

# A RESEARCH STUDY EXAMINING MCBT & CBT

For Adults with OCD

## ABOUT THE STUDY

We want to learn more about the impact of Mindfulness-based Cognitive Therapy (MBCT) versus Cognitive Behavioral Therapy (CBT) treatment for Obsessive Compulsive Disorder (OCD). With your help we will gain a better understanding of OCD and potential avenues for treatment.



## COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is a short-term, present-oriented therapy which focuses on the way we think and act.

There are two components at play when treating OCD: cognitive strategies to change how someone interprets and responds to intrusive thoughts and behavioural strategies to reduce compulsive rituals.



## MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

MBCT combines mindfulness meditation with cognitive approaches. It focuses on becoming aware of all incoming thoughts, feelings, and accepting them instead of just reacting. With OCD treatment, it aims to teach how to observe intrusive thoughts and accept any discomfort they cause without trying to change or escape them.



## STUDY PROCEDURE

Participants will receive 12 sessions of CBT or MBCT and a \$100 gift card. All sessions will be conducted virtually.

With your participation, we can gain a better understanding of Obsessive Compulsive Disorder and how to treat it most effectively.



FOR MORE INFORMATION CONTACT US VIA EMAIL: [CIHRSTUDY@SUNNYBROOK.CA](mailto:CIHRSTUDY@SUNNYBROOK.CA)  
OR CONTACT ONE OF OUR CLINICAL RESEARCH COORDINATORS!

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