
ABSTRACT

Cognitive behavioral therapy for obsessive-compulsive disorder in early childhood: Review

NONAKA, Maiko

Graduate School of Education, the University of Tokyo

The aim of the current study is to conduct a literature review of cognitive behavioral therapy for children with obsessive-compulsive disorder to identify their effectiveness and points to consider when conducting interventions. Five randomized controlled trials, two papers validating efficacy by non-randomized controlled trials, and five case reports fulfilled the search criteria. A general review of the literature indicated the following: 1) the efficacy of family-based cognitive behavioral therapy, 2) the effectiveness of interventions that involve the child themselves, 3) the exploratory effectiveness of internet-based interventions, and 4) the various approaches that were suggested for family-based interventions. This study revealed that even when obsessive-compulsive symptoms present in early childhood, early intervention based on cognitive behavioral therapy may yield improvements. Various interventions for family members were already suggested, thus, indicating the desirability of developing assistance programs which could be widely utilized throughout Japan.

Key Words: obsessive-compulsive disorder, early childhood, cognitive behavioral therapy, review
