

OCD Clinic

Committed to best quality practice and research

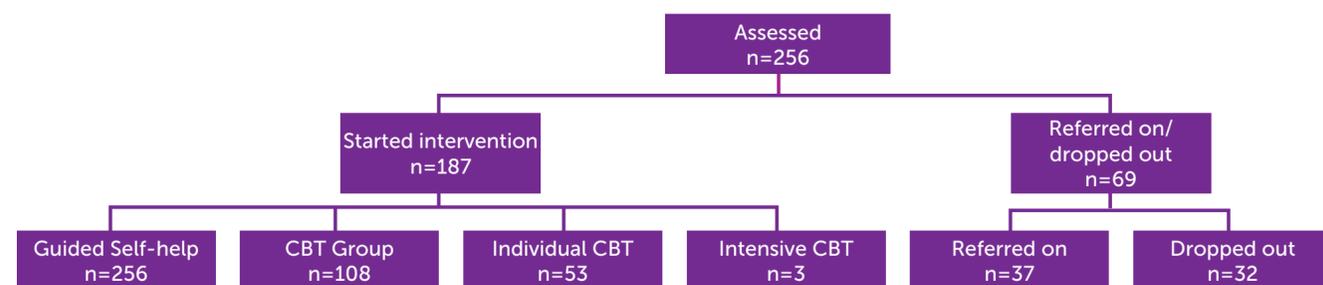
The OCD Clinic is part of Health in Mind (the primary care wellbeing service in East Sussex) and the Brighton and Hove Wellbeing Service. The clinic is not currently available elsewhere in Sussex.



Outcomes in the OCD Clinic

The OCD Clinic launched in East Sussex in November 2013 and in Brighton and Hove in November 2014. Figure 1 shows the flow of clients through the clinic between 2013-2014.

Figure 1: OCD Clinic flowchart Year One (from Nov 2013)



Outcomes from the first year of the OCD Clinic are in line with what we would expect from the research literature (see Table 1). Approximately half of the OCD Clinic clients shown in this table no longer meet diagnostic criteria after receiving an intervention in the clinic.

Table 1: Pre- and post-intervention means, standard deviations and analysis on MINI, OCI-R, PHQ-9 and GAD-7

	Pre-intervention mean (sd)	Post-intervention mean (sd)	Pre-post effect size (Cohen's d)	Paired t-test (p)	35%* or more improvement on OCI-R / % (successful treatment response)	25% or more improvement on OCI-R / % (at least partial treatment response)	Recovered: No longer meet diagnostic criteria / score below cut-off / %
MINI (OCD Diagnosis)	-	-	-	-	-	-	51%
OCI-R (OCD Symptoms)	37.23 (13.74)	20.13 (11.57)	1.35	7.22 (<.001)	68%	76%	51%
PHQ-9 (Depression)	13.39 (7.18)	8.44 (7.38)	0.68	4.98 (<.001)	-	-	52%

recommended international definitions for YBOCS, adapted for OCI-R (Karolinska Institutet)

What is OCD?

Obsessive Compulsive Disorder (OCD) is a condition where people experience unwanted, intrusive and unpleasant thoughts and/or compulsive behaviours.

Obsessive thoughts are repeated and unpleasant intrusive thoughts, images or urges that pop into our mind involuntarily. Everyone experiences intrusive thoughts, but people with OCD can become preoccupied with and by these thoughts.

Compulsions are the things we do to try and stop obsessive thoughts from coming true or to reduce anxiety. Compulsions are often repeated many times and can take several hours each day. Examples of compulsions include checking (e.g. checking doors) and cleaning (e.g. hand washing).

Up to one million people in the UK live with some form of OCD. Fortunately there are well-established and effective ways of helping. The National Institute of Health and Care Excellence (NICE) recommend cognitive behaviour therapy (CBT) for OCD.

What is the OCD Clinic?

The OCD Clinic is for adults experiencing difficulties with OCD, whether the problem is mild or very severe. We offer high quality evidence-based help based on the latest research and NHS guidelines.

Research in OCD Clinic

Cognitive Behaviour Therapy (CBT) has the best evidence of any psychological therapy for OCD, however, not everyone benefits. About a half of people receiving CBT in randomised controlled trials show a meaningful improvement in the severity of their OCD symptoms and about a quarter of people no longer meet diagnostic criteria for OCD. To improve care for people with OCD we are involved in a number of research projects. Clients attending the clinic are offered the opportunity to take part in these research projects if they so wish.

BeMind is an example of a study in the OCD Clinic. 37 clients were recruited to a National Institute of Health Research (NIHR) funded pilot randomised controlled trial of Mindfulness-Based Behaviour Therapy (MBBT) for OCD. The trial compared group behaviour therapy for OCD (exposure and response prevention) with a mindfulness-based version of the same therapy. The results implied that the two therapies were as good as each other. Further research is needed to look at why standard treatments for OCD don't work for some people and whether more benefit would come from a mindfulness-based approach.

Lived Experience in the OCD Clinic

OCD Clinic clients, friends and family members have the opportunity to become involved in the clinic's Lived Experience Advisory Panel (LEAP). This group is involved in helping to develop the clinic in order to ensure that it is meeting the needs of the people it serves. The LEAP also consults on research projects happening in the clinic.

Coming to the OCD Clinic

If you are experiencing OCD difficulties and would like help, you can speak to your GP who can refer you to our OCD Clinic. You are also very welcome to refer yourself to the OCD Clinic directly:

If you live in East Sussex you can call 03000 030 130 and ask to be referred to our OCD Clinic.

If you live in Brighton and Hove you can call 03000 020 060 and ask to be referred to our OCD Clinic or you can complete a self-referral online at www.bics.nhs.uk/patient-information/brighton-and-hove-wellbeing-service

Real life stories from the OCD Clinic

Theresa, who completed the 12 week course, praised it as 'amazing':

"When somebody first suggested the course I thought there is no way I am going into a room with people I don't know to discuss my OCD, but deep down I knew I had to. I first realised I had OCD at the age of 17 after I gave birth to my first daughter. I had intrusive thoughts initially and kept thinking that something terrible was going to happen to someone in my family. Then I started to perform rituals every 15-20 minutes like washing things over and over again, touching things and going in and out of rooms. It was taking up my whole day and took over my life."

Having visited her GP, Theresa was referred to our OCD Clinic and found the experience really positive:

"OCD can be an embarrassing subject to talk about because it can be quite extreme and you spend most of your time trying to hide it. But for anyone afraid of seeking help I would say you should see your GP. OCD can take over your life so don't suffer in silence. I had it for 25 years and I thought it would never go, but now I am on top of it."

Deborah also found that her time at the clinic reduced the levels of her OCD difficulties having suffered with intrusive thoughts and constantly checking windows and doors for nearly 30 years:

"I first spoke to my doctor about my OCD and was given many different treatments, but nothing ever really clicked with me: I still kept feeling really anxious.

The help I have received at the clinic has made a massive difference. It has really made me understand what OCD is about, and to be able to meet people that are going through the same thing as me has been life changing. OCD takes over your life and you can't really function properly, but there is help out there. There is hope."

Contact Details

OCD Clinic website:
www.sussexpartnership.nhs.uk/ocdclinic

OCD Clinic in East Sussex: 03000 030 130
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