

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## Scope for guideline update

### Obsessive-compulsive disorder and body dysmorphic disorder: assessment and management

NICE is updating its [guideline on obsessive-compulsive disorder and body dysmorphic disorder: treatment](#) (CG31).

The update will be developed using the methods and processes in [developing NICE guidelines: the manual](#).

To support more relevant, timely, usable and impactful guidance (in line with [NICE's transformation plan](#)), this update will be published in batches. Each batch will focus on reviewing the evidence and, where appropriate, developing new or updated recommendations on prioritised topics.

#### First batch

##### Who is covered

The update will, in the first instance, cover people who are suspected to meet, or meet, the diagnostic criteria for obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD).

In addition to adults, young people and children aged 8 years and older, this update will also extend the guideline to cover children under age 8.

##### Equality considerations

See the [equalities and health inequalities assessment for this update](#).

##### Settings covered

All health, mental health and social care settings in which NHS care or social care is received or commissioned.

## **Activities, services or aspects of care covered**

- Recognition and assessment of OCD and BDD
- Treatment and interventions for OCD and BDD:
  - psychological interventions, for example, exposure and response prevention (ERP), and cognitive behavioural therapy (CBT) with ERP. These interventions can be delivered individually or in groups, face-to-face or remotely (including digital interventions)
  - pharmacological interventions, for example, selective serotonin-reuptake inhibitors (SSRIs) and clomipramine
  - combination interventions (psychological and pharmacological)
- Accessing and engaging with treatment

## **How the topics will be covered**

### **Recognition and assessment of OCD and BDD**

This topic will be published in a separate guideline that consolidates recommendations on the recognition and assessment of common mental health conditions of related NICE guidelines, in line with [Appendix M of NICE's guidelines manual](#). This work will include updated recommendations related to OCD and BDD.

### **Review questions for treatments and interventions, and accessing and engaging with them**

We have identified the following draft review questions. These may change during guideline development, but the areas covered will remain as listed in this final scope.

### **Treatments and interventions for OCD and BDD**

1. What is the effectiveness (including at longer-term follow-up) of psychological, pharmacological, and combination interventions for the treatment of OCD in children and young people?
2. What is the effectiveness (including at longer-term follow-up) of psychological, pharmacological, and combination interventions for the treatment of OCD in adults?

3. What is the effectiveness (including at longer-term follow-up) of psychological, pharmacological, and combination interventions for the treatment of BDD?

### **Accessing and engaging with treatment**

4. What works well, and what could be improved, in terms of accessing and engaging with treatment for OCD and BDD?

Note that guideline recommendations for medicines will normally fall within licensed indications; exceptionally, and only if clearly supported by evidence, use outside a licensed indication may be recommended. The guideline will assume that prescribers will use a medicine's summary of product characteristics to inform decisions made with individual patients.

The areas covered and draft questions will be used to develop detailed review plans (protocols), which will guide the systematic review of the literature.

### **Main outcomes**

The main outcomes that may be considered when searching for and assessing the evidence for the first batch of the guideline update are:

- OCD or BDD symptoms
- discontinuation
- discontinuation due to adverse events
- experience of care from the perspective of service users and their families and carers
- cost-effectiveness.

If recommendations are retained from the current guideline, they may be edited to ensure that they meet current editorial standards and reflect the current policy and practice context.

### **Potential future batches**

Further updates to the guideline will be decided once development work for the first batch of topics is complete. This will take into account:

- information gained during the development of recommendations on the first batch of topics
- other work within NICE, and within other organisations focussed on OCD, BDD and related mental health topics
- information from the NHS
- wider prioritisation decisions across NICE.

Areas that may be covered in future batches are:

- Further-line treatment for OCD and BDD following no or limited response to treatment (including switching and augmentation strategies):
  - non-invasive neuromodulation interventions, for example, transcranial magnetic stimulation
  - pharmacological interventions
  - psychological interventions
- Relapse prevention for OCD and BDD.

An updated scope will be published when future batches of work are commissioned.

## Exclusions

No batches will cover the assessment or treatment of:

- bodily distress disorder
- hoarding disorder.

## Areas covered by other guidelines

The following areas are covered by other NICE guidance. This update will therefore not include specific evidence reviews on these areas, but the committee may cross-refer to the associated guidance:

- Deep brain stimulation (covered in [deep brain stimulation for chronic, severe, treatment-resistant obsessive-compulsive disorder in adults](#) interventional procedures guidance IPG693)
- Adaptations to interventions for people with OCD and autism (covered in [autism spectrum disorder in adults](#) clinical guideline CG142 and [autism spectrum disorder in under 19s](#) clinical guideline CG170)

- Adaptations to interventions for people with OCD in the antenatal or perinatal period (covered in [antenatal and postnatal mental health](#) clinical guideline CG192)
- Stopping antidepressant medication (covered in [depression in adults](#) NICE guideline NG222 and [medicines associated with dependence or withdrawal symptoms](#) NICE guideline NG215)
- Involving patients in decisions about prescribed medicines and supporting adherence (covered in [medicines adherence](#) clinical guideline CG76)
- General principles, not specific to OCD and BDD, for improving the experience of care (covered in [patient experience in adult NHS services](#) clinical guideline CG138, [service user experience in adult mental health](#) clinical guideline CG136 and [babies, children and young people's experience of healthcare](#) NICE guideline NG204).

## Economic aspects

We will take economic aspects into account when making recommendations. For each review question (or key areas in the scope), we review the economic evidence and, where appropriate, carry out economic modelling and analyses, using an NHS and personal social services perspective.

## NICE guidance and quality standards that may be affected by this guideline update

- [Transcranial magnetic stimulation for obsessive-compulsive disorder](#) interventional procedures guidance IPG676
- [Anxiety disorders](#) quality standard QS53.

## Further information

NICE guidelines cover health and care in England. Decisions on how they apply in other UK countries are made by ministers in the [Welsh Government](#), [Scottish Government](#) and [Northern Ireland Executive](#).

Batch 1 of the guideline update is expected to be published in January 2027.

To follow the progress of the update, see the [guideline in development page](#).

Our website has information about [how NICE guidelines are developed](#).

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