

iCBT-I

Feasibility study on Internet-based cognitive behavioral therapy
for children and adolescents with OCD



Exposure treatment directly in the
patient's home environment with
therapeutic support via video call

Study goals

- Development of an internet-based cognitive behavioral therapy for pediatric OCD
- Evaluation of feasibility, acceptance and satisfaction with this approach

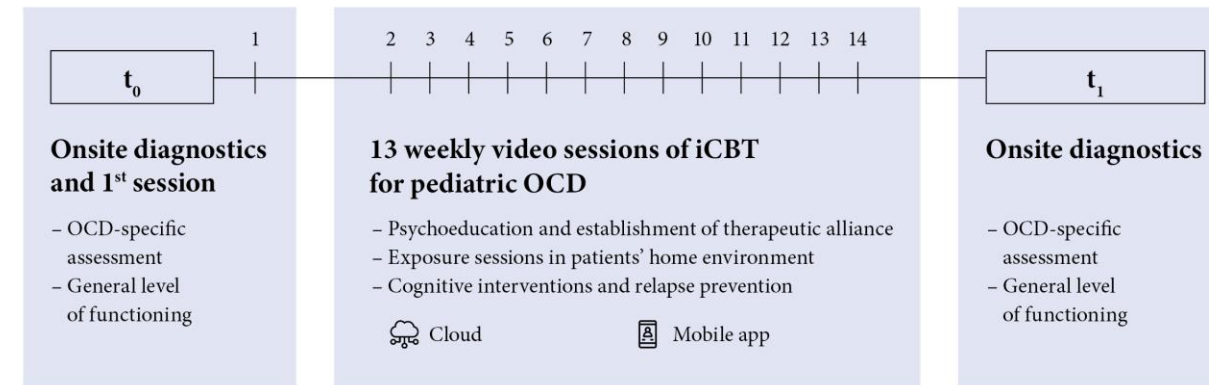
 www.medizin.uni-tuebingen.de/go/icbt-i

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 07071/29-62531



Study design



Cooperation

- Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, University Hospital Tübingen (Prof. Dr. T. Renner, Prof. Dr. A. Conzelmann, Dr. K. Hollmann, Dr. K. Allgaier, A. Haigis, C. Klein)
- Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Cologne (Prof. Dr. Ch. Wewetzer, G. Wewetzer)
- Division for Information Technology, University Hospital Tübingen (Dr. H. Lautenbacher)

International iCBT-Group

- Prof. Dr. T. Ivarsson (Institute of Neuroscience and Physiology, University of Gothenburg, Sweden)
- Prof. Dr. G. Skarphedinsson (Faculty of Psychology, University of Iceland, Iceland)
- Prof. N. Skokauskas, Prof. Dr. B. Weidle & Dr. L. H. Wolters (Faculty of Medicine and Health Sciences, Trondheim, Norway)
- Dr. N. C. Torp (Centre for Child and Adolescent Mental Health, Oslo, Norway)
- Prof. Dr. S. Compton (Duke Child and Family Study Center, Durham, USA)
- Dr. R. Calvo & Dr. S. Lera-Miguel (Hospital Clínic de Barcelona, Barcelona, Spain)
- Dr. E. de Haan (Academic Center for Child and Adolescent Psychiatry, Amsterdam, The Netherlands)

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