

**Effectiveness of Integrated Model of Psychological Intervention & Cognitive Behavior  
Therapy for Obsessive Compulsive Disorder: A Comparative Study**



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**THIS THESIS SUBMITTED**

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**IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD**

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE  
DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY**

**2018**

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This thesis is dedicated to the person I wish I had met, my late grandfather and to my parents for their unconditional love, support and encouragement.

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## **LIST OF ABBREVIATIONS**

OCD	Obsessive Compulsive Disorder
Y-BOCS	Yale Brown Obsessive Compulsive Scale
CBT	Cognitive Behavior Therapy
IM	Integrated Model
DSM-V	Diagnostic and Statistical Manual of Mental Disorders
ERP	Exposure and Response Prevention
SSRI	Selective Serotonin Reuptake Inhibitor

## **LIST OF ANNEXURES**

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## **ABSTRACT**

Obsessive- compulsive disorder (OCD) is presented as persistent unwanted thoughts, ideas or images followed by repetitive behavior or actions that are unreasonable. In addition to pharmacological treatment, psychotherapeutic interventions have been found very effective to treat OCD. The aim of the current study is to determine the effectiveness of the integrated model of psychological intervention in comparison with cognitive behavior therapy and pharmacotherapy separately for reduction of symptoms of Obsessive Compulsive Disorder. The study included 24 individuals already diagnosed with OCD, and were divided into three equal groups. The separate groups were being treated with pharmacological therapy, cognitive behavior therapy (CBT) and integrated approach (CBT and Complementary Therapies). To measure the severity of symptoms, Yale Brown Scale-Y-BOCS was used as pre and post test measure for intervention. Statistical analysis indicated significant differences in effectiveness in the three groups varying in the type of treatment intervention. The results on the reduction of symptoms post intervention also varied between males and females and as per they different forms of OCD. In addition, obsessions and compulsions in the pre phase and post phase were found to be strongly correlated. Some other additional findings have been discussed.