

Poster

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Poster 33

[P-33-02] Video Cognitive Behavior intervention for OCD: validation patient perspectives

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Cognitive behavior therapy (CBT) a widely efficacious intervention treating people with obsessive compulsive disorder. This CBT predominantly relies on Western modules and takes place face-to-face between the therapist and the patient. The new technology has raised questions about whether technologies can be integrated with CBT modules as part of an intervention. There is limited information on CBT modules that incorporate cultural and technological elements from Asian countries. Consequently, this study seeks to develop a video-based cultural CBT module specifically for individuals with OCD and assess the content validity of the module. The video content was created based on a validated module developed based on theoretical framework in literature review, and with adaptations and modifications of a Western CBT module to align with the cultural, religious, and normative practices of Asian societies. The video content was then validated by experts prior to being tested on patients with OCD. Three patients were enlisted to validate the video CBT module on first evaluation. OCD patients scored the language, duration, and comprehension of the 6 content intervention, Based on the CVI (Content Validity Index) score for each 6 video CBT module rate patient was at 0.75 which offered suggestions for improvement. Upon re-evaluation, six patients re-assessed each of the 6-video CBT modules as having clarity, usefulness, and relevant topic selection, along with an appropriate level of comprehension and duration, all scored at 0.90 for OCD patients. The patient stated qualitatively that all videos are simple to utilize, convenient, and helpful for them to carry out the intervention with or without a therapist. Video cognitive behavior therapy is suitable and valid to be used to treat OCD patient managed their symptoms. Further studies still required with a larger sample size and diverse methods to assess the efficacy of this intervention