

“EFFECTIVENESS OF EXPOSURE & RESPONSE PREVENTION THERAPY AMONG OBSESSIVE-COMPULSIVE DISORDER PATIENTS”

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ABSTRACT

Introduction

Exposure and Response Prevention, commonly referred to as ERP, is a therapy that encourages the client to face his fears and let obsessive thoughts occur without 'putting them right' or 'neutralizing' them with compulsions. Exposure therapy starts with confronting items and situations that cause anxiety, but anxiety that the client feel able to tolerate. After the first few times, the client will find his anxiety does not climb as high and does not last as long. The Client will then move on to more difficult exposure exercises.

Material and Method

To test the main objective of evaluating the effectiveness of ERP in reduction of obsessive-compulsive symptoms in OCD an evaluative research approach was adopted. A quasi-experimental research approach using a single case design with pre, mid and post treatment assessment was used in this study. Sample size of 6 patients was selected using non probability purposive sampling technique.

Result

The Mann-Whitney U-test was chosen because of the small sample size in the study and it was not clear whether these samples were taken from normally distributed data. Using the table to find the critical value for the U statistic at the 5% level was $U_{crit} = 5$. The Null Hypothesis was rejected because the smallest value of U_1 was below U_{crit} and the Alternative Hypothesis was accepted. The difference between the level of obsession and compulsion and ERP during pretest and mid test was significant for $P > 0.05$.

Conclusion

Results indicate that ERP is efficacious in bringing about a reduction in obsessions and compulsions. In the present study, all the patients showed improvement, and in the case of three patients, compulsions were almost absent at post therapy assessment. A group outcome analysis for the YBOCs scores shows results are statistically significant at $p < 0.05$ significance level, indicating significant difference in pre and post treatment measures.

Keyword : Exposure and Response Prevention, quasi-experimental, obsession, compulsion

INTRODUCTION

The study was conducted to find out the efficacy of exposure and response prevention therapy in the treatment of obsessive compulsive disorder. The "exposure" part of this treatment involved direct or imagined controlled exposure to the objects or situations that triggered obsessions which arouse anxiety. Over time, exposure to obsessional cues led to less and less anxiety. Eventually, exposure to the obsessional cue aroused little anxiety at all. This process of getting "used to" obsessional cues is called "habituation."

Need of the study:

The predominant aim of this study was to examine the efficacy of ERP therapy among OCD patients and make them benefited by getting relief from OCD symptoms. There was a strong need for this study as many studies reveal that mere medication therapy is not enough to control the obsessive and compulsive symptoms. There

should be some regular sessions of behavioral therapy along with medication therapy. A high prevalence of OCD among general population (2 % to 4 %) gives indications towards immediate psychiatric and therapeutic interventions.

Statement of the Problem:

“A quasi experimental study to assess the effectiveness of exposure and response prevention therapy among obsessive compulsive disorder patients in selected hospitals of Indore.”

OBJECTIVES:

1. To assess the level of obsession and compulsion among patients with OCD.
2. To find out the association between level of obsession and compulsion with selected demographic variables.
3. To assess the effectiveness of the exposure and response prevention therapy among patients with obsessive compulsive disorder.

HYPOTHESES

- H_{01} There will not be significant association between level of obsession and compulsion and selected demographic variables.
- H_{02} There will not be any significant difference in the level of obsession as well as compulsions among OCD patients after exposure and response prevention therapy.
- H_1 There will be significant association between level of obsession and compulsion and selected demographic variables.
- H_2 There will be significant difference in the level of obsession as well as compulsions among OCD patients after exposure and response prevention therapy at $p < 0.05$ level.

CONCEPTUAL FRAMEWORK:

Based on modified Imogene King's Goal Attainment Model investigator developed the conceptual framework of the present study. The goal of this therapy was to reduce the obsessive compulsive symptoms and to improve the quality of life of patients suffering from OCD. The concepts of self, perception, communication, interaction, and transaction were selected. Self was an individual whose perception and role influence that person's communication, interaction and decision making in research.

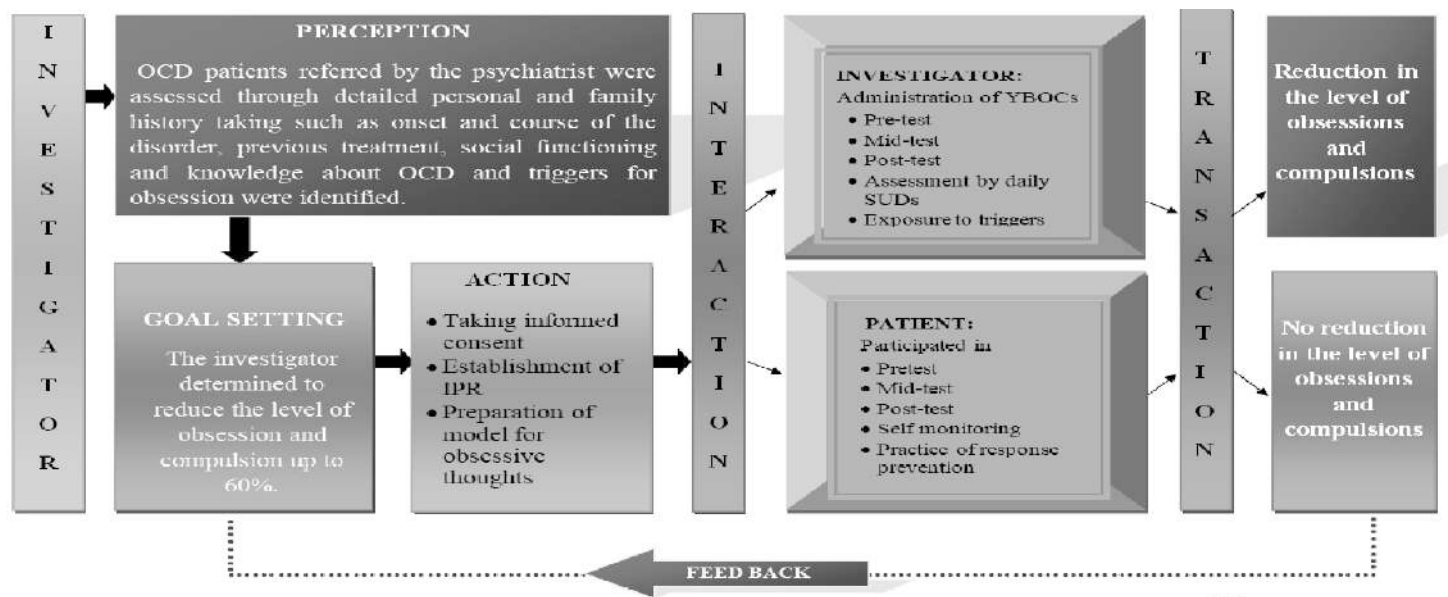


FIGURE: 1 CONCEPTUAL FRAME WORK BASED ON MODIFIED IMOGEN.M. KINGS GOAL ATTAINMENT MODEL (1981)

METHODOLOGY:

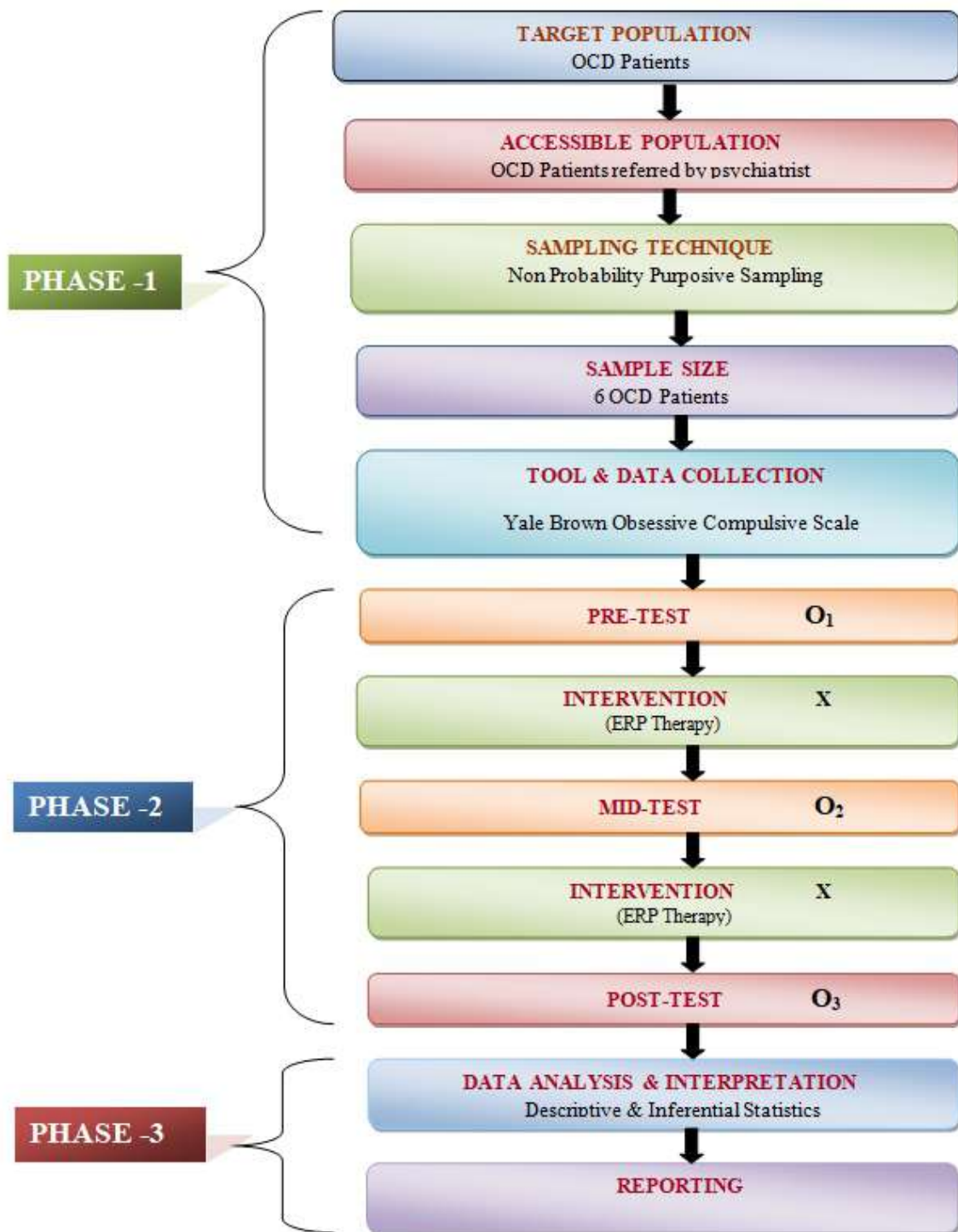
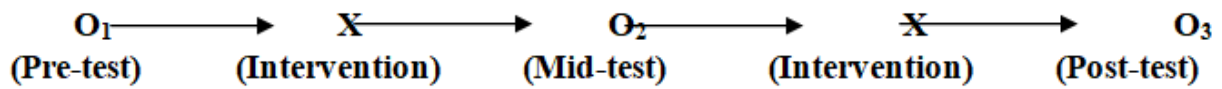
An evaluative research approach was adopted to test the main objective of evaluating the effectiveness of ERP in reduction of obsessive compulsive symptoms in OCD. A quasi experimental research approach using a single case design with pre, mid and post treatment assessment was used in this study. Sample size of 6 patients was selected using non probability purposive sampling technique.

The investigator used the standardized Yale- Brown Obsessive Compulsive scale to assess the level of obsession and compulsion. This scale consists of 10 items covering areas of obsession and compulsion. Assessment was done prior to, in the middle and after the completion of therapy ranging for 24 sessions spread over approximate one

month. During the therapy sessions, client's distress level was observed by the investigator by the means of Subjective Unit of Distress Scale (SUDs). Results were analyzed by comparing the differences between pre, mid and post therapy findings through the Yale-Brown Obsessive Compulsive Scale rated by the investigator.

A. Research Design

A single case design with pre, mid and post treatment assessment was used in this study. A quasi experimental approach was used to identify the effectiveness of exposure and response prevention therapy in the management of OCD patients.



Schematic presentation of research design

Development and Description of Tool

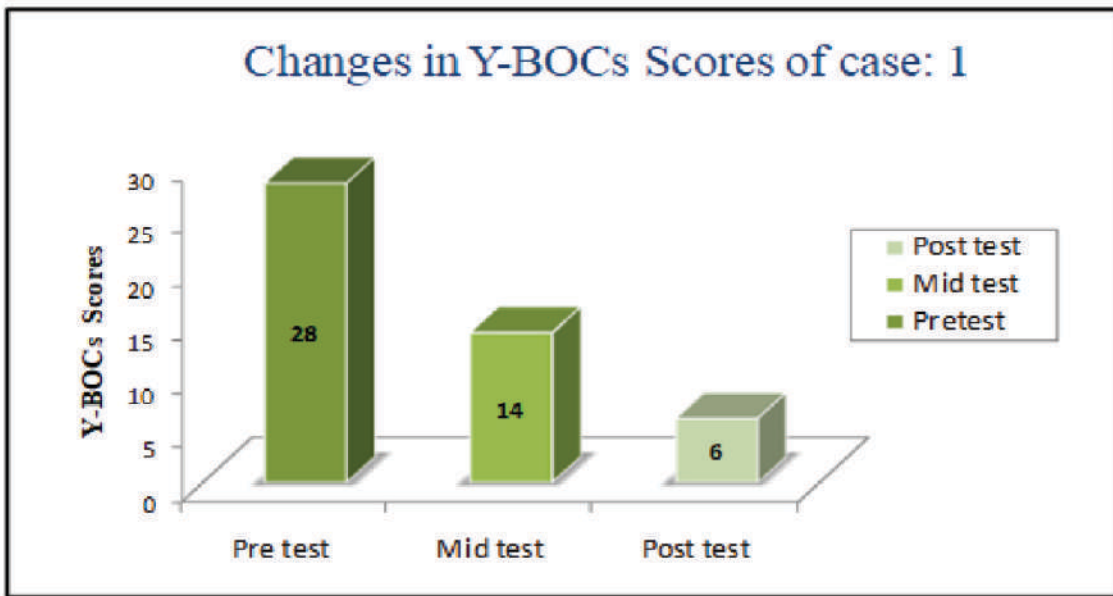
The tools used in this study were:

- A. Socio-demographic variables.
- B. Semi structured interview schedule to assess the level of obsession and compulsions by YBOCs.

Procedure For Data Collection

The investigator interviewed 10 OCD patients and selected 6 of them, those who fulfilled the inclusion criteria of the study. All six subjects were explained thoroughly about the home work and punctuality for the sessions. Each client had been assigned particular timing for his/her therapy sessions. The data collection was performed in 24 sessions spreading over almost a month.

Findings:



Showing the changes in the Y-BOCs scores of case: 1 over pre-mid-post therapy assessment

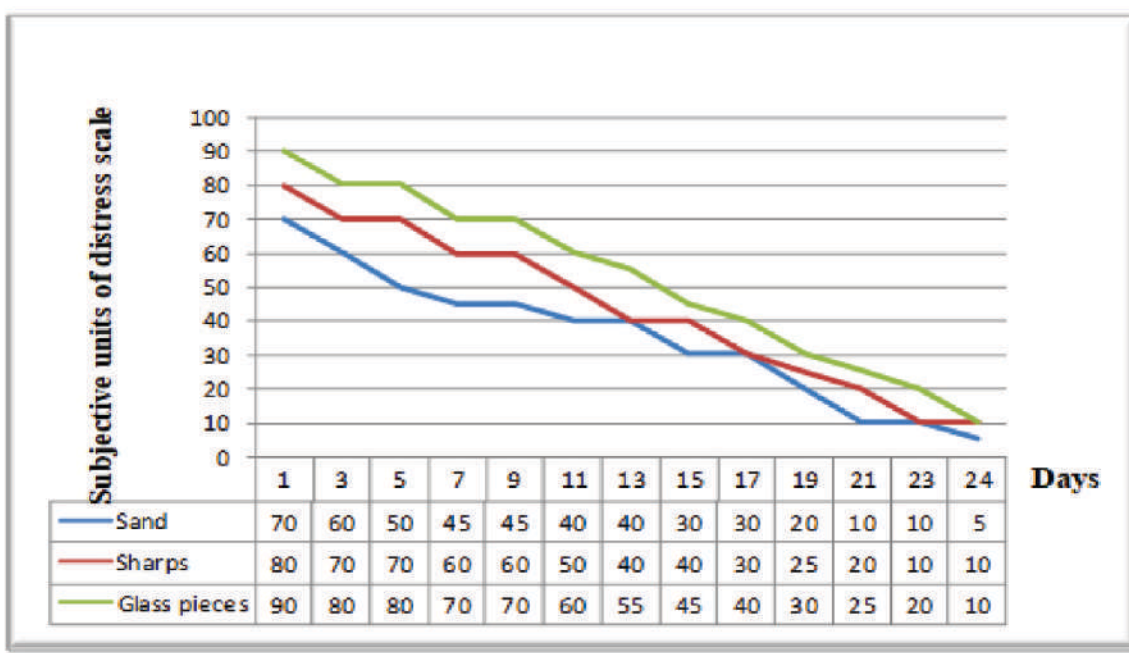


Figure showing the changes in subjective units of distress scale of case 1 during the 24 therapy sessions assessment

A. Level of obsession and compulsion among samples

Table Showing the level of obsession and compulsion at pre, mid and post assessment

N=6

	Sub clinical	Mild	Moderate	Severe	Extreme
Pre- test	0	0	2	4	0
Mid-test	0	4	2	0	0
Post-test	4	2	0	0	0

A. Group Outcome Analysis:

The table showing the difference among the pre, mid and post therapy assessment by Yale Brown obsessive compulsive scale. Here, the total score of all subjects at pretest was 149 which dropped down at 82 on mid test assessment and finally during the post test assessment the ultimate score was only 38.

C.

		Scores			
	S.N	Client	Pre test	Mid test	Post test
E.	1.	CASE 1	28	14	6
F.	2.	CASE 2	26	17	8
G.	3.	CASE 3	28	16	9
	4.	CASE 4	20	9	3
H.	5.	CASE 5	23	12	7
I.	6.	CASE 6	24	14	5
Total score			149	82	38

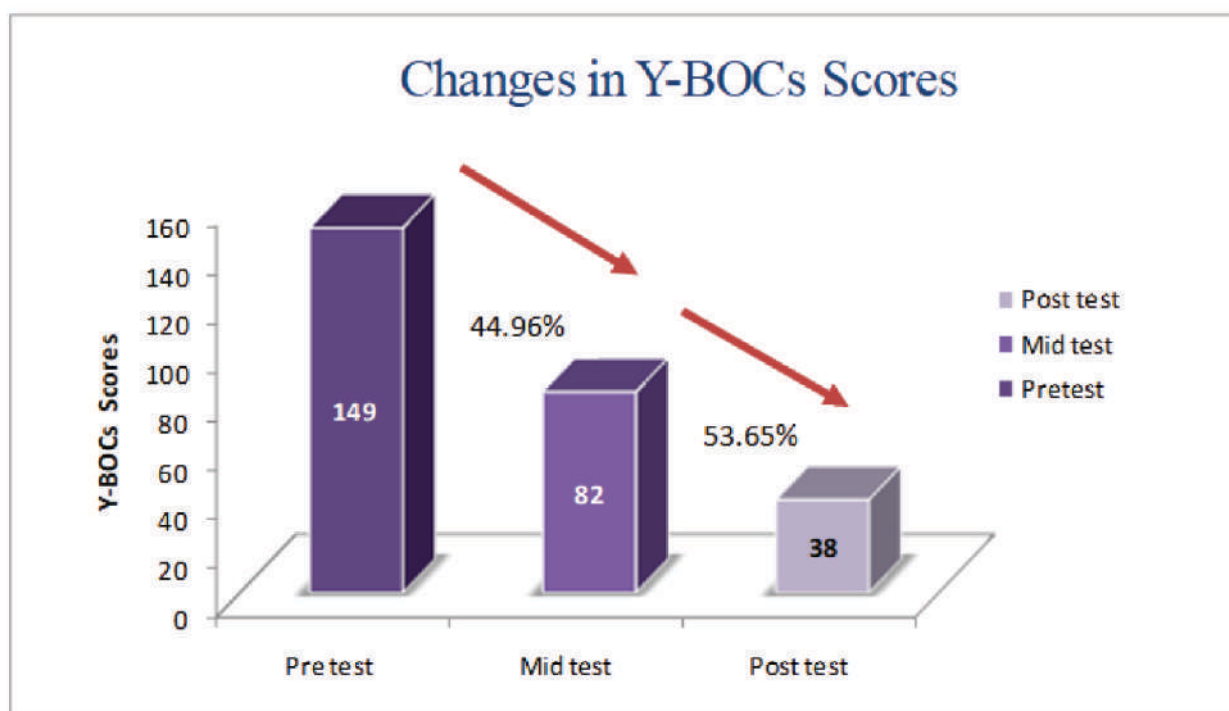


Figure showing the total changes in Yale Brown obsessive compulsive scale scores during pre, mid and post therapy assessment.

As per the calculated value states, the reduction of symptoms from pre test to mid test was 44.96 % and from mid test to post test was 53.65% whereas the total reduction in obsessive symptoms from pre test to post was 74.49%.

Associations between level of obsession and compulsion and selected demographic variable

There was no significant association between level of obsession and compulsion and selected demographic variables e.g. Age, educational status, religion, gender, area of stay, type of family, occupation, marital status and monthly income as the sample size was very small. Computed χ^2 value showed no association between level of obsession and compulsion and selected demographic variables, hence the alternative hypothesis (H_1) was rejected.

Effectiveness of ERP in reducing OCD symptoms

The Mann-Whitney U-test was chosen because of the small sample size in the study and it was not clear whether these samples were taken from normally distributed data. Using the table to find the critical value for the U statistic at the 5% level was $U_{crit} = 5$. The Null Hypothesis was rejected because the smallest value of U_1 was below U_{crit} and the Alternative Hypothesis was accepted. The difference between the level of obsession and compulsion and ERP during pretest and mid test was significant for $P > 0.05$.

CONCLUSION

Results indicate that exposure and response prevention is efficacious in bringing about a reduction in obsessions and compulsions. In the present study, all the patients showed improvement, and in the case of three patients, compulsions were almost absent at post therapy assessment. A group outcome analysis for the YBOCs scores shows results are statistically significant at $p < 0.05$ significance level, indicating significant difference in pre and post treatment measures.

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