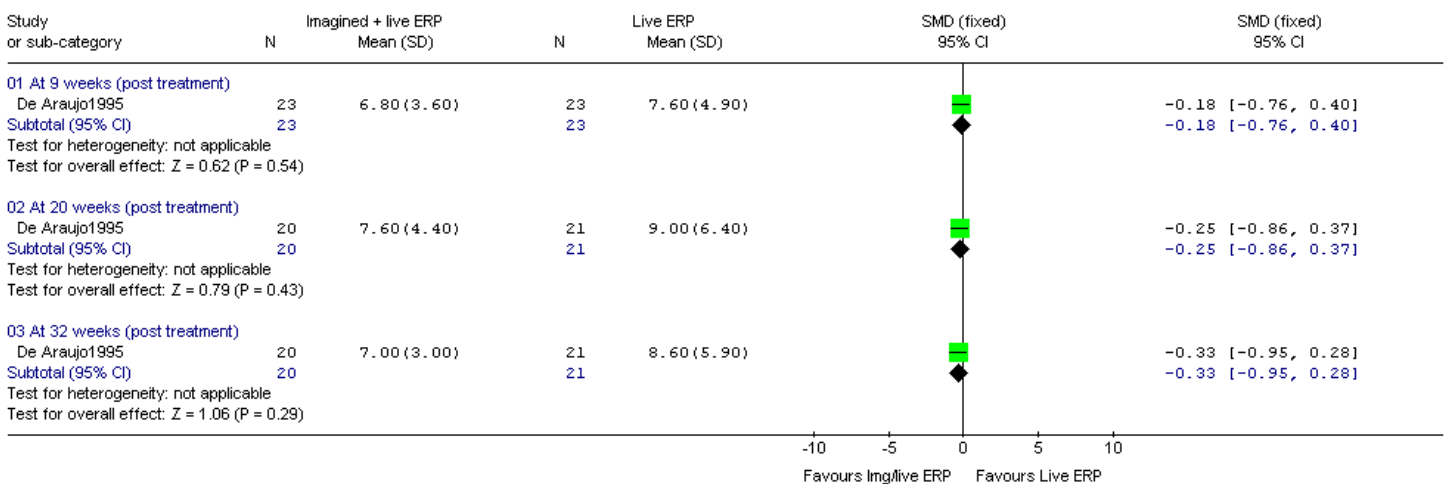
Review: OCD: psychological interventions
 Comparison: 10 Imaginal + live ERP v Live ERP
 Outcome: 02 Relapse (multiple outcomes)



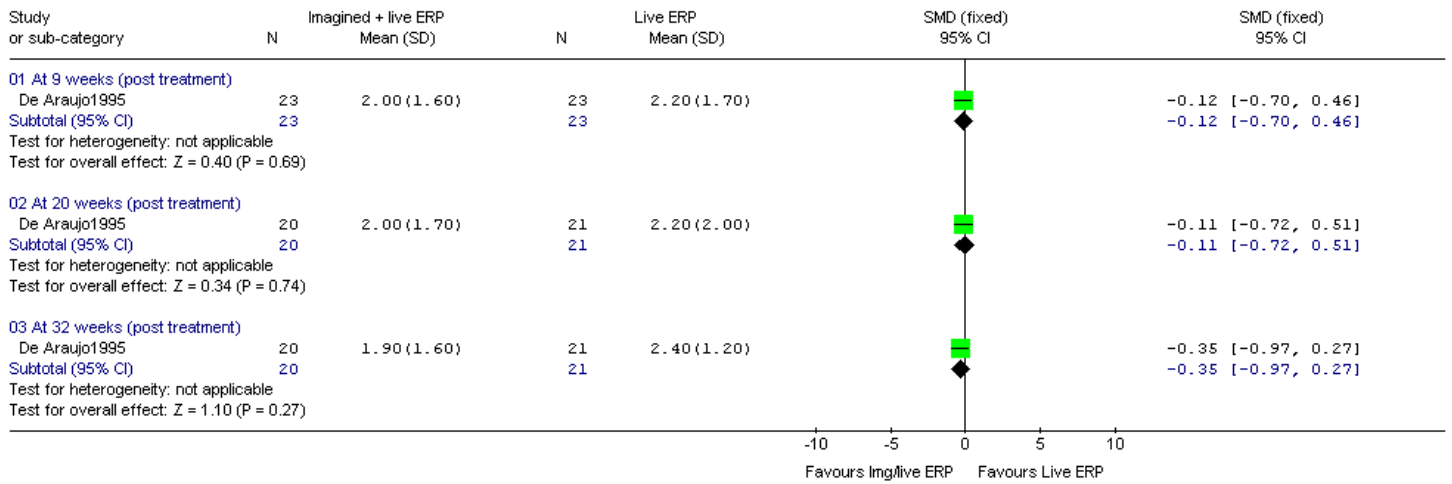
Review: OCD: psychological interventions
 Comparison: 10 Imaginal + live ERP v Live ERP
 Outcome: 03 Y-BOCS obsessions



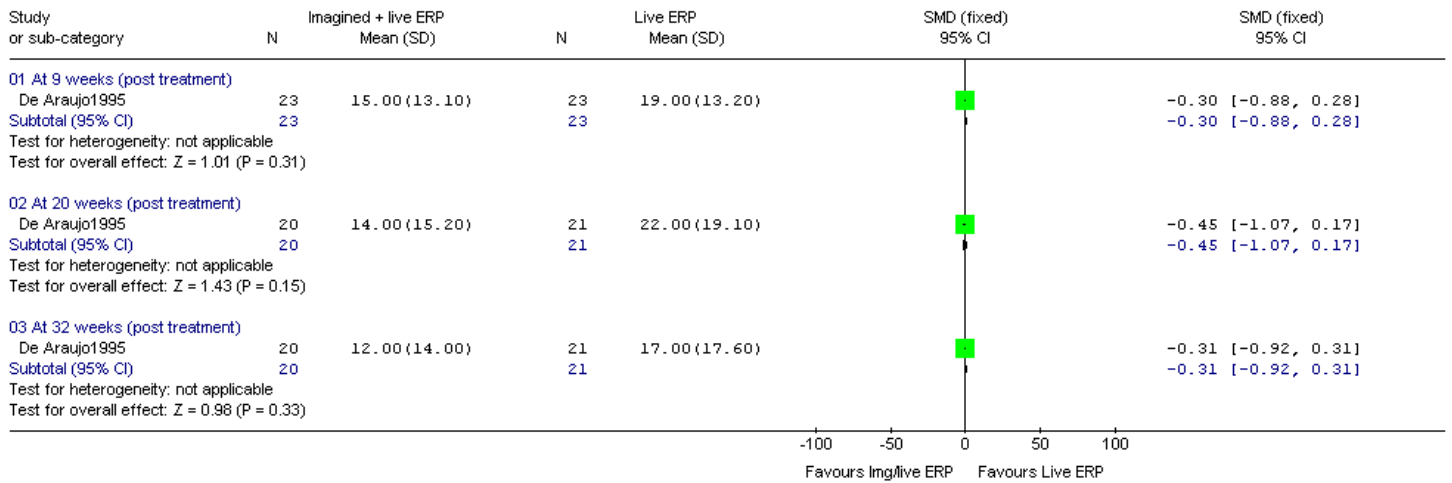
Review: OCD: psychological interventions
 Comparison: 10 Imaginal + live ERP v Live ERP
 Outcome: 04 Y-BOCS rituals



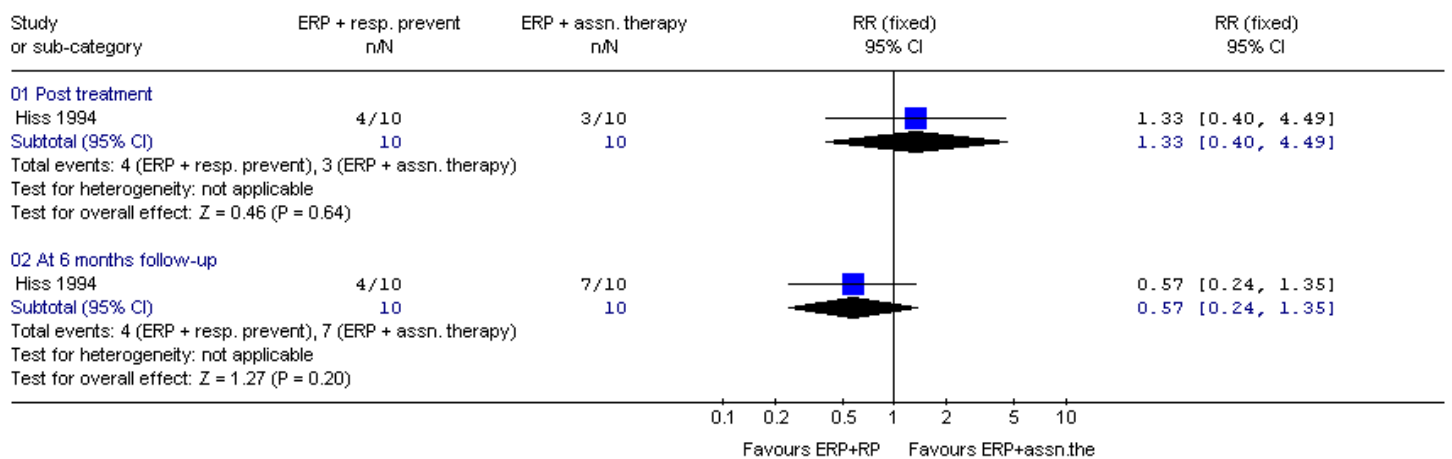
Review: OCD: psychological interventions
 Comparison: 10 Imaginal + live ERP v Live ERP
 Outcome: 05 Compulsions checklist



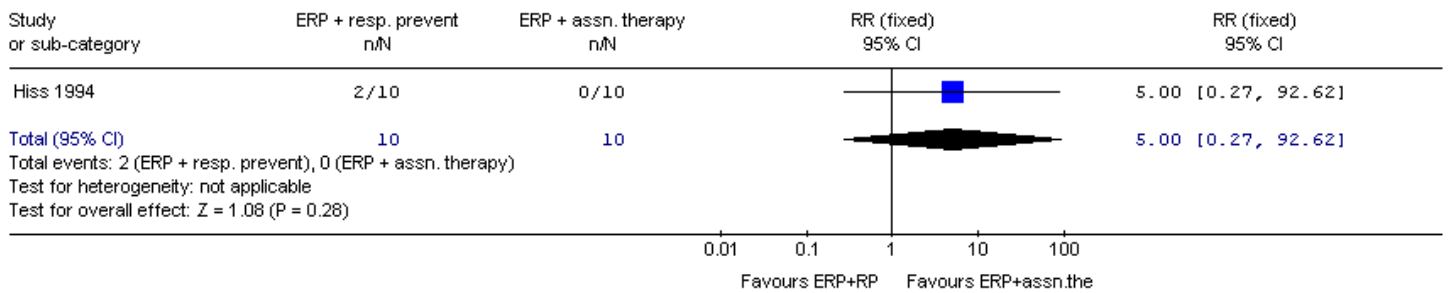
Review: OCD: psychological interventions
 Comparison: 10 Imaginal + live ERP v Live ERP
 Outcome: 06 Beck Depression Inventory



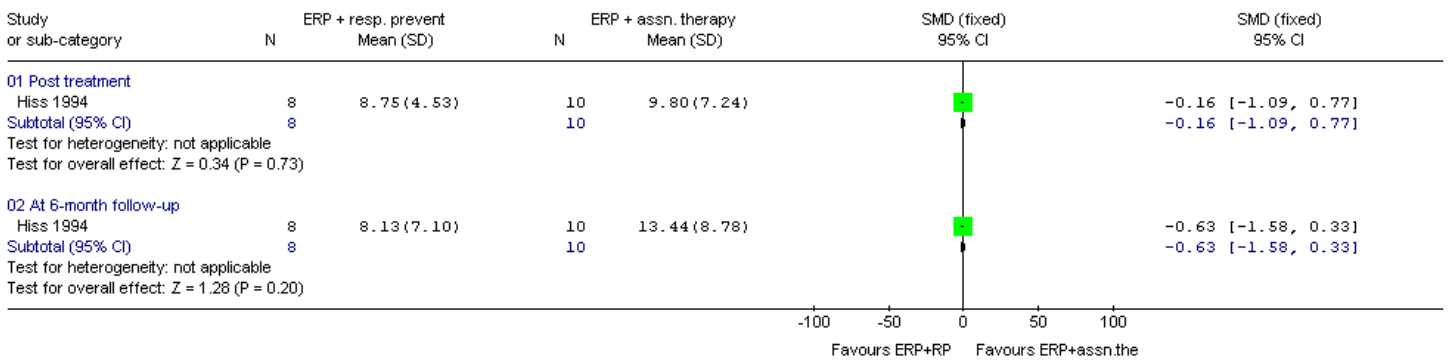
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 01 Non-responders (Y-BOCS 50%)



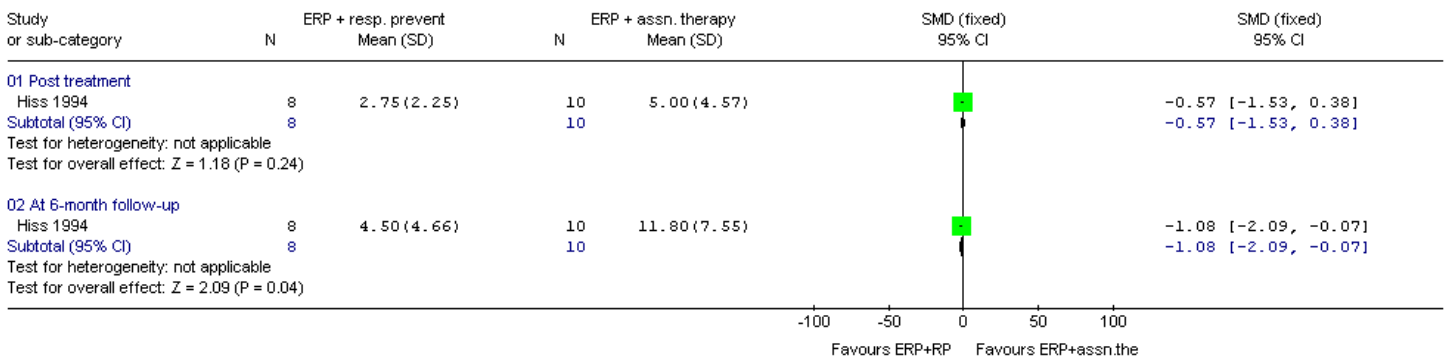
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 02 Leaving the study early



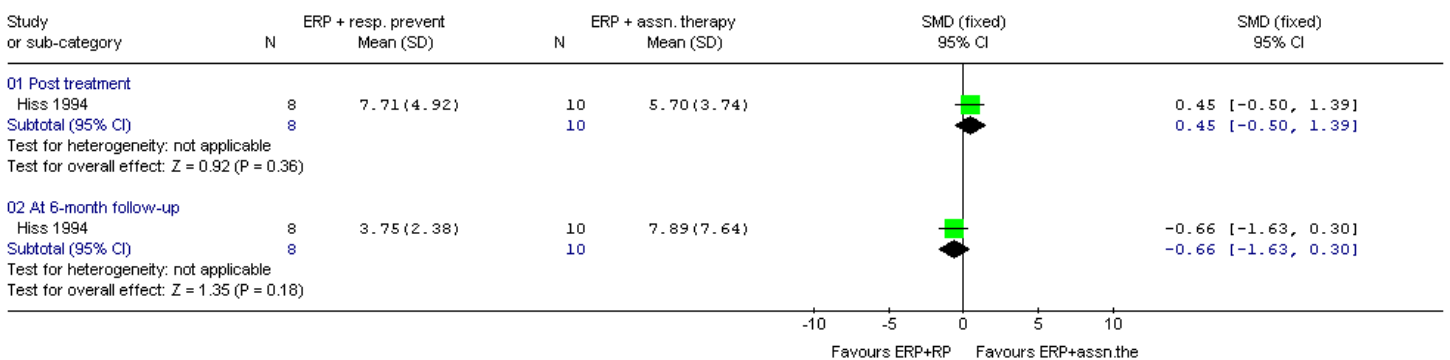
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 03 Y-BOCS



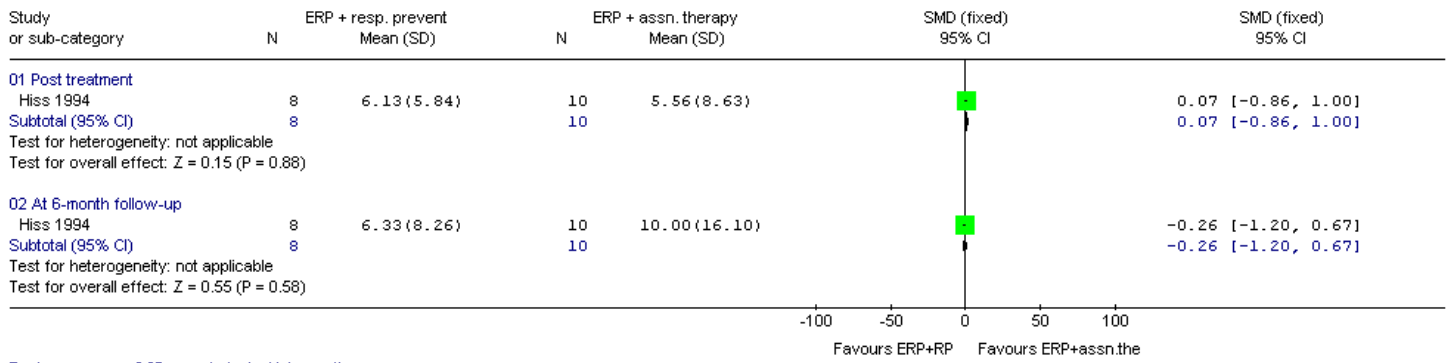
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 04 Obsessive-compulsive symptoms (assessor-rated)



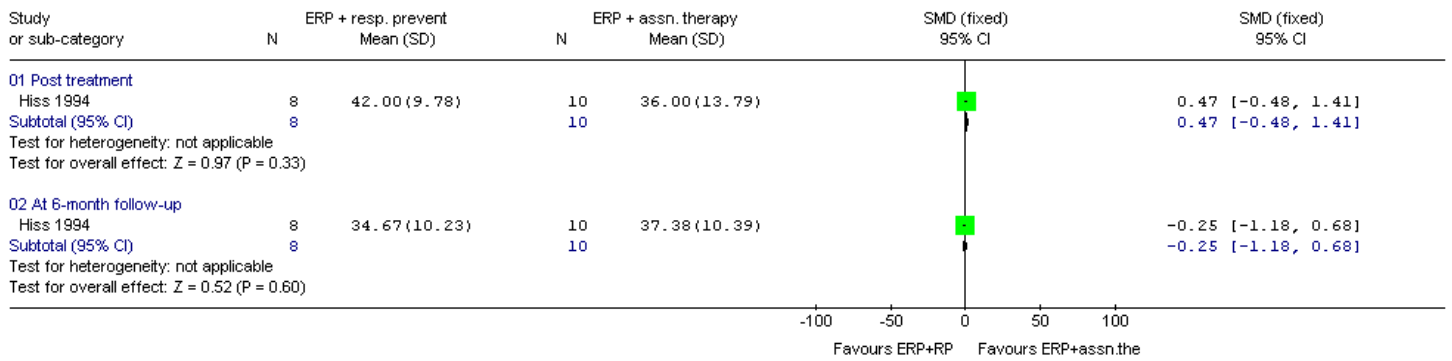
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 05 Hamilton Depression Scale



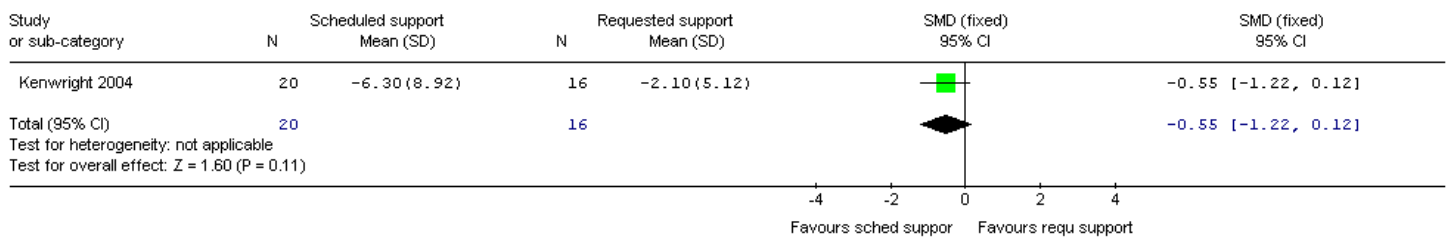
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 06 Beck Depression Inventory



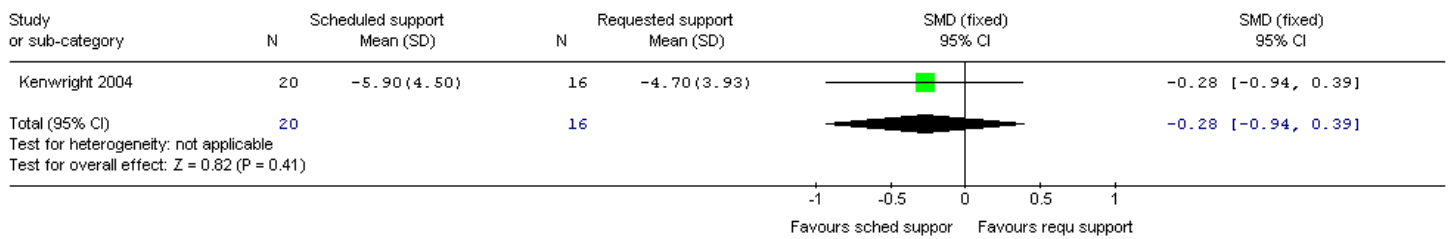
Review: OCD: psychological interventions
 Comparison: 11 ERP + relapse prevention v ERP + associative therapy
 Outcome: 07 State-Trait Anxiety Inventory - State



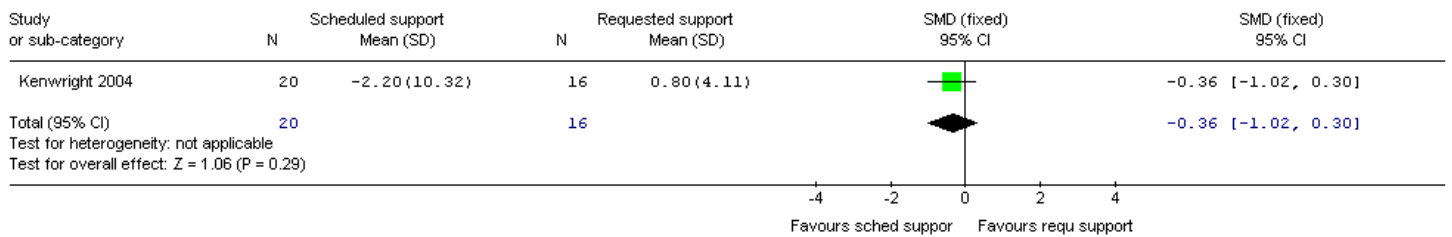
Review: OCD: psychological interventions
 Comparison: 13 BTSTEPS + scheduled support v BTSTEPS + requested support
 Outcome: 01 Y-BOCS



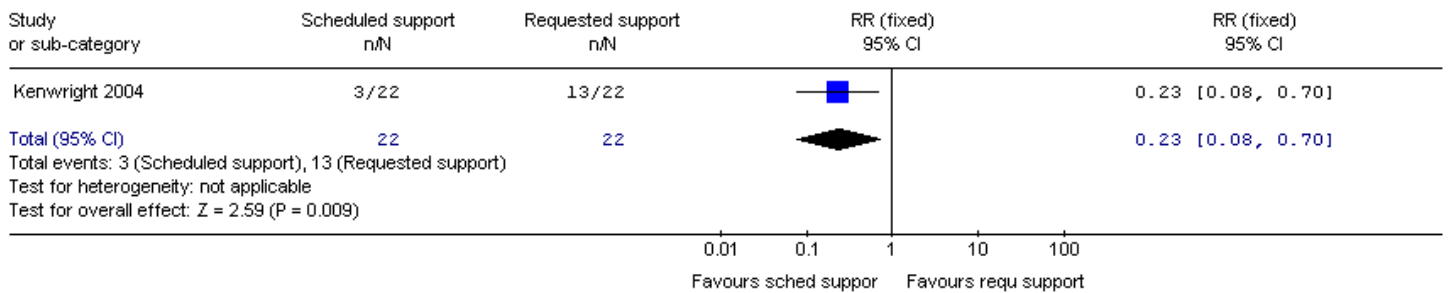
Review: OCD: psychological interventions
 Comparison: 13 BTSTEPS + scheduled support v BTSTEPS + requested support
 Outcome: 02 Target triggers discomfort



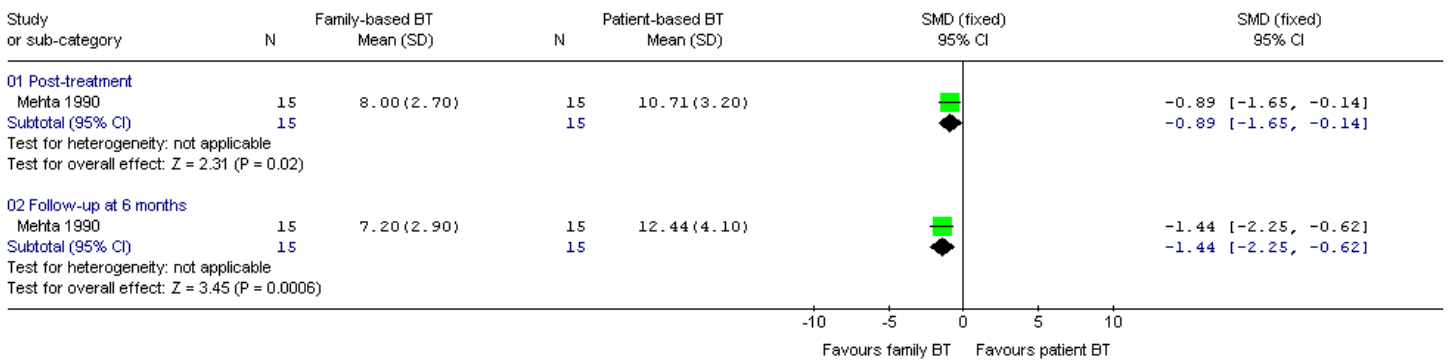
Review: OCD: psychological interventions
 Comparison: 13 BTSTEPS + scheduled support v BTSTEPS + requested support
 Outcome: 03 Work and Social Adjustment Scale



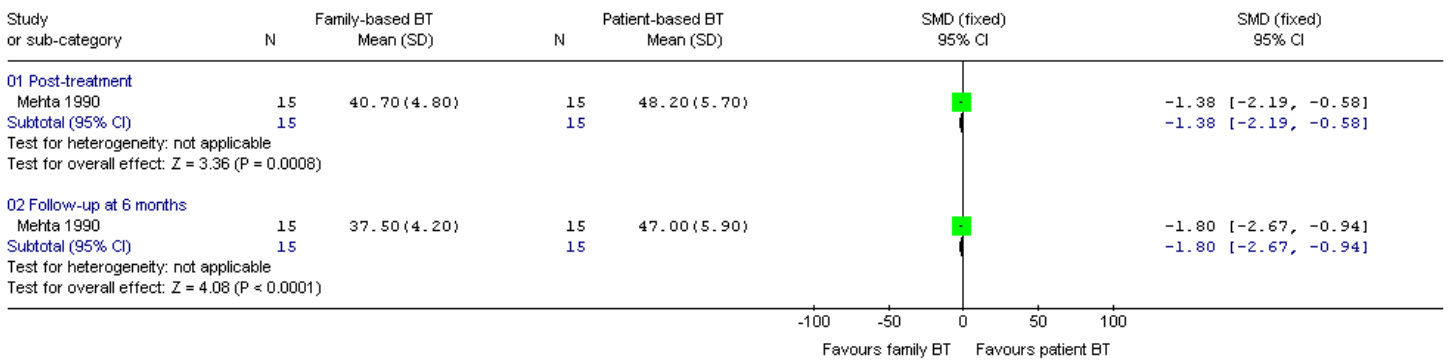
Review: OCD: psychological interventions
 Comparison: 13 BTSTEPS + scheduled support v BTSTEPS + requested support
 Outcome: 04 Leaving the study early



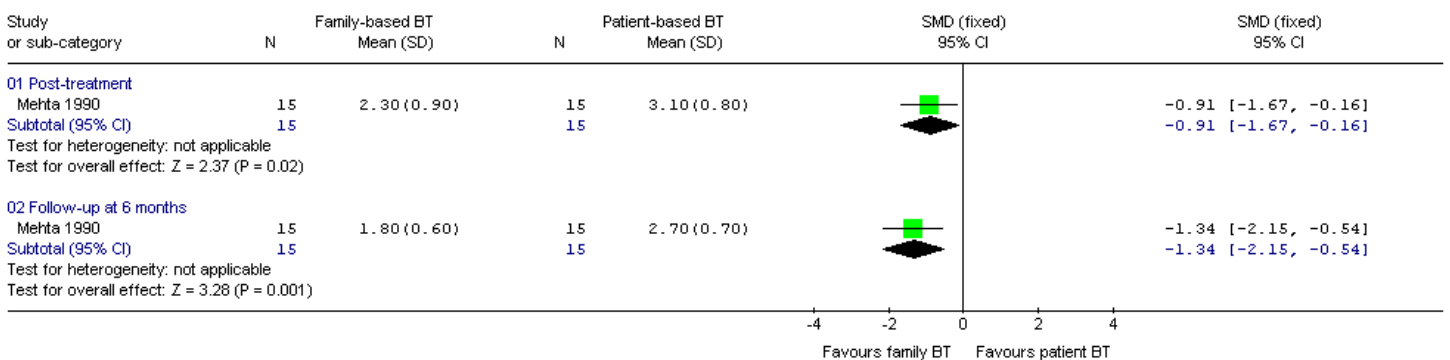
Review: OCD: psychological interventions
 Comparison: 14 Family-based BT v Patient-based BT
 Outcome: 01 MOCI



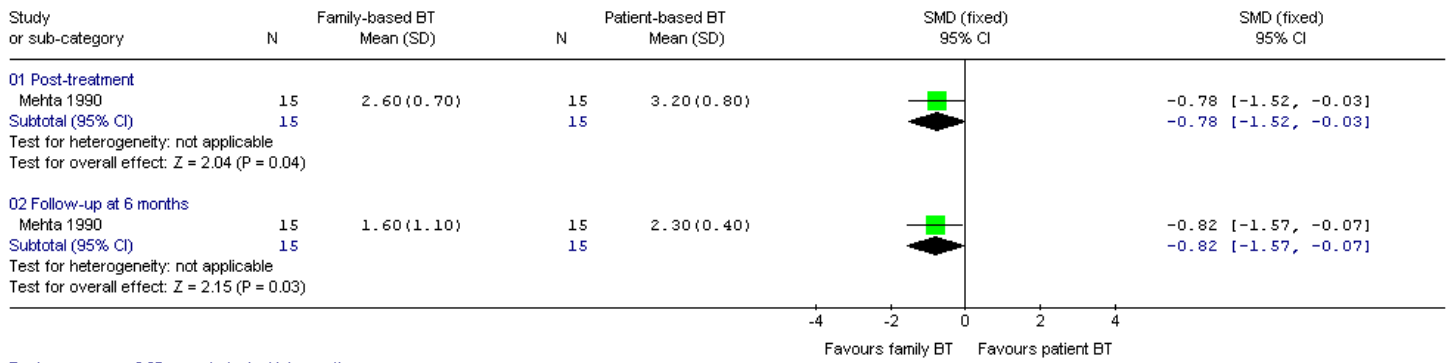
Review: OCD: psychological interventions
 Comparison: 14 Family-based BT v Patient-based BT
 Outcome: 02 Zung Self-rating Depression Scale



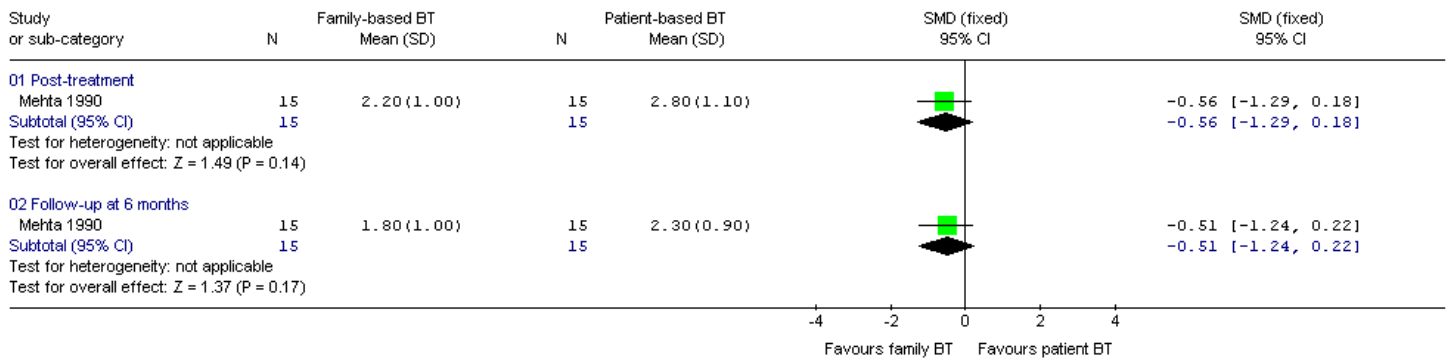
Review: OCD: psychological interventions
 Comparison: 14 Family-based BT v Patient-based BT
 Outcome: 03 Social adjustment: Occupation



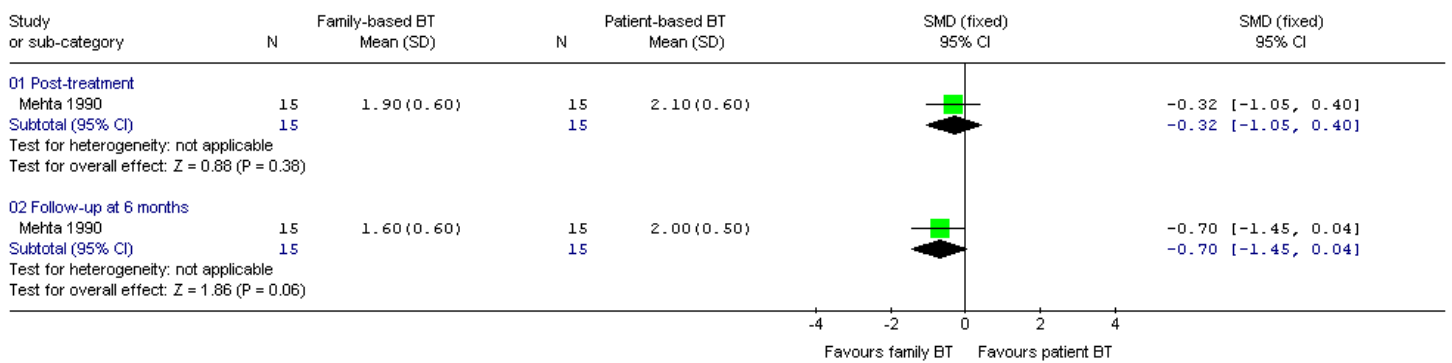
Review: OCD: psychological interventions
 Comparison: 14 Family-based BT v Patient-based BT
 Outcome: 04 Social adjustment: family



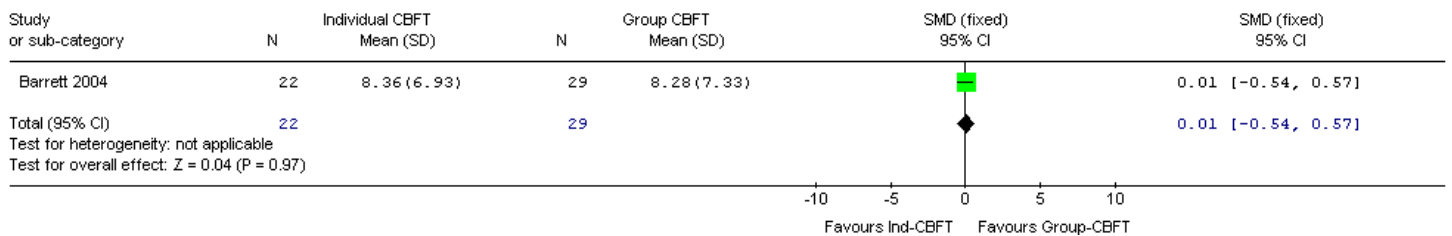
Review: OCD: psychological interventions
 Comparison: 14 Family-based BT v Patient-based BT
 Outcome: 05 Social adjustment: household responsibilities



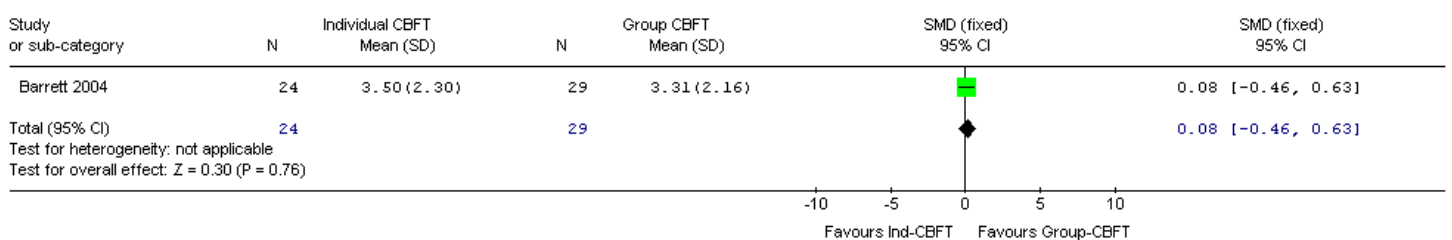
Review: OCD: psychological interventions
 Comparison: 14 Family-based BT v Patient-based BT
 Outcome: 06 Social adjustment: leisure-time activities



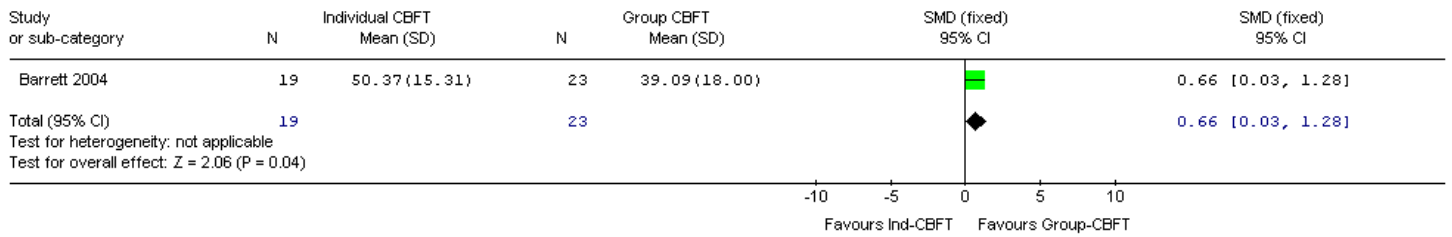
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 01 CY-BOCS



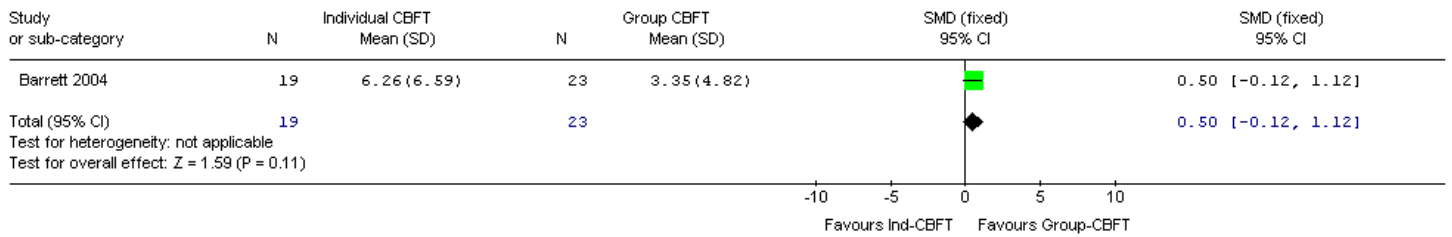
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 02 NIMH-GOCS



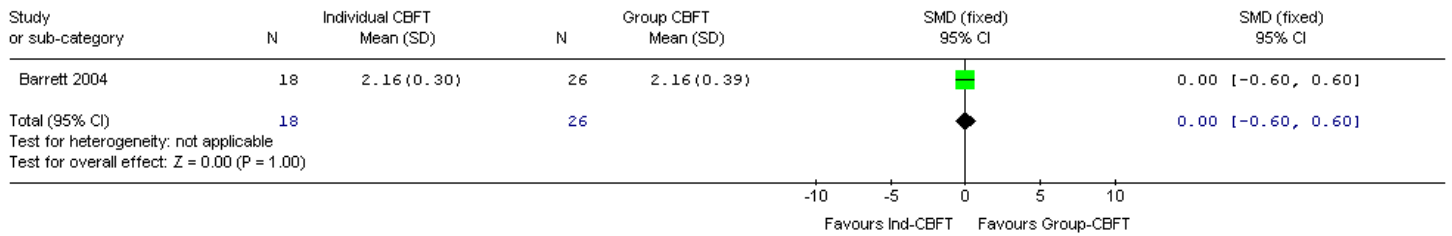
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 03 Multidimensional Anxiety Scale for Children



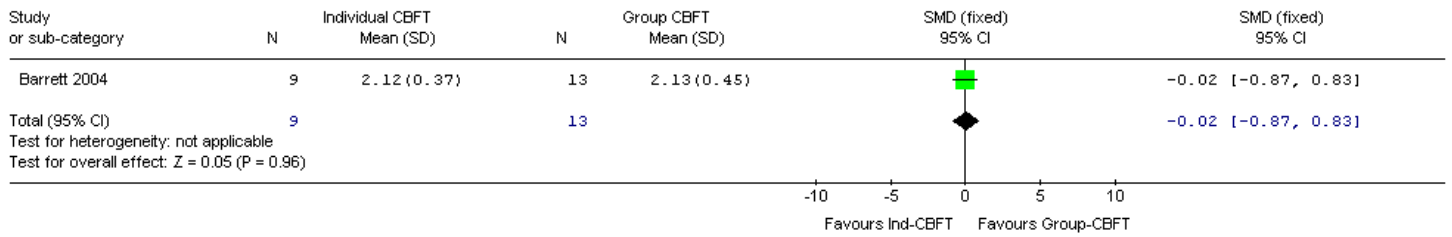
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 04 Children's Depression Inventory



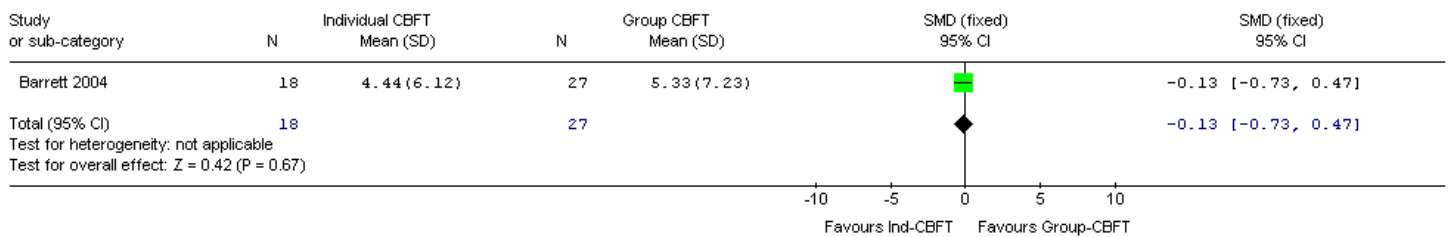
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 05 McMaster Family Assessment Device - Mother's rating



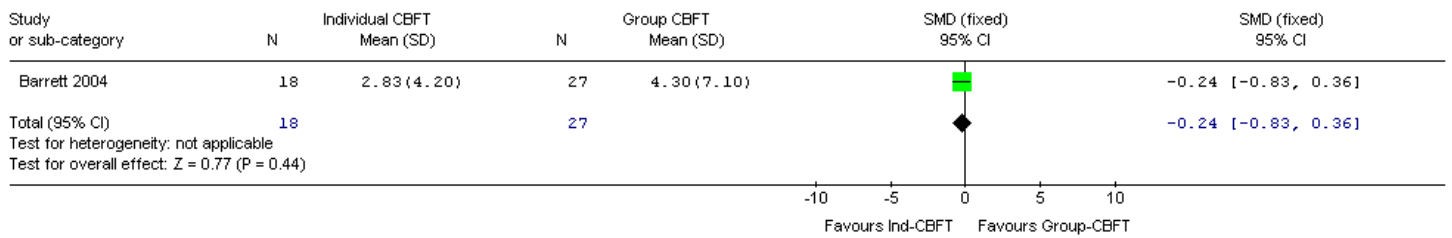
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 06 McMaster Family Assessment Device - Father's rating



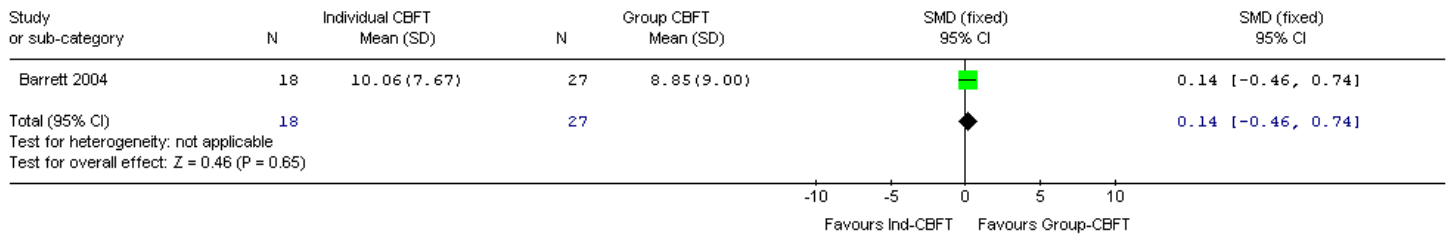
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 07 Depression Anxiety Stress Scale: Mother depression



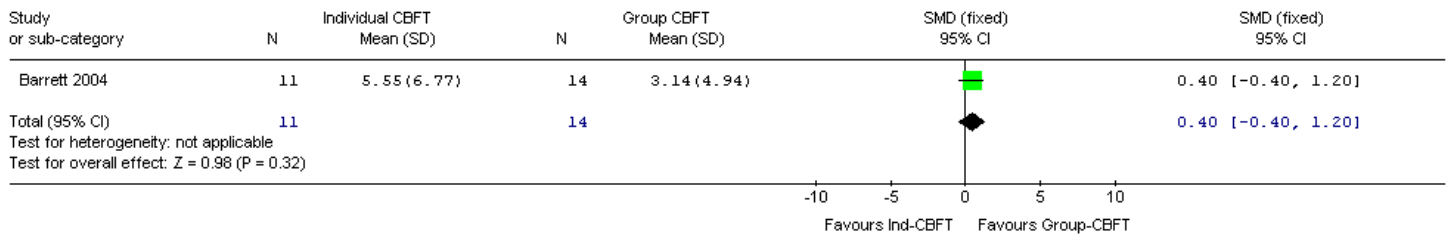
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 08 Depression Anxiety Stress Scale: Mother anxiety



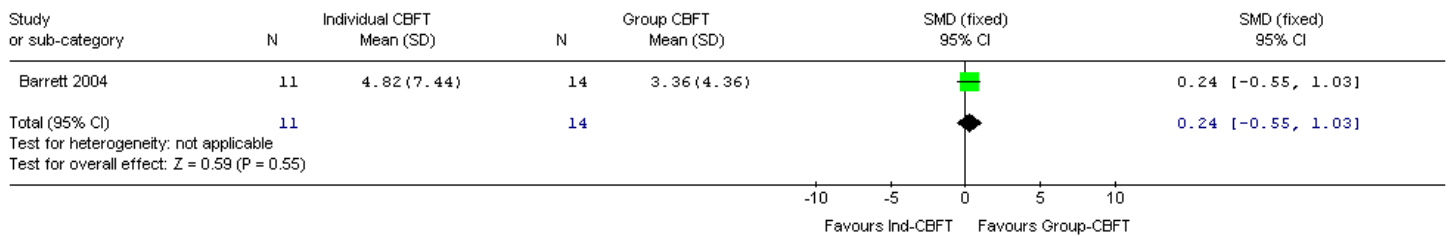
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 09 Depression Anxiety Stress Scale: Mother stress



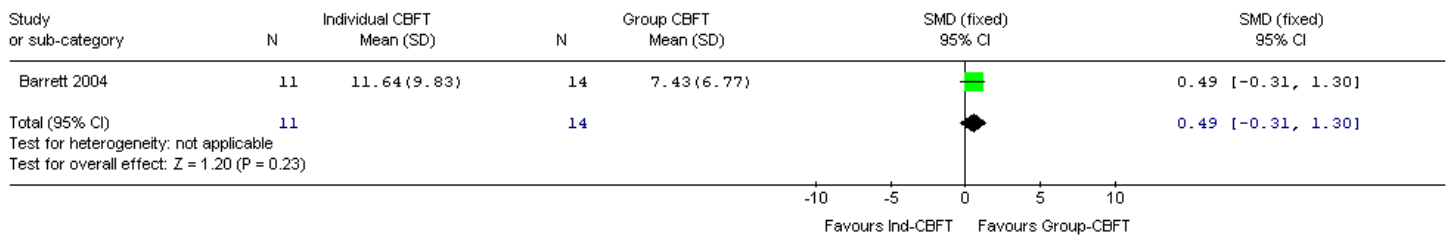
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 10 Depression Anxiety Stress Scale: Father depression



Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 11 Depression Anxiety Stress Scale: Father anxiety



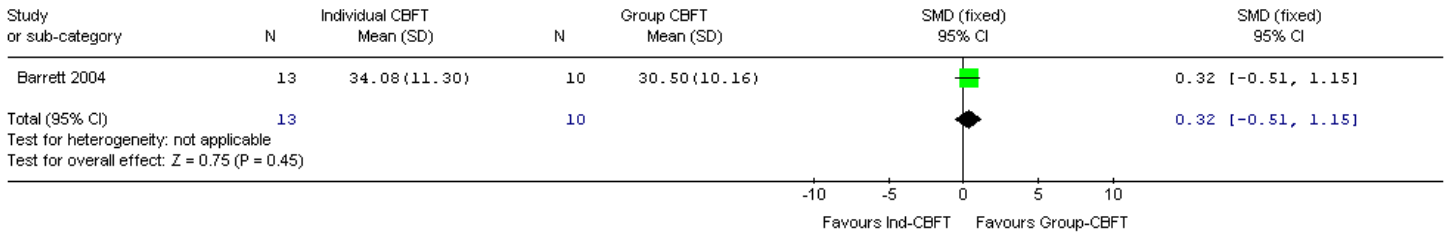
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 12 Depression Anxiety Stress Scale: Father stress



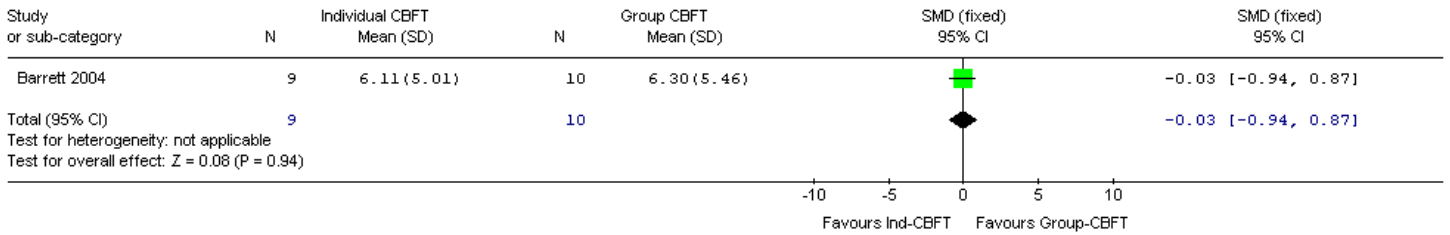
Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 13 Children's Depression Inventory: sibling's rating



Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 14 Multidimensional Anxiety Scale for Children - sibling's ratings

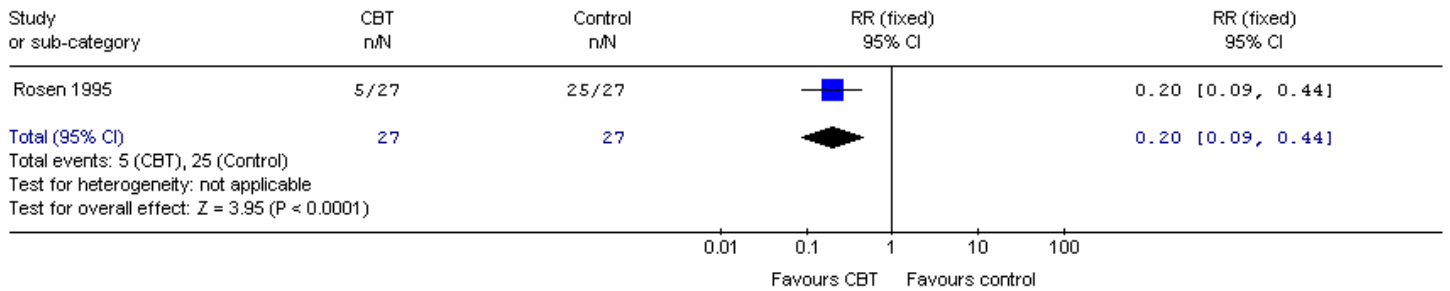


Review: OCD: psychological interventions
 Comparison: 17 Children: Individual CBFT v Group CBFT
 Outcome: 15 Sibling Accomodation Scale

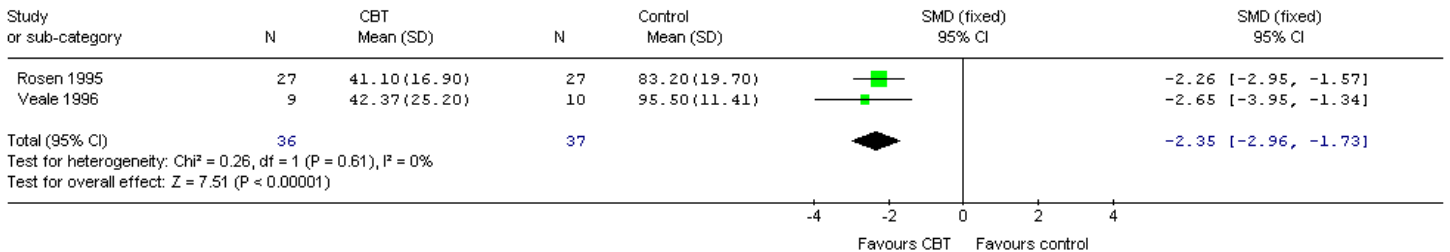


Psychological vs. Control (BDD)

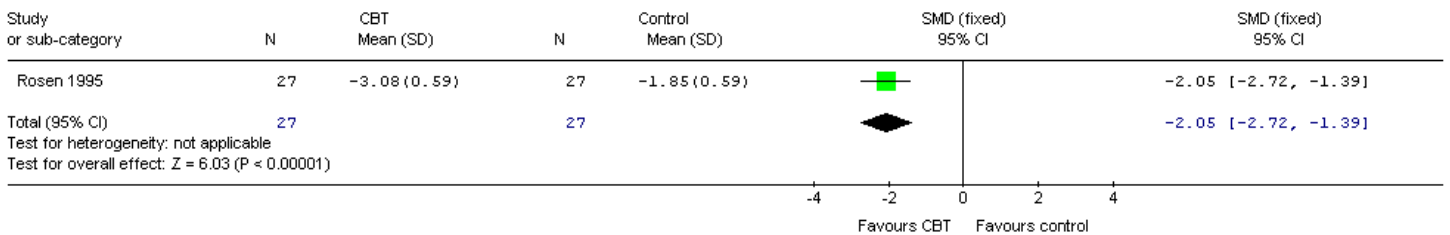
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 01 Non-responders



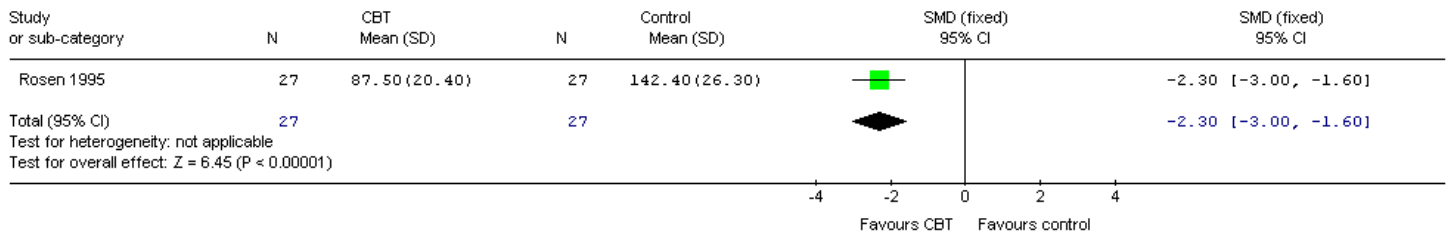
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 02 Body Dysmorphic Disorder Examination



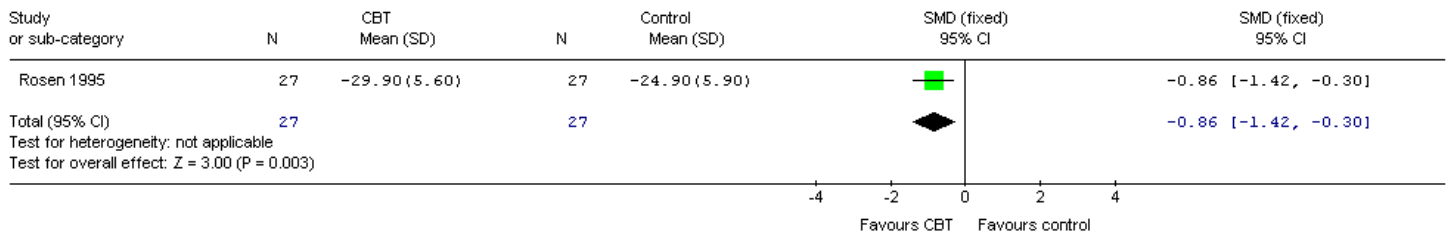
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 03 Multidimensional Body Self-Relations Questionnaire: Appearance Evaluation Scale



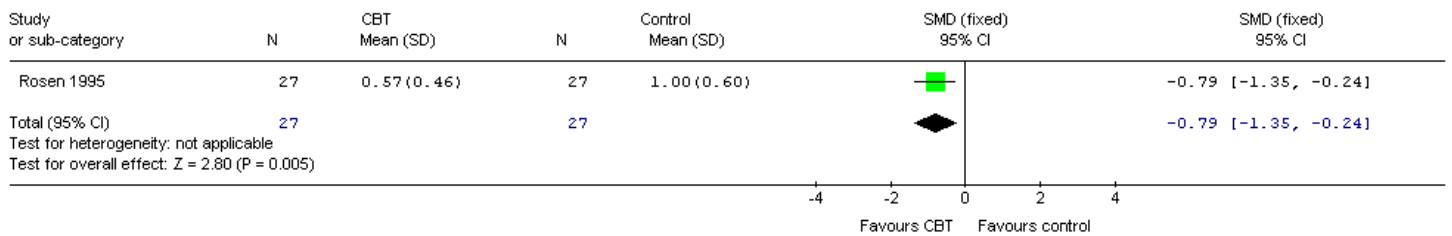
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 04 Body Shape Questionnaire



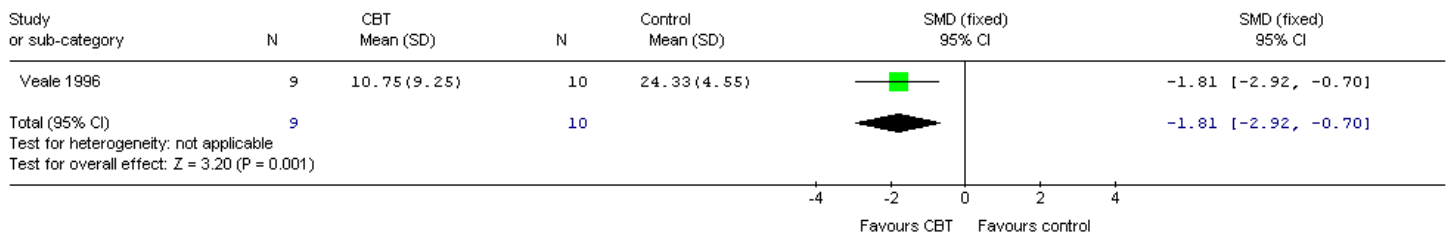
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 05 Rosenberg Self-Esteem Scale



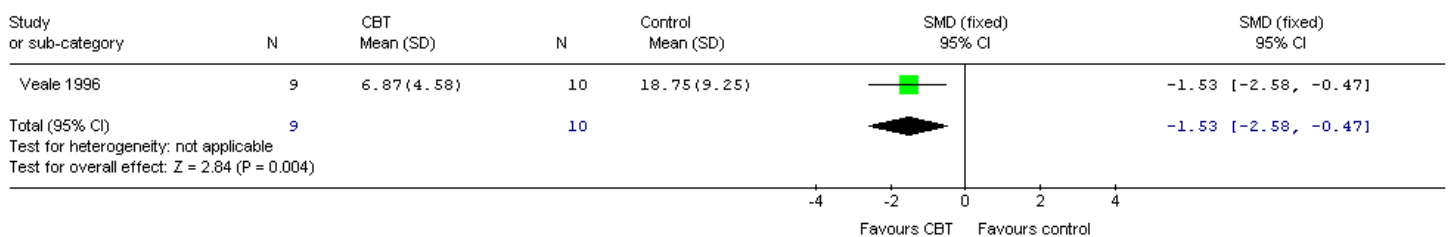
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 06 Brief Symptom Inventory



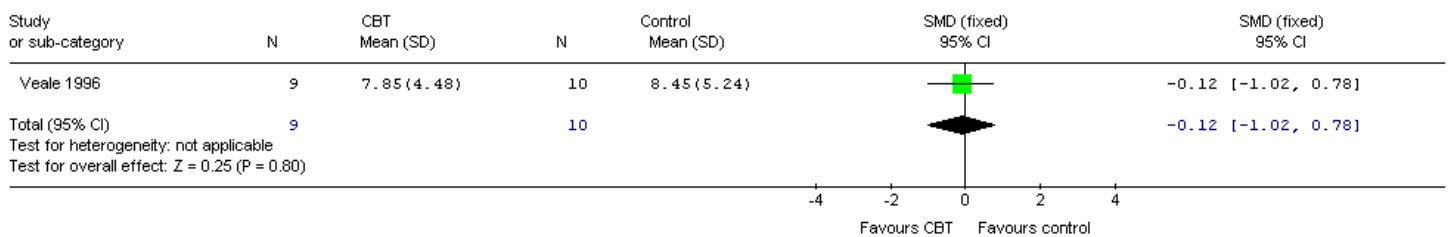
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 07 Y-BOCS (BDD)



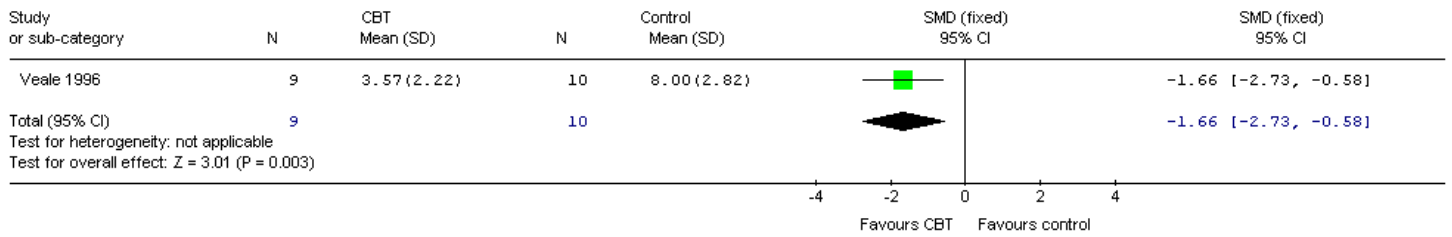
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 08 MADRS



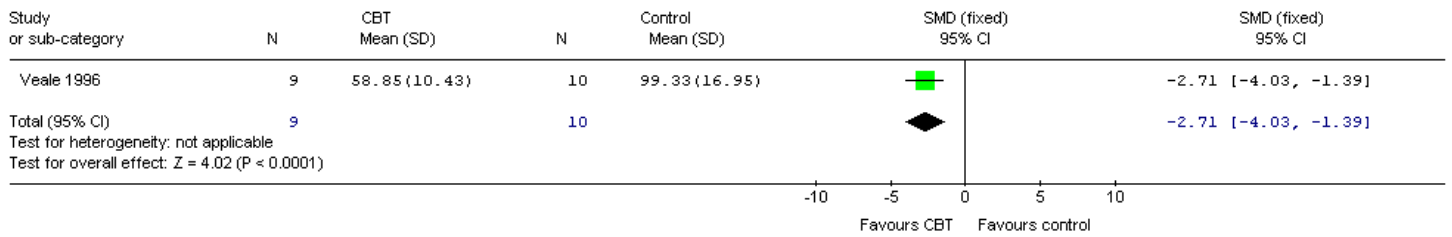
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 09 Hospital Anxiety



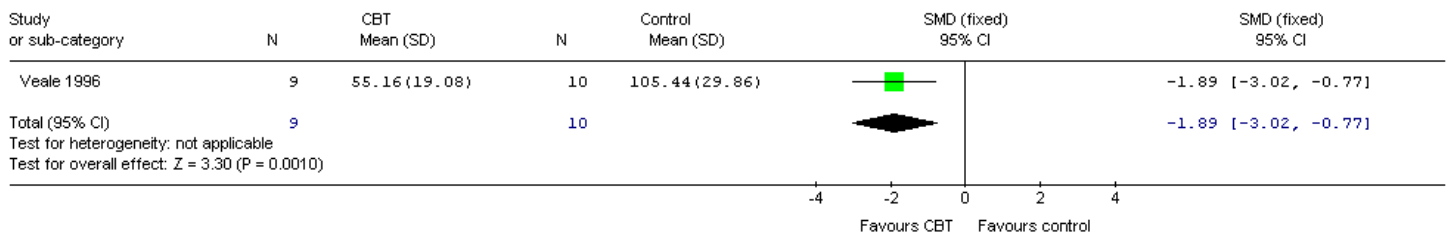
Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 10 Hospital Depression



Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 11 Derriford Scale

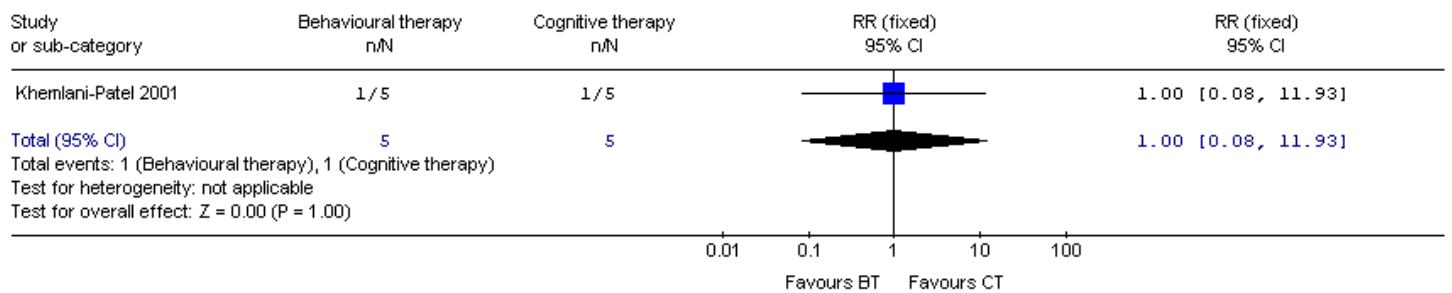


Review: BDD: psychological interventions
 Comparison: 01 CBT v No treatment/wait-list control
 Outcome: 12 Social Phobia

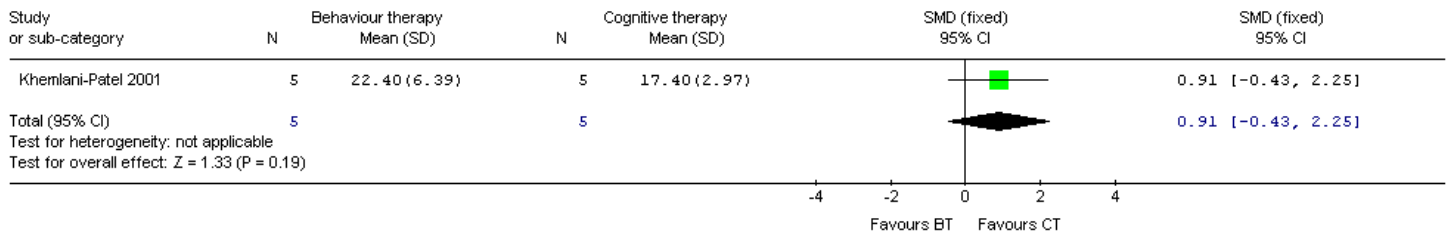


Psychological vs. Psychological (BDD)

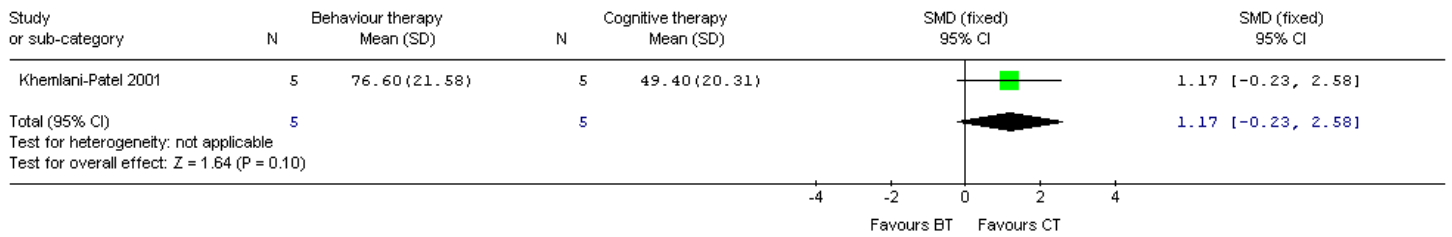
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 01 Non-responders (Y-BOCS reliable change index)



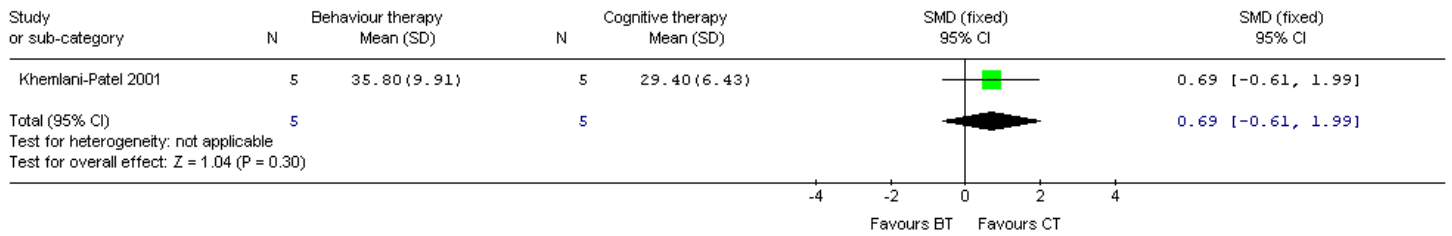
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 02 Y-BOCS (BDD)



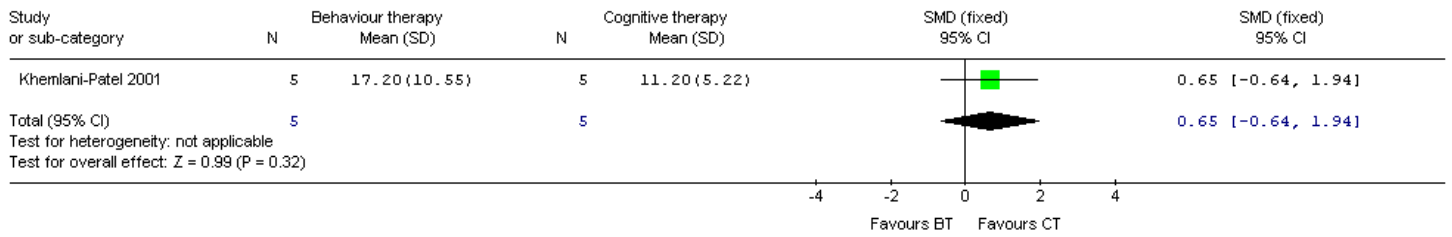
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 03 BDD Examination



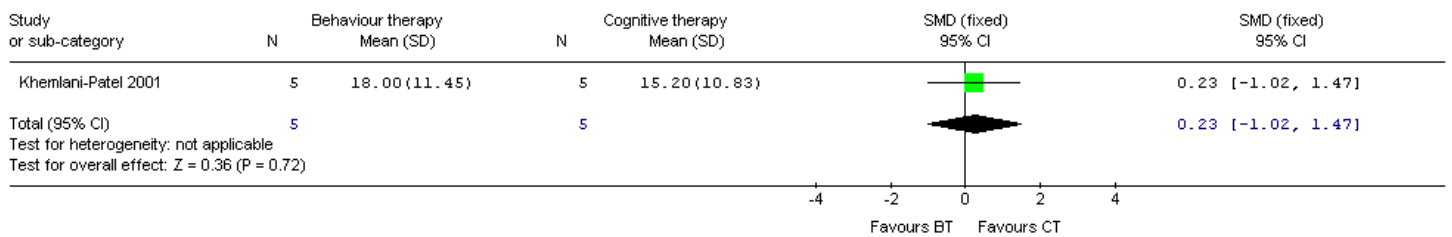
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 04 Defects Related Beliefs Test



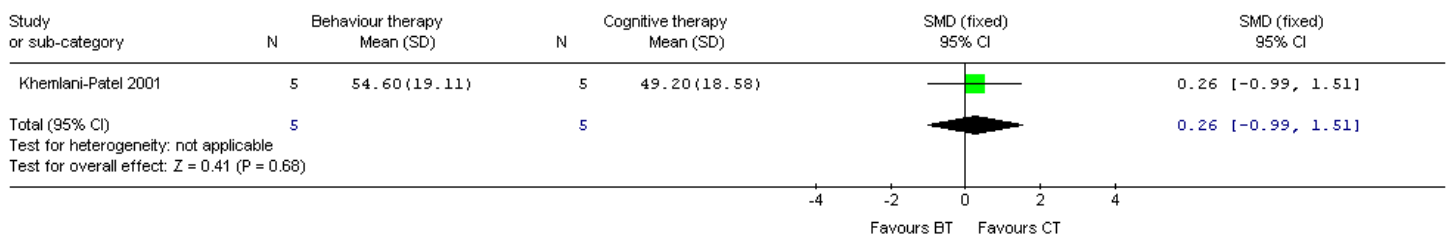
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 05 Beck Anxiety Inventory



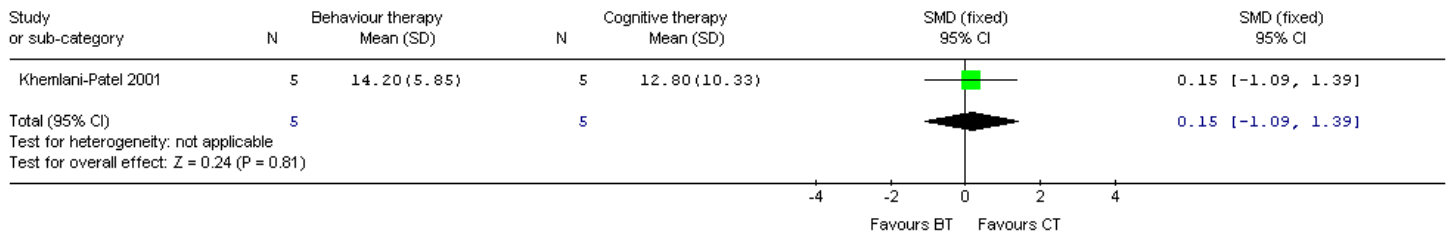
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 06 Beck Depression Inventory



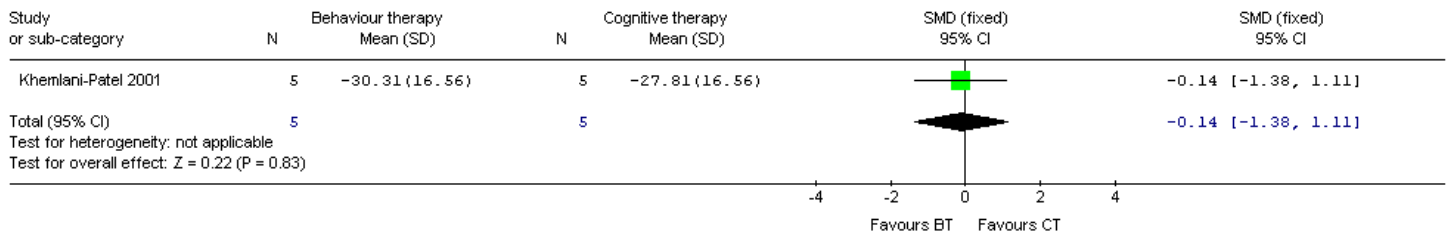
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 07 Body Satisfaction Scale



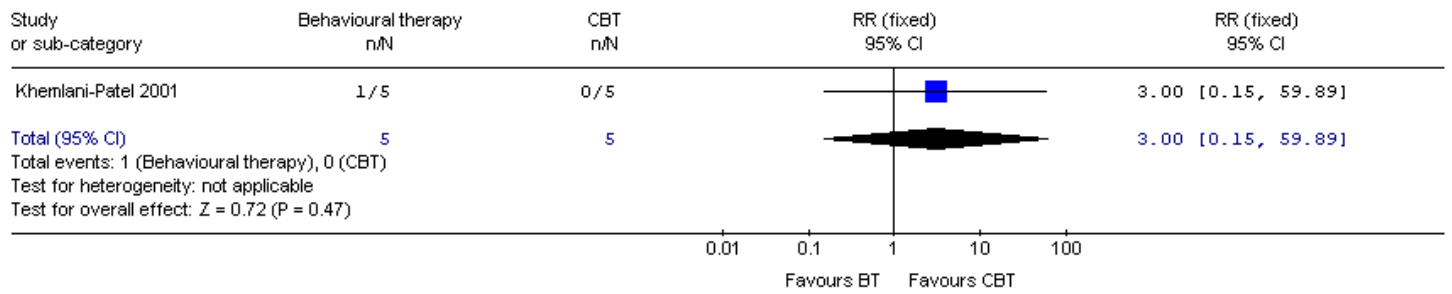
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 08 Social Avoidance and Distress Scale



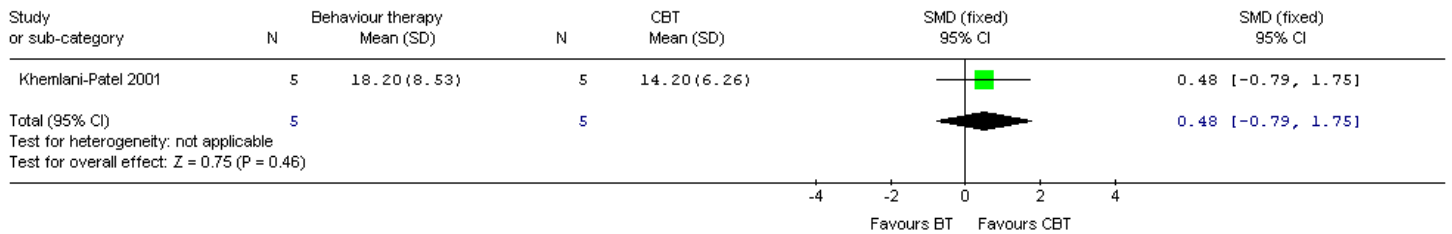
Review: BDD: psychological interventions
 Comparison: 02 BT v CT (mid-treatment)
 Outcome: 09 Quality of Life Inventory



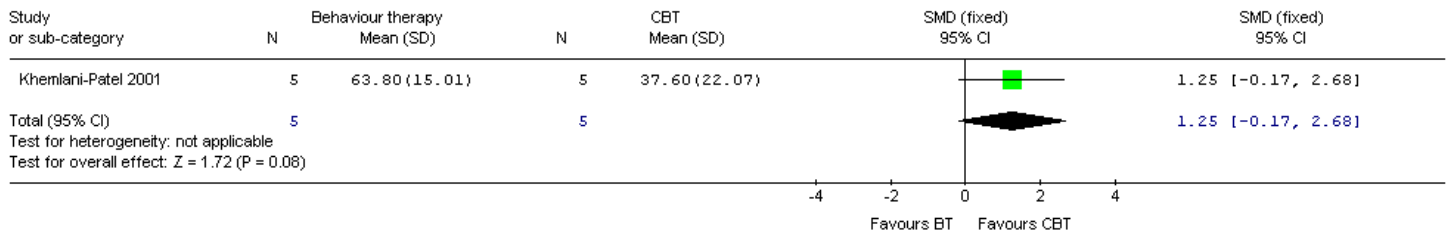
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 01 Non-responders (Y-BOCS reliable change index)



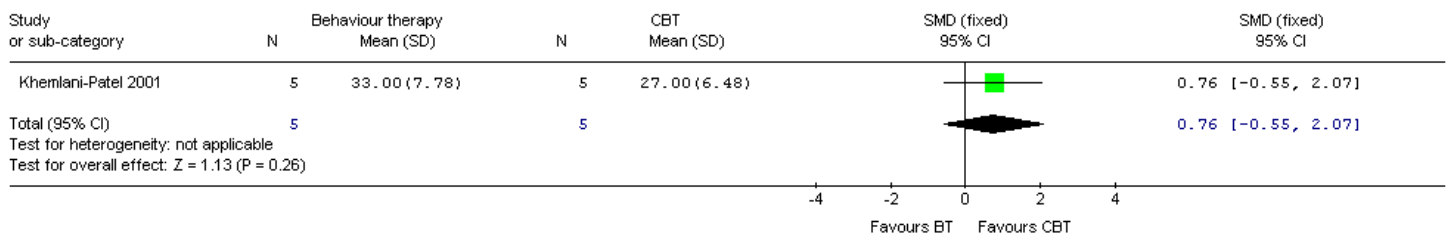
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 02 Y-BOCS (BDD)



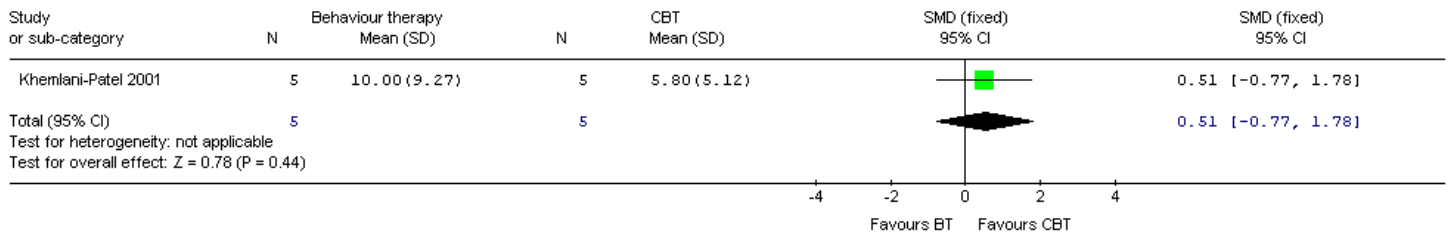
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 03 BDD Examination



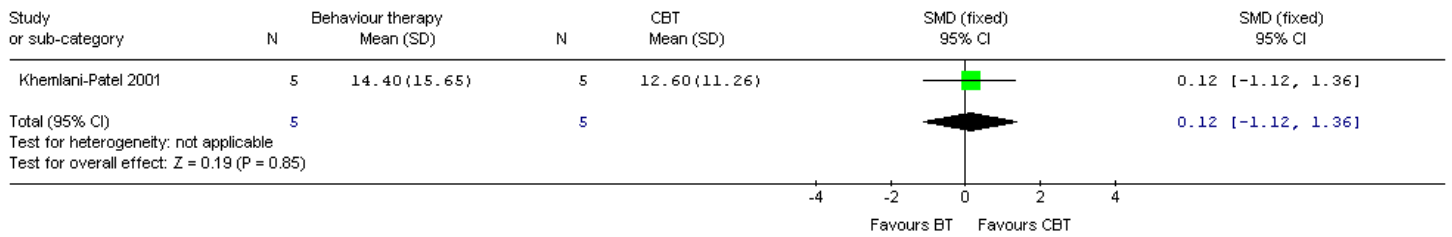
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 04 Defects Related Beliefs Test



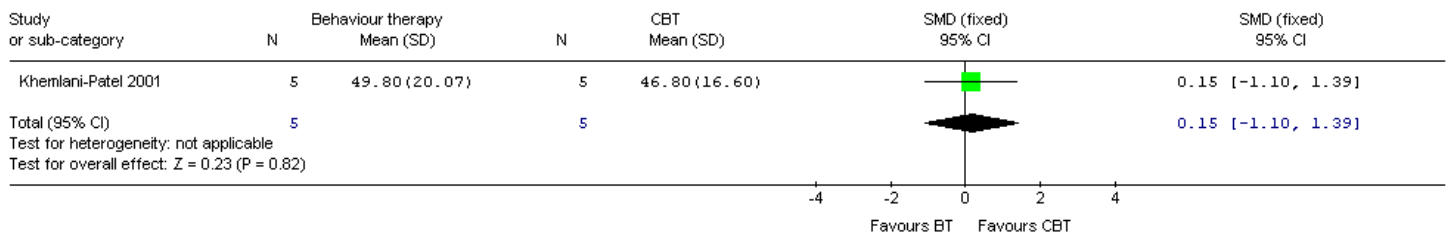
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 05 Beck Anxiety Inventory



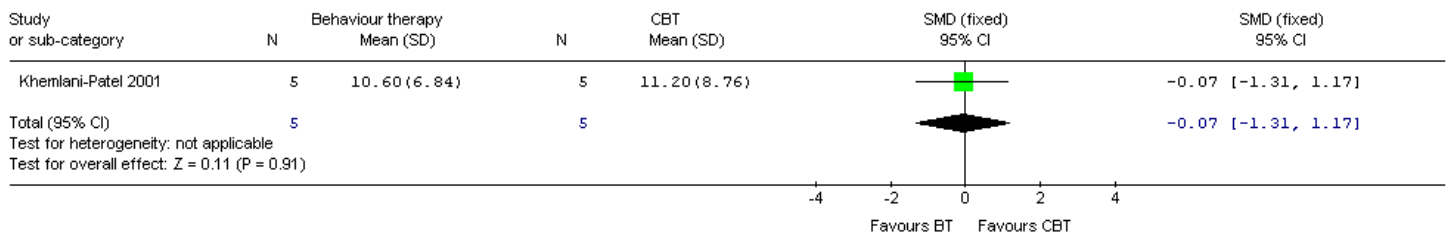
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 06 Beck Depression Inventory



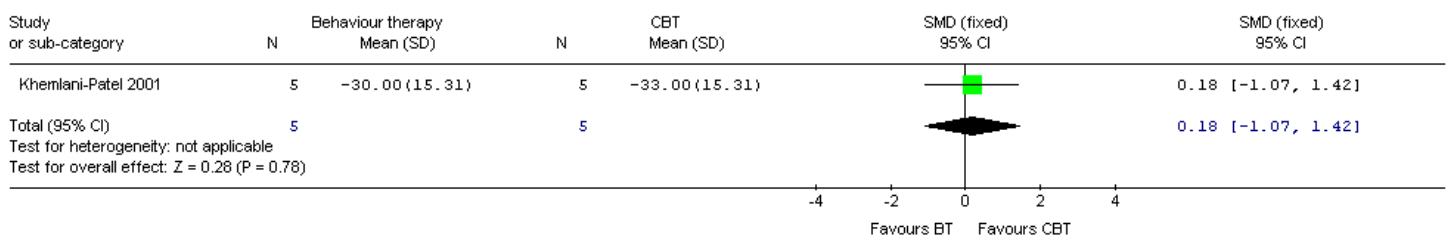
Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 07 Body Satisfaction Scale



Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 08 Social Avoidance and Distress Scale

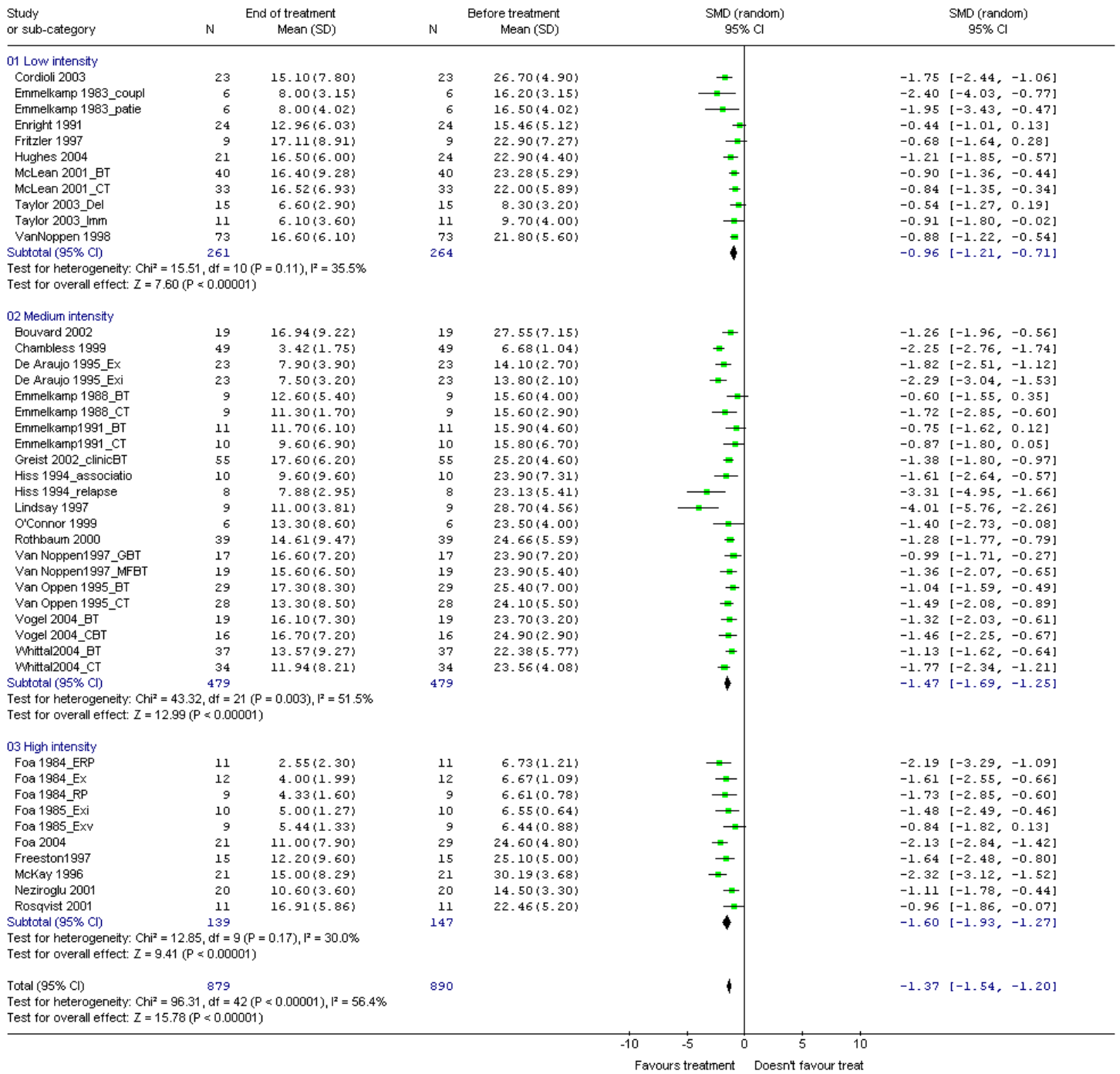


Review: BDD: psychological interventions
 Comparison: 03 BT v CBT (post-treatment)
 Outcome: 09 Quality of Life Inventory



Treatment Intensity Review

Review: OCD psychological intensity review
 Comparison: 02 Before-after analysis
 Outcome: 10 Change from baseline to endpoint



Review: OCD psychological intensity review
 Comparison: 02 Before-after analysis
 Outcome: 12 Change from baseline to endpoint (Sensitivity Analysis)

