Cognitive Behavioral Therapy For Depression and Anxiety Disorders

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Tumur, I., Kaltenthaler, E., Ferriter, M., Beverley, C., & Parry, G. (2007). Computerised cognitive behaviour therapy for obsessive-compulsive disorder: A systematic review. *Psychotherapy and Psychosomatics, 76*, 196–202. PubMed abstract available at http://www.ncbi.nlm.nih.gov/pubmed/17570957.

Objectives	Assess the effectiveness of computerized cognitive behavioral therapy (CCBT), either delivered alone or as part of a package of care, compared with current standard treatments for obsessive compulsive disorder (OCD).
Studies Included	Four U.S. and international studies from 1998 to 2005
Participants in the Studies	Adolescents and adults with OCD (with or without comorbidity)
Settings	Some of the reported settings were clinical locations.
Outcomes	Improvement in OCD symptoms, improvement in interpersonal and social functioning, patient preference, quality of life
Limitations of the Studies	There was potential publication bias; some studies had high dropout rates; results of studies that did not use a comparison group should be interpreted carefully.

Results

There is evidence that patients with OCD derive some benefit from CCBT as patients using the software program consistently decreased the severity of symptoms from baseline. Moreover, improvement of OCD persisted beyond the end of CCBT. Significant improvements in symptom severity are evident when CCBT administration is combined with brief therapist support or used in preparation for regular CBT. CCBT reduced symptom severity (i.e., reducing daily time spent in rituals and obsessions, reducing work and social disability caused by OCD) as effectively as regular CBT. It was also effective when used in preparation for therapist-led CBT. Although face-to-face contact provided by regular CBT can be directly related to patient satisfaction, patients had improved OCD symptoms after the CCBT treatment.