

# Cost-effectiveness of therapist-guided Internet-delivered Cognitive Behavior Therapy for pediatric Obsessive-Compulsive Disorder

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The authors report no biomedical  
financial interests or potential  
conflicts of interest.

## Background

Cognitive behavior therapy (CBT) is the first-line treatment for young people with Obsessive-Compulsive Disorder (OCD) but the majority of patients do not have access to CBT. Internet-delivered CBT has been suggested as a cost-effective alternative to increase access to evidence-based OCD treatment.

The objective was to evaluate the cost-effectiveness of a therapist-guided Internet-delivered cognitive behavioral therapy (ICBT) intervention for adolescents with OCD.

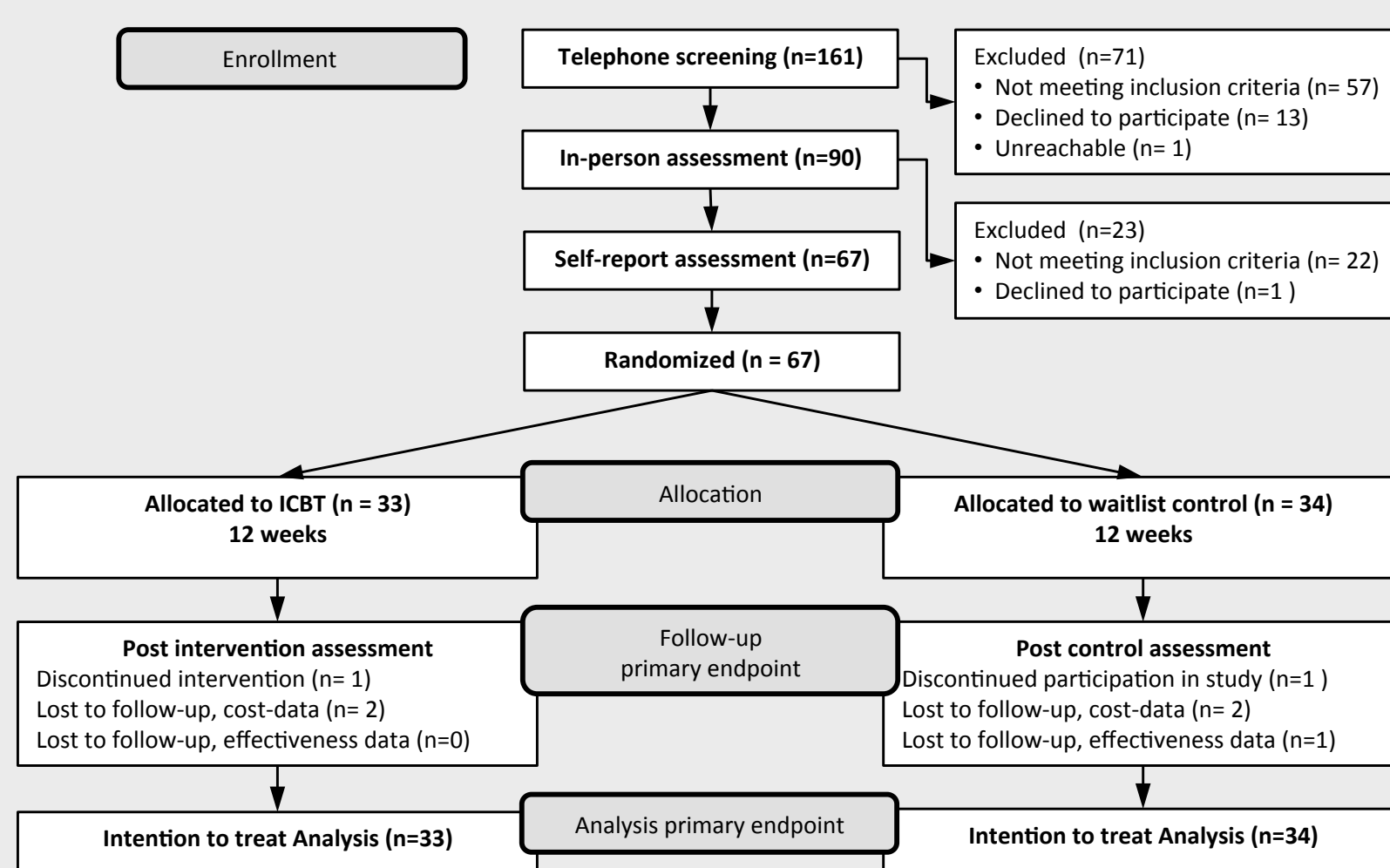


**BIP OCD** is a therapist-guided, internet-delivered CBT intervention with exposure and response prevention as the main treatment component. The web-based intervention is supported by a smart phone application.

## Methods

67 adolescents (12–17yrs) with OCD participated in a randomized controlled trial comparing ICBT to a waitlist control. Cost data were collected at baseline and after treatment.

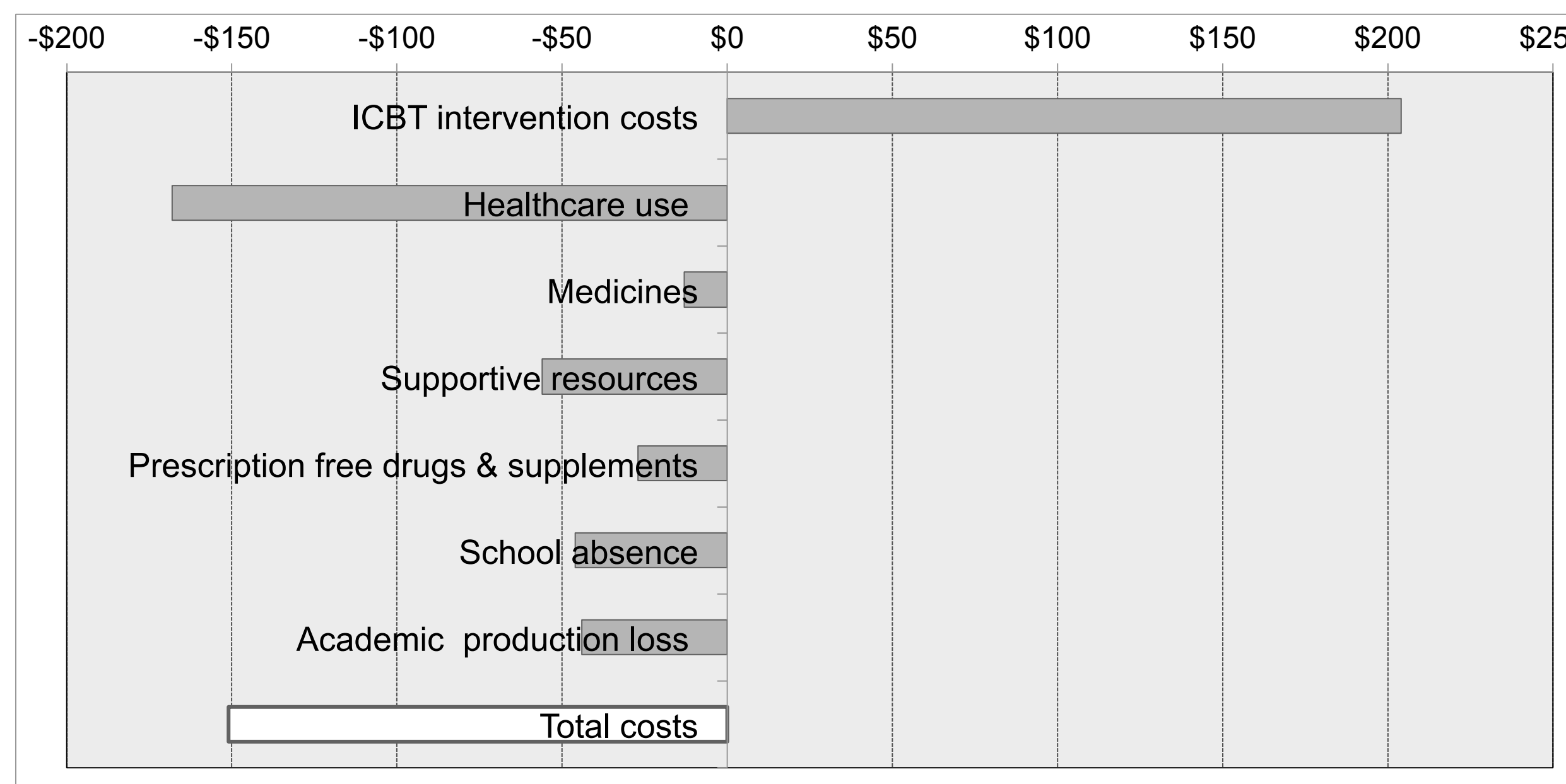
**Figure 1:** RCT study design



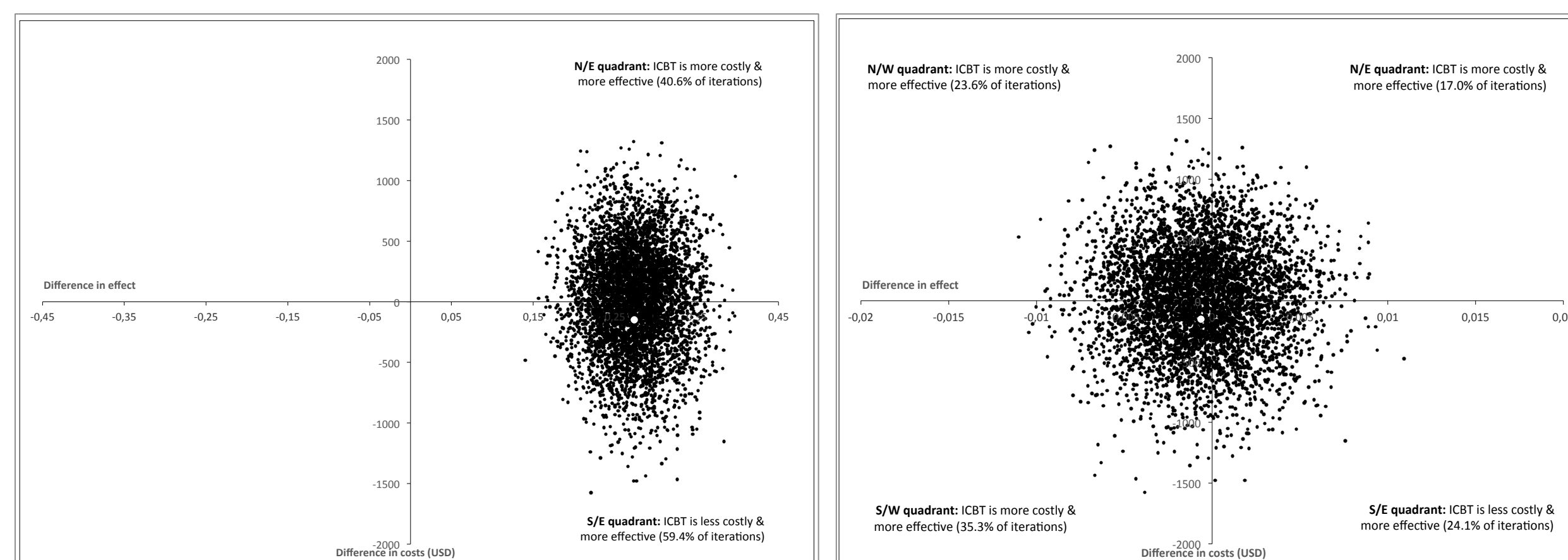
## Results

1. ICBT generated substantial societal cost savings averaging -150.63USD per patient, compared to waitlist.
2. The cost reductions were mainly driven by reduced healthcare use in the ICBT group.
3. 27% of patients were treatment responders in the ICBT group, 0% in the waitlist group.

**Figure 2:** Estimated baseline and pre- to post-intervention change scores (ICBT vs waitlist) – negative values indicating cost savings of ICBT compared to waitlist



**Figure 3:** Bootstrapped cost-effectiveness results of cost-change differences and differences in responders (left) and quality of life (right)



## Conclusions

- ICBT appears to be a cost-effective treatment and results in societal cost savings, compared to leaving patients untreated.
- The results have important implications for the increasingly strained national and healthcare budgets.
- Future studies should compare the cost-effectiveness of ICBT with regular face-to-face CBT.

