# The Efficacy of Cognitive Behavioral Therapy of Obsessive Compulsive Disorder O.C.D "Exposure and Response Prevention (ERP)"[*]

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### Abstract

The Study is directed to reveal how effective the behavioral-cognitive therapy in reducing the symptoms of obsession through a program applied on individuals with compulsive behavior and/or obsessive thinking involved in the study.

The study uses cognitive therapy techniques and the (intense) exposure and response prevention technique (ERP) that has proved to be efficient in many researches and clinical studies so as to know whether the statistically significant. Differences between the averages of the means of the sample to be studied on a scale for measuring the obsession symptoms before and after applying the therapeutically program on the individuals involved in the sample are attributed to the effect of the program designed.

In this study, the sample involves individuals with obsessive compulsive disorder according to Yale Brown Scale, and it includes 12 patients (3) males and (9) females aging (20-25) who were supervised by psychiatrists. The researcher uses the one-group system; i.e., pre-measurement – therapy or intervention – post-measurement.

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[*] For the paper in Arabic see pages (367-393)

The study showed the following results:

- There are statistically significant differences on Yale Scale among the means of the experimental group members according to pre and post-measurements in favor of the latter.

- There are statistically significant differences on Yale Scale between averages of the experimental group according to the pre and follow-up measurements.

The study resulted in some suggestions, such as conducting similar studies with other variables like education, the patient's age at the time when symptoms of obsession begin to manifest, as well as conducting mutual therapeutical research and medicinal therapy.

The study assured the role of family members in supporting and resuming the process until getting rid of symptoms.