

New treatment study for young people with OCD (12-18 years old)

Can cognitive behaviour therapy (CBT) for OCD work better if you take a special medicine at each treatment session?

The government recommends cognitive behaviour therapy (CBT) as the first-choice treatment for children and adolescents with OCD. CBT helps young people learn how to gradually face their fears and stop doing compulsions. Although many young people improve with CBT, some do not respond or do not make a full recovery. Research with adults has recently shown that taking a medicine called Cycloserine at the same time as having a CBT session, might help CBT work better and more quickly. Doctors think that this medicine might help people to learn new things more quickly.

This is a very exciting research finding, and we are now testing whether adding this medicine to CBT is more beneficial than CBT alone for young people (up to 18 years) with OCD.

The project has been approved by the King's College Hospital Research Ethics Committee.

You would be eligible for the project even if you have had CBT in the past or are currently on stable doses of other medication.

If you are interested in participating, please print this advertisement and the enclosed form and take it to your GP or local child and adolescent mental health service (CAMHS) to discuss whether they would make a referral to our clinic. You or your parents cannot make the referral to the clinic.

For further information please contact Dr David Mataix-Cols, Dr Cynthia Turner or Dr Isobel Heyman (Young People's OCD Clinic, Maudsley Hospital).

Telephone: 020 3228 5222

Email: christine.fuller@slam.nhs.uk

OBSESSIVE-COMPULSIVE DISORDERS CLINIC FOR YOUNG PEOPLE
REFERRAL FORM

The OCD Clinic for Young People at the Maudsley Hospital, London, offers assessment for young people (up to 18 years) with suspected obsessive-compulsive disorder (OCD), and where this is confirmed we offer treatment. If you have any queries relating to a possible referral, please contact Dr David Mataix-Cols (020 3228 5222; *David.Mataix-Cols@kcl.ac.uk*).

Child's name:			
Address:			
Date of birth:		Age:	(NB must be 18 years or younger)
Home tel no:		Mobile no:	
Name of parent(s):			
Referral problem (please describe):			
(NB: For the current study, we are unable to accept referrals for young people who have a diagnosis of autism spectrum disorder or who have significant learning difficulties)			
Date of referral:			
Has the child previously received treatment?	Yes	No	
Type of treatment received:	CBT	Other: (please specify)	
How many treatment sessions received?			
Name and address of referrer:			
Name and address of GP (if different):			
Name of CAMHS team (if involved):			
CAMHS contact person (if involved):			

Please send this form to:

Dr David Mataix-Cols, Obsessive-Compulsive Disorders Clinic for Young People, Michael Rutter Centre, Maudsley Hospital, London SE5 8AZ.