

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

Centre for Clinical Practice

Review of Clinical Guideline (CG31) - Obsessive-compulsive disorder: core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder

Background information

Guideline issue date: 2005

First review year: 2007

Second review year: 2011

National Collaborating Centre: Mental Health

Review recommendation

- The guideline should not be updated at this time.
- The guideline should be reviewed again in due course.

Factors influencing the decision

Literature search

1. From initial intelligence gathering and a high-level randomised control trial (RCT) search clinical areas were identified to inform the development of clinical questions for focused searches. Twenty studies were identified relevant to the guideline scope and were related to the following clinical area:

- The clinical effectiveness of psychological therapies such as cognitive behavioural therapy, motivational interviewing and thought mapping.

2. One review question was developed based on the clinical area above, qualitative feedback from other NICE departments and the views

expressed by the Guideline Development Group (GDG), for the more focused literature searches. In total, thirteen studies relevant to review question were identified through the focused search. There is insufficient evidence in the area examined to potentially change the current recommendation(s).

Guideline Development Group and National Collaborating Centre perspective

3. A questionnaire was distributed to GDG members and the National Collaborating Centre to consult them on the need for an update of the guideline. Four GDG members responded with two highlighting that there is insufficient variation in current practice supported by adequate evidence at this time to warrant an update of the current guideline. The respondents highlighted limited access to good psychological services, Improving access to psychotherapy roll out and variation in practice in stepped care approach particularly access to specialist care services. Other areas with potential new evidence were pharmacological augmentation therapies among treatment resistant groups, and treatment strategies for hoarding. Potential new areas suggested were deep brain stimulation, transcranial magnetic stimulation and different delivery formats of psychotherapies.
4. Feedback from the GDG and NCC contributed towards the development of the clinical questions for the focused searches.

Implementation and post publication feedback

4. In total 73 enquiries were received from post-publication feedback, all of which were routine.
5. Implementation feedback identified an implementation study by the North East Public Health Observatory on Improving Access to Psychological Therapies. The study uses data from 32 sites about the purpose of attendance, by the type(s) of intervention given and the employment grade of the therapist seen. Wide variation in utilisation of services was observed and the report pointed out low numbers of treatment sessions per patient in comparison to NICE recommendation.

Relationship to other NICE guidance

6. NICE guidance related to CG31 can be viewed in [Appendix 1](#).

Summary of Stakeholder Feedback

Review proposal put to consultees:

The guideline should not be updated at this time.

The guideline will be reviewed again according to current processes.

7. Six stakeholders commented on the review proposal recommendation during the two week consultation period.
8. Five stakeholders agreed with the review proposal recommendation that this guideline should not be updated at this time.
9. During consultation, areas to consider for review in any future update of the guideline were highlighted including:
 - Pharmacological augmentation therapies for treatment resistant OCD patients
 - Pharmacological augmentation to CBT and long-term SSRIs therapy for relapse prevention among patients with OCD.

Anti-discrimination and equalities considerations

10. No evidence was identified to indicate that the guideline scope does not comply with anti-discrimination and equalities legislation. The original scope is inclusive of children and adults who meet the standard diagnostic criteria of obsessive compulsive disorder and body dysmorphic disorders.

Conclusion

11. Through the process no additional areas were identified which indicated a change in clinical practice. There are no factors described above which would invalidate or change the direction of current guideline

recommendations. The Obsessive-compulsive disorder: core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder should not be updated at this time.

Relationship to quality standards

12. This topic is not currently being considered for a quality standard.

Fergus Macbeth - Centre Director
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March 2011

Appendix 1

The following NICE guidance is related to CG31:

Guidance	Review date
CG78 Borderline personality disorder: treatment and management. Published January 2009.	January 2012
CG77 Antisocial personality disorder: treatment, management and prevention. Published January 2009.	January 2012
TA97 Computerised cognitive behaviour therapy for depression and anxiety (Review of Technology Appraisal 51). Published February 2006	TBC
CG9 Eating disorders: Core interventions in the treatment and management of anorexia nervosa, bulimia nervosa and related eating disorders. Published January 2004	TBC
IPG 242 Transcranial magnetic stimulation for severe depression. Published November 2010	TBC