OCD Intensive Program Results

We carefully assess all of our OCD Intensive Program clients for overall severity of illness and severity of OCD. On this page, you will find information about the results for all clients who have completed the program.

Adult OCD Program

OCD Symptom Severity

As you can see in the graph below, most of our adult clients' OCD is rated as Severe to Very Severe at the beginning of treatment. By the end of our 3-week intensive program, most are rated as having Mild OCD, with some clients rated as having Subclinical levels of OCD.

Severity of OCD in Adult Intensive Clients Before and After Treatment.
Measure: Yale-Brown Obsessive-Compulsive Scale

Depression Severity

In addition to experiencing reductions in severity of OCD symptoms, our clients also reported lesser symptoms of depression, which commonly co-occurs with OCD. As shown below, although there was a wide range of reports on symptoms of depression at
pre-treatment, at post-treatment the majority of clients reported Minimal depression, with a small percentage that reported Mild depression.

Severity of Depression in Adult Intensive Clients Before and After Treatment.
Measure: Beck Depression Inventory

Client Satisfaction

At the end of the Intensive Program clients are asked to evaluate their experience at the ADC on a scale from 1 ("Quite dissatisfied") to 4 ("Very satisfied"). The average rating was 3.9, indicating that our clients are highly satisfied with the program.

Child and Adolescent OCD Program

OCD Symptom Severity

The graph below shows that children and adolescents completing our OCD Intensive Program were all rated as having Moderate to Very Severe OCD at the start of treatment. By the end of our 3-week program, most clients are rated as having Subclinical or Mild OCD.
Severity of OCD in Child and Adolescent Intensive Clients Before and After Treatment.
Measure: Children's Yale-Brown Obsessive-Compulsive Scale

Client Satisfaction

At the end of the Intensive Program clients and their parents are asked to evaluate their experience at the ADC on a scale from 1 ("Quite dissatisfied") to 4 ("Very satisfied"). Children's average rating was 3.8 and parents' average rating was 3.7, indicating that both children and their parents are highly satisfied with the program.