

# Attitudes of Psychiatrists toward OCD patients

Pichaya Kusalaruk, Ratana Saipanish, Thanita Hiranyathorn  
Department of Psychiatry Ramathibodi hospital  
Mahidol university

**What do you feel about  
OCD patients?**

Questionnaire was developed from interviewing a focus group of 10 psychiatrists



# Questionnaire

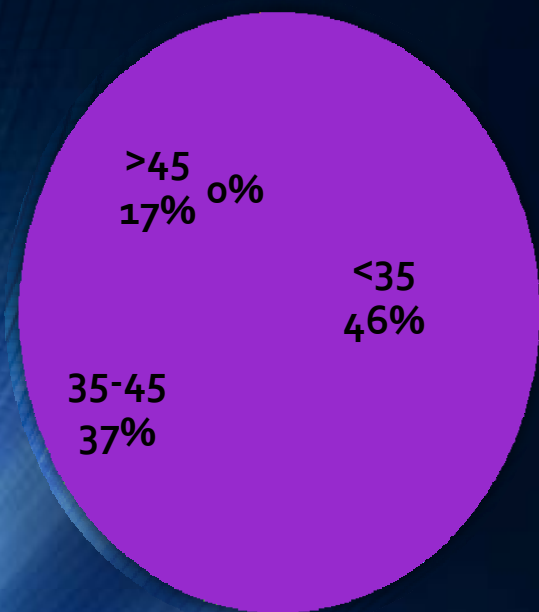
- Self-reported, four Likert scale type
  - Psychiatrist's characteristics and experiences with OCD patients
  - Attitudes toward OCD patients
  - Perception about OCD patients' compliance with various treatment
  - The different perception toward OCD patients when compared with other psychiatric disorder patients



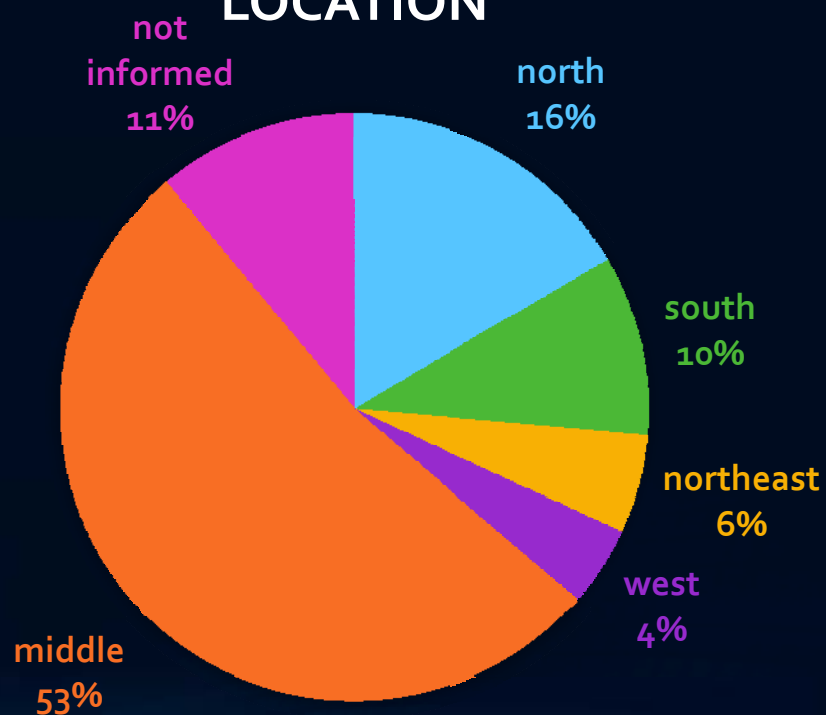
# Data from 91 psychiatrists in 32 different hospitals all over Thailand

**63.7% are female**

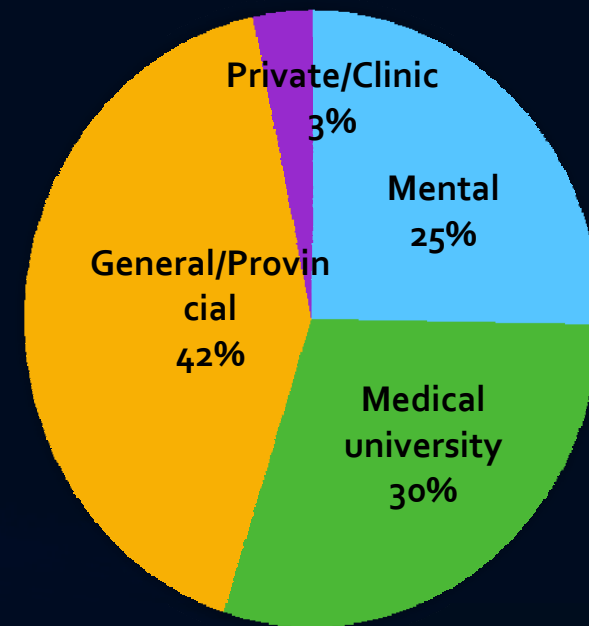
### AGE



### LOCATION

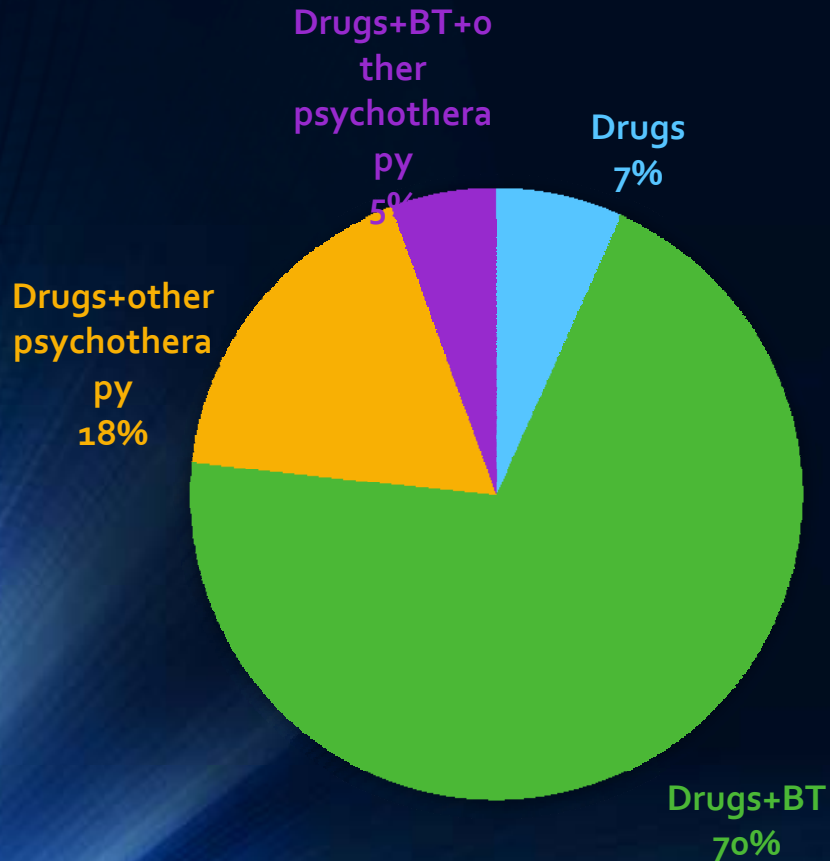


### TYPE OF HOSPITAL



# Experiences with OCD patients

## TREATMENT

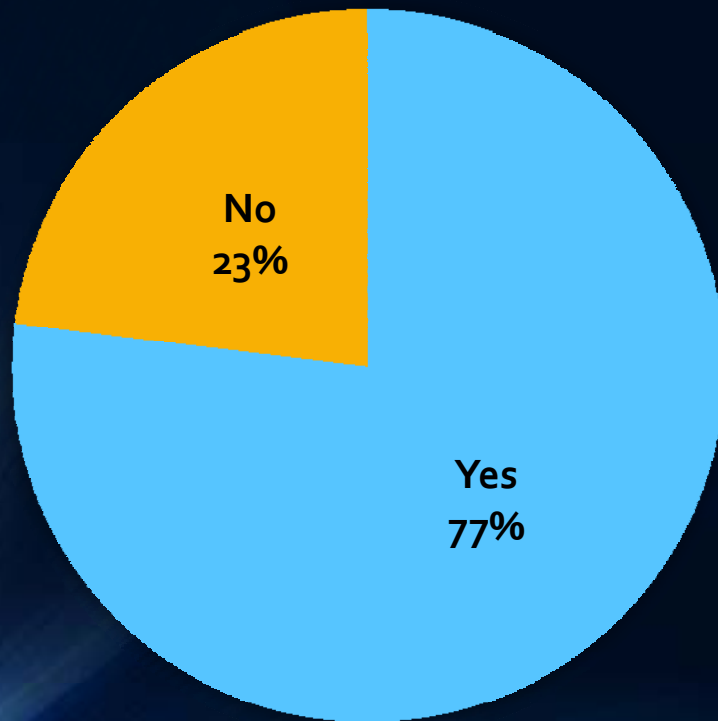


## ERP

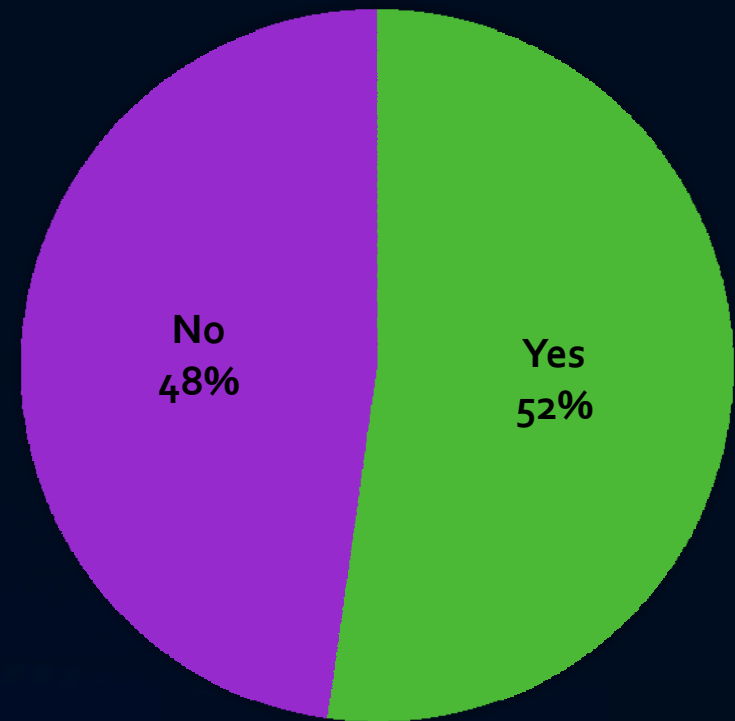


# Confidence in treating OCD patients

WITH MEDICATIONS

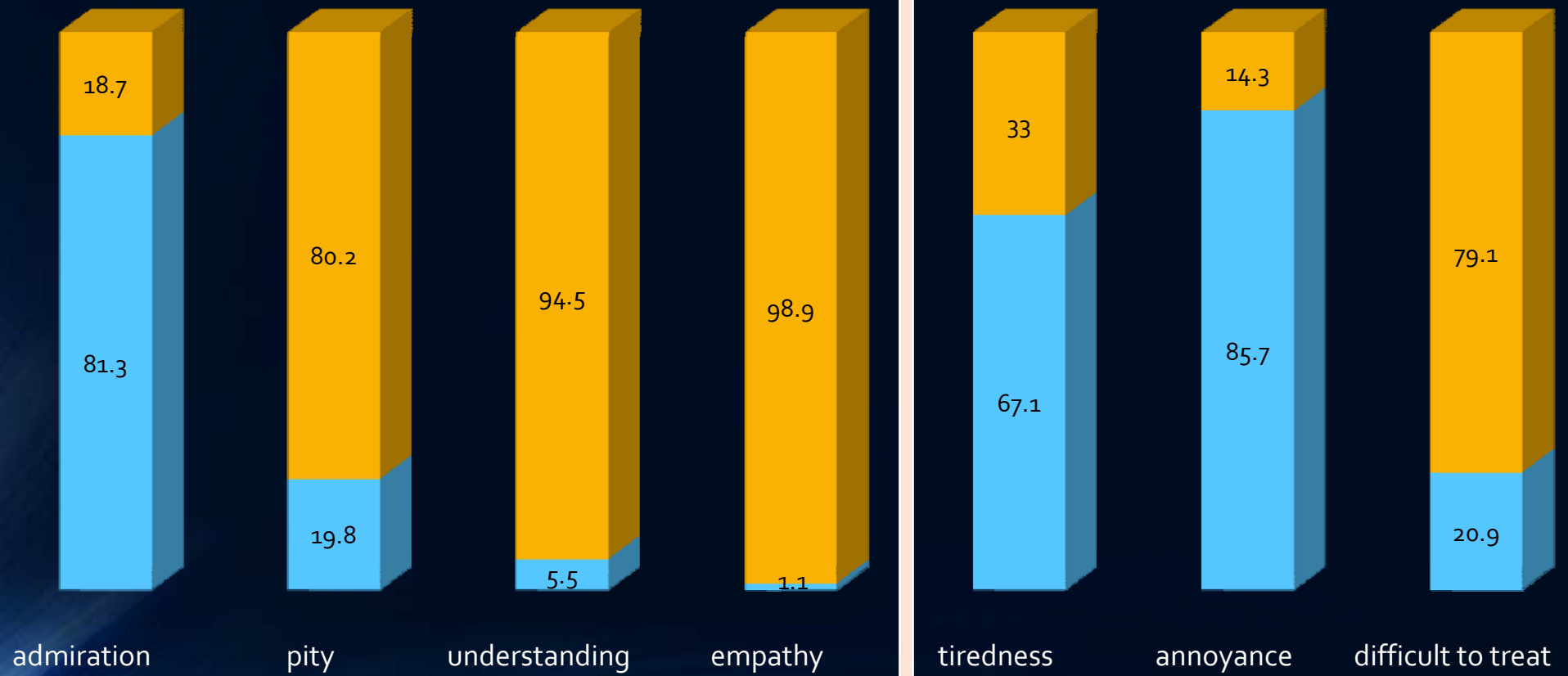


WITH BT



# Attitudes of psychiatrists toward OCD patients

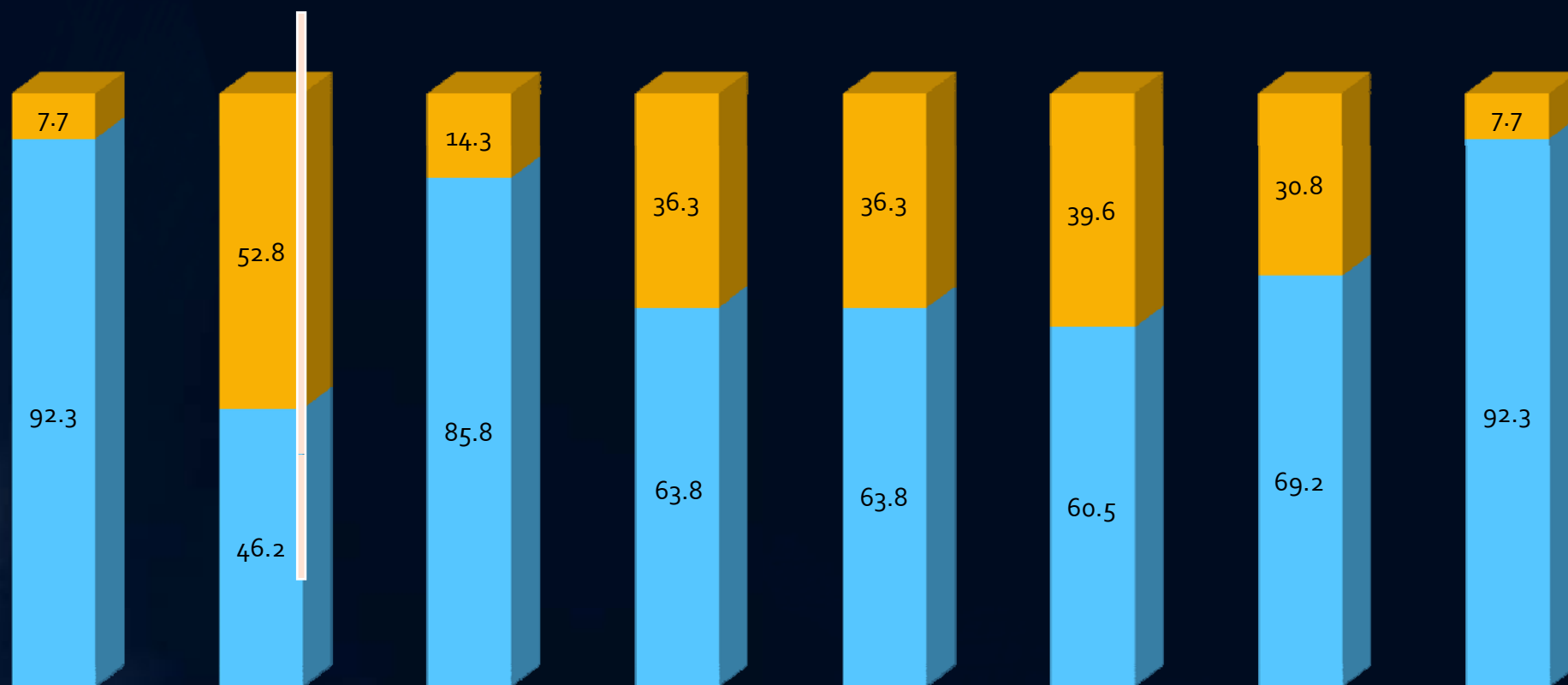
■ disagree ■ agree





# Attitudes of psychiatrists toward OCD patients

■ disagree ■ agree



Compared with other psychiatric disorder patients

# Statistically significant associations between psychiatrists' characteristics and attitudes toward OCD patients

Psychiatrists' characteristics	Attitudes
Workplace	annoyance
Estimated outpatients in 3 hours	↓admiration ↑poor compliance with BT, ↑need more time
Estimated time spent during first visit	↑pity ↓poor compliance with BT
Proficiency in ERP	↑admiration, ↑pity ↓tiredness, ↓need more time
Confidence in treating OCD with medication	↑pity ↓tiredness
Confidence in treating OCD with BT	↓tiredness, ↓annoyance, ↓need more patience, ↓more difficult in building therapeutic relationship, ↓"I don't want to treat OCD patients"

# Conclusions & Implications

- More positive than negative attitudes
- OCD was difficult to treat
- OCD patients had poor compliance with BT?
- Lack of confidence and proficiency in treating OCD with BT
- Less workload <--> better attitudes?
- Spending more time during first visit <--> better attitudes?
- Confidence and proficiency in ERP <--> better attitudes?
- **More training in ERP is needed to improve not only treatment outcomes but also psychiatrist's attitudes**