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Table S1 Database search strategy

Database	Search terms
PubMed	(("Obsessive-Compulsive Disorder"[Title/Abstract] OR "Compulsive Behavior"[Title/Abstract] OR "obsession"[Title/Abstract] OR "obsessional"[Title/Abstract] OR "obsessions"[Title/Abstract] OR "obsessive"[Title/Abstract] OR "compulsion"[Title/Abstract] OR "compulsions"[Title/Abstract] OR "compulsive"[Title/Abstract]) AND ("cognitive behavioral therapy"[Title/Abstract] OR "CBT"[Title/Abstract] OR (("behavioral"[Title/Abstract] OR "behavioural"[Title/Abstract] OR "behavior"[Title/Abstract] OR "exposure and response prevention"[Title/Abstract]) AND ("treatment"[Title/Abstract] OR "intervention"[Title/Abstract])))) AND ((alladult[Filter]) AND (2013:2020[pdat]))
Cochrane	#1 (Obsessive-Compulsive Disorder):ti,ab,kw OR (Compulsive Behavior):ti,ab,kw OR (obses*):ti,ab,kw OR (compuls*):ti,ab,kw #2 ("cognitive behavioral therapy"):ti,ab,kw OR (CBT):ti,ab,kw #3 (behavioral):ti,ab,kw OR (behavioural):ti,ab,kw OR (behavior):ti,ab,kw OR ("exposure and response prevention"):ti,ab,kw #4 (treatment):ti,ab,kw OR (intervention):ti,ab,kw #5 #3 AND #4 #6 #2 OR #5 #7 #1 AND #6 #8 (child):ti,ab,kw OR (pediatric):ti,ab,kw OR (adolescent):ti,ab,kw #9 #7 NOT #8 #10 #9 with Cochrane Library publication date Between Jan 2013 and Dec 2020, in Cochrane Reviews, Cochrane Protocols, Trials
PsycINFO	((title: ("Obsessive-Compulsive Disorder") OR title: ("Compulsive Behavior") OR title: (obses*) OR title: (compuls*)) OR (abstract: ("Obsessive-Compulsive Disorder") OR abstract: ("Compulsive Behavior") OR abstract: (obses*) OR abstract: (compuls*))) AND ((title: ("cognitive behavior therapy") OR title: (CBT) OR title: ("behavior therapy") OR title: (erp) OR title: ("exposure and response prevention")) OR (abstract: ("cognitive behavior therapy") OR abstract: (CBT) OR abstract: ("behavior therapy") OR abstract: (erp) OR abstract: ("exposure and response prevention"))) AND Age Group: Adulthood (18 yrs & older) AND Year: 2013 To 2020 ("Obsessive-Compulsive Disorder") OR title: ("Compulsive Behavior") OR title: (obses*) OR title: (compuls*)) OR (abstract: ("Obsessive-Compulsive Disorder") OR abstract: ("Compulsive Behavior") OR abstract: (obses*) OR abstract: (compuls*))) AND ((title: ("cognitive behavior therapy") OR title: (CBT) OR title: ("behavior therapy") OR title: (erp) OR title: ("exposure and response prevention")) OR (abstract: ("cognitive behavior therapy") OR abstract: (CBT) OR abstract: ("behavior therapy") OR abstract: (erp) OR abstract: ("exposure and response prevention"))) AND Methodology: Systematic Review OR Meta Analysis AND Year: 1966 To 2012
LILACS	(((((ti:("Obsessive-Compulsive Disorder" OR "Compulsive Behavior" OR obses* OR compuls*)) OR (ab:("Obsessive-Compulsive Disorder" OR "Compulsive Behavior" OR obses* OR compuls*))) AND (((ti:("cognitive behavioral therapy" OR cbt)) OR (ab:("cognitive behavioral therapy" OR cbt))) OR (((ti:(behav* OR erp OR "exposure AND response prevention")) OR (ab:(behav* OR erp OR "exposure AND response prevention"))) AND ((ti:(treatment OR intervention)) OR (ab:(treatment OR intervention)))))) AND NOT (((ti:((child) OR (pediatric))) OR (ab:((child) OR (pediatric)))))) AND (db:("LILACS"))) AND (year_cluster:[2013 TO 2020]) (((((ti:("Obsessive-Compulsive Disorder" OR "Compulsive Behavior" OR obses* OR compuls*)) OR (ab:("Obsessive-Compulsive Disorder" OR "Compulsive Behavior" OR obses* OR compuls*))) AND (((ti:("cognitive behavioral therapy" OR cbt)) OR (ab:("cognitive behavioral therapy" OR cbt))) OR (((ti:(behav* OR erp OR "exposure AND response prevention")) OR (ab:(behav* OR erp OR "exposure AND response prevention"))) AND ((ti:(treatment OR intervention)) OR (ab:(treatment OR intervention)))))) AND NOT (((ti:((child) OR (pediatric))) OR (ab:((child) OR (pediatric)))))) AND (db:("LILACS"))) AND (year_cluster:[1966 TO 2012])) AND ((type_of_study:("systematic_reviews")))

Embase	(('obsessive compulsive disorder':ab,ti OR 'obsession':ab,ti OR 'compulsion':ab,ti) AND (('cognitive behavioral therapy':ab,ti OR cbt:ab,ti) OR ((behav*:ab,ti OR erp:ab,ti OR 'exposure and response prevention':ab,ti) AND (treatment:ab,ti OR intervention:ab,ti)))) AND ((2013:py OR 2014:py OR 2015:py OR 2016:py OR 2017:py OR 2018:py OR 2019:py OR 2020:py) AND ([adult]/lim OR [aged]/lim))
	(('obsessive compulsive disorder':ab,ti OR 'obsession':ab,ti OR 'compulsion':ab,ti) AND (('cognitive behavioral therapy':ab,ti OR cbt:ab,ti) OR ((behav*:ab,ti OR erp:ab,ti OR 'exposure and response prevention':ab,ti) AND (treatment:ab,ti OR intervention:ab,ti)))) AND (1966:py OR 1967:py OR 1968:py OR 1969:py OR 1970:py OR 1971:py OR 1972:py OR 1973:py OR 1974:py OR 1975:py OR 1976:py OR 1977:py OR 1978:py OR 1979:py OR 1980:py OR 1981:py OR 1982:py OR 1983:py OR 1984:py OR 1985:py OR 1986:py OR 1987:py OR 1988:py OR 1989:py OR 1990:py OR 1991:py OR 1992:py OR 1993:py OR 1994:py OR 1995:py OR 1996:py OR 1997:py OR 1998:py OR 1999:py OR 2000:py OR 2001:py OR 2002:py OR 2003:py OR 2004:py OR 2005:py OR 2006:py OR 2007:py OR 2008:py OR 2009:py OR 2010:py OR 2011:py OR 2012:py) AND ('meta analysis'/de OR 'meta analysis topic'/de OR 'systematic review'/de)

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Table S2 Quality assessment of the included clinical trials with Physiotherapy Evidence Database scale (PEDro)

#	Title	Year	Authors	Journal	Total Score (max = 11)
1	Does the addition of cognitive therapy to exposure and response prevention for obsessive compulsive disorder enhance clinical efficacy? A randomized controlled trial in a community setting	2019	Rector et al.	British Journal of Clinical Psychology	9
2	A randomized waitlist-controlled trial comparing detached mindfulness and cognitive restructuring in obsessive-compulsive disorder	2019	Rupp et al.	PloS One	11
3	Effectiveness of Exposure/Response prevention plus eye movement desensitization and reprocessing in reducing anxiety and obsessive-compulsive symptoms associated with stressful life experiences: A randomized controlled trial	2020	Sarichloo et al.	Iranian Journal of Psychiatry and Behavioral Sciences	6
4	Unguided Internet-based cognitive-behavioral therapy for obsessive-compulsive disorder: A randomized controlled trial	2020	Schroder et al.	Depression and Anxiety	8
5	Cognitive-behavioral therapy vs risperidone for augmenting serotonin reuptake inhibitors in obsessive-compulsive disorder: a randomized clinical trial	2013	Simpson et al	JAMA Psychiatry	10
6	A randomized clinical trial of cognitive-behavioral group therapy and sertraline in the treatment of obsessive-compulsive disorder	2006	Sousa et al.	Journal of Clinical Psychiatry	10
7	Behavior therapy augments response of patients with obsessive-compulsive disorder responding to drug treatment	2005	Tenneij et al.	Journal of Clinical Psychiatry	8
8	A randomized controlled trial of self-directed versus therapist-directed cognitive-behavioral therapy for obsessive-compulsive disorder patients with prior medication trials	2007	Tolin et al.	Behavior Therapy	9
9	Adding acceptance and commitment therapy to exposure and response prevention for obsessive-compulsive disorder: A randomized controlled trial	2018	Twohig et al.	Behaviour Research and Therapy	10
10	The treatment of obsessive-compulsive checking: A randomized trial comparing danger ideation reduction therapy with exposure and response prevention	2014	Vaccaro et al.	Clinical Psychologist	8
11	Cognitive and behavioral therapies alone versus in combination with fluvoxamine in the treatment of obsessive compulsive disorder	1998	van Balkom et al.	Journal of Nervous and Mental Disease	7
12	Cognitive therapy versus fluvoxamine as a second-step treatment in obsessive-compulsive disorder nonresponsive to first-step behavior therapy	2012	van Balkom et al.	Psychotherapy and Psychosomatics	8
13	Inference-based approach versus cognitive behavioral therapy in the treatment of	2015	Visser et al.	Psychotherapy and	9

	obsessive-compulsive disorder with poor insight: A 24-session randomized controlled trial			Psychosomatics	
14	Remote treatment of obsessive-compulsive disorder: a randomized controlled trial	2013	Wootton et al.	Journal of Obsessive-Compulsive and Related Disorders	7
15	Self-guided internet-delivered cognitive behavior therapy (ICBT) for obsessive-compulsive symptoms: A randomized controlled trial	2019	Wootton et al.	Journal of Anxiety Disorders	6
16	Long-term efficacy of Internet-based cognitive behavior therapy for obsessive-compulsive disorder with or without booster: a randomized controlled trial	2014	Andersson et al.	Psychological Medicine	9
17	The effect of treatment on quality of life and functioning in OCD	2017	Asnaani et al.	Comprehensive Psychiatry	11
18	Group cognitive-behavioral therapy versus selective serotonin reuptake inhibitors for obsessive-compulsive disorder: a practical clinical trial.	2012	Belloto-Silva et al.	Journal of Anxiety Disorders,	9
19	Need for speed: evaluating slopes of OCD recovery in behavior therapy enhanced with d-cycloserine	2010	Chasson et al.	Developmental, Psychosocial and Learning Problems CC-Common Mental Disorders	11
20	A randomized controlled trial of cognitive therapy versus intensive behavior therapy in obsessive compulsive disorder	2001	Cottraux et al.	6 CC-SR-BEHAVMED CC-Common Mental Disorders	9
21	Cognitive-behavioral therapy versus transcranial direct current stimulation for augmenting selective serotonin reuptake inhibitors in obsessive-compulsive disorder patients	2020	Dadashi et al.	Basic and Clinical Neuroscience	7
22	D-cycloserine addition to exposure sessions in the treatment of patients with obsessive-compulsive disorder	2017	de Leeuw et al.	European Psychiatry	11
23	Optimal treatment for obsessive compulsive disorder: a randomized controlled feasibility study of the clinical-effectiveness and cost-effectiveness of cognitive-behavioral therapy, selective serotonin reuptake inhibitors and their combination in the management of obsessive compulsive disorder.	2018	Fineberg et al.	Clinical Psychopharmacology	11
24	Six-month outcomes from a randomized trial augmenting serotonin reuptake inhibitors with exposure and response prevention or risperidone in adults with obsessive-compulsive disorder	2015	Foa et al.	The Journal of Clinical Psychiatry	10

25	Combination of behavior therapy with fluvoxamine in comparison with behavior. Results of a multicentre study.	1998	Hohagen et al.	British Journal of Psychiatry. Supplement	9
26	Highly efficacious cognitive-coping therapy for overt or covert compulsions	2015	Hu et al.	Psychiatry Research	9
27	A promising randomized trial of a new therapy for obsessive-compulsive disorder	2012	Hu et al.	Brain and Behavior	7
28	Association splitting versus cognitive remediation in obsessive-compulsive disorder: a randomized controlled trial.	2018	Jelinek et al.	Journal of Anxiety Disorders	8
29	Mindfulness-based cognitive therapy (MBCT) in patients with obsessive-compulsive disorder (OCD) and residual symptoms after cognitive behavioral therapy (CBT): a randomized controlled trial.	2018	Kulz et al.	European Archives of Psychiatry and Clinical Neuroscience	8
30	Therapist-Assisted Internet-Based Cognitive Behavioral Therapy Versus Progressive Relaxation in Obsessive-Compulsive Disorder: Randomized Controlled Trial.	2018	Kyrios et al.	Journal of Medical Internet Research	9
31	A randomized controlled trial of concentrated ERP, self-help and waiting list for obsessive- compulsive disorder: The Bergen 4-day treatment.	2019	Launes et al.	Frontiers in Psychology	9
32	Cognitive-coping therapy for obsessive-compulsive disorder: A randomized controlled trial.	2013	Ma et al.	Journal of Psychiatric Research	9
33	Improving treatment outcome in obsessive-compulsive disorder: Does motivational interviewing boost efficacy?	2019	McCabe et al.	Journal of Obsessive-Compulsive and Related Disorders	9
34	Efficacy of cognitive behavioural therapy with medication for patients with obsessive-compulsive disorder: A multicentre randomised controlled trial in China.	2019	Meng et al.	Journal of Affective Disorders	8
35	Internet-based cognitive behaviour therapy for obsessive-compulsive disorder: a randomized controlled trial	2012	Andersson et al.	Psychol Med	11

ERP = exposure and response prevention; OCD = obsessive-compulsive disorder

The PEDro scale consists of the following 11 items: 1. Eligibility criteria were specified; 2. Participants were randomly allocated to groups; 3. Allocation concealment was performed; 4. The groups were similar at baseline regarding the most important prognostic indicators; 5. There was blinding of all participants; 6. There was blinding of all therapists who administered the therapy; 7. There was blinding of all assessors who measured the outcomes; 8. Measures of at least one key outcome were obtained from more than 85% of participants initially allocated to groups; 9. All participants for whom outcome measures were available received the treatment or control condition; 10. The results of between-group statistical comparisons are reported for at least one key outcome; 11. The study provides both point measures and measures of variability for at least one key outcome.

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Table S3 Quality assessment of the included systematic reviews with a measurement tool to assess systematic reviews (AMSTAR)

#	Title	Year	First author	Journal	AMSTAR rating
1	Efficacy of exposure versus cognitive therapy in anxiety disorders: Systematic review and meta-analysis	2011	Ougrin D	BMC Psychiatry	Moderate quality
2	Computer-delivered cognitive-behavioral treatments for obsessive compulsive disorder: preliminary meta-analysis of randomized and non-randomized effectiveness trials	2014	Pozza A	The Cognitive Behaviour Therapist	High quality
3	Efficacy of group psychotherapy for obsessive-compulsive disorder: A meta-analysis of randomized controlled trials	2016	Schwartze D	Journal of Obsessive-Compulsive and Related Disorders	Low quality
4	Pharmacological and psychotherapeutic interventions for management of obsessive-compulsive disorder in adults: a systematic review and network meta-analysis.	2016	Skapinakis P	The Lancet Psychiatry	Low quality
5	Family and couple integrated cognitive-behavioral therapy for adults with OCD: A meta-analysis.	2020	Stewart K	Journal of Affective Disorders	Low quality
6	A meta-analysis on the treatment of obsessive compulsive disorder: A comparison of antidepressants, behavior, and cognitive therapy	1994	Van Balkom A	Clinical Psychology Review	Critically low quality
7	Efficacy of technology-delivered cognitive behavioral therapy for OCD versus control conditions, and in comparison with therapist-administered CBT: Meta-analysis of randomized controlled trials.	2015	Dèttore D	Cognitive Behavioral Therapy	High quality
8	A multidimensional meta-analysis of psychotherapy and pharmacotherapy for obsessive-compulsive disorder	2004	Eddy K	Clinical Psychology Review	Low quality
9	Cognitive behavioral treatments of obsessive-compulsive disorder. A systematic review and meta-analysis of studies published 1993-2014	2015	Öst L-G	Clinical Psychology Review	High quality

AMSTAR consists of the following 11 items: 1. Was an “a priori" design provided? 2. Was there duplicate study selection and data extraction? 3. Was a comprehensive literature search performed? 4. Was the status of publication used as an inclusion criterion? 5. Was a list of studies (included and excluded) provided? 6. Were the characteristics of the included studies provided? 7. Was the scientific quality of the included studies assessed and documented? 8. Was the scientific quality of the included studies used appropriately in the formulating conclusions? 9. Were the methods used to combine the findings of studies appropriate? 10. Was the likelihood of publication bias assessed? 11. Was the conflict of interest stated?

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Table S4 Excluded articles and the reasons for exclusion

#	Article title	Year	Scientific journal or registry platform	Authors	Reason for exclusion
1	Combined treatments in obsessive-compulsive disorder: Current knowledge and future prospects	2012	Revista di Psichiatria	Albert et al.	Language
2	Cognitive-behavioral therapy in obsessive-compulsive disorder	2008	Revista Brasileira de Psiquiatria	Cordioli	Language
3	Cognitive-behavioral group therapy with and without pharmacotherapy for obsessive-compulsive disorder	2012	International Journal of Neuropsychopharmacology	Dogan et al.	Not a full article
4	An open trial of videoconference-mediated exposure and ritual prevention for obsessive-compulsive disorder	2014	Journal of Anxiety Disorders	Goetter et al.	Study design
5	Modifying Obsessive-Compulsive Beliefs about Controlling One's Thoughts	2017	Journal of Psychopathology and Behavioral Assessment	Stech & Grisham	Outcome
6	Empirically grounded clinical interventions: cognitive versus behaviour therapy in the individual treatment of obsessive-compulsive disorder: changes in cognitions and clinically significant outcomes at post-treatment and one-year follow-up.	2008	Behavioural and Cognitive Psychotherapy	Belloch et al.	Not a clinical trial
7	The Inference-Based Approach (IBA) to the Treatment of Obsessive-Compulsive Disorder: An Open Trial Across Symptom Subtypes and Treatment-Resistant Cases	2017	Clinical Psychology & Psychotherapy	Aardema et al.	Study design
8	The effect of a couple-based treatment for OCD on intimate partners	2014	Journal of Behavior Therapy and Experimental Psychiatry	Belus et al.	Study design
9	Diagnosis and treatment of obsessive-compulsive disorder	2005	Primary Psychiatry	Allen & Hollander	Study design
10	Clomipramine (Anafranil) and behaviour therapy in obsessive-compulsive and phobic disorders	1977	Journal of International Medical Research	Amin et al.	Outcome
11	The effects of the non-contingent presentation of safety signals on the elimination of safety behaviors: An experimental comparison between individuals with low and high obsessive-compulsive profiles	2018	Journal of Behavior Therapy and Experimental Psychiatry	Angelakis & Austin	Outcome
12	Long-term Outcomes of Intensive Inpatient Care for Severe, Resistant Obsessive-Compulsive Disorder	2020	Canadian Journal of Psychiatry	Balachander et al.	Study design
13	Immediate and long-term outcomes of intensive inpatient care for poor insight obsessive-compulsive disorder	2019	Indian Journal of Psychiatry	Balachander et al.	Study design

14	Outcomes of specialized residential treatment for adults with obsessive-compulsive disorder	2013	Journal of Psychiatric Practice	Björgvinsson et al.	Study design
15	Using an acceptance and commitment therapy approach when exposure and cognitive therapy become rituals in the treatment of obsessive-compulsive disorder	2019	Journal of Cognitive Psychotherapy	Buchholz & Abramowitz	Study design
16	Group versus individual cognitive treatment for obsessive-compulsive disorder: changes in severity at post-treatment and one-year follow-up	2010	Behavior Cognitive Psychotherapy	Cabedo et al.	Not a clinical trial
17	Association splitting for obsessive-compulsive disorder: A systematic review	2019	Current Psychiatry Research and Reviews	Ching et al.	Outcome
18	Internet-delivered, family-based treatment for early-onset OCD: A pilot randomized trial	2017	Journal of Consulting and Clinical Psychology	Comer et al.	Study design
19	Combining pharmacotherapy with cognitive-behavioral interventions for obsessive-compulsive disorder	2005	Cognitive Behaviour Therapy	Cottraux et al.	Not a clinical trial
20	A controlled study of fluvoxamine and exposure in obsessive-compulsive disorder	1990	International Clinical Psychopharmacology	Cottraux et al.	Outcome
21	Implementation of the Bergen 4-day treatment for obsessive compulsive disorder in Iceland	2019	Clinical Neuropsychiatry: Journal of Treatment Evaluation	Davíðsdóttir et al.	Study design
22	Treatment Outcome and Predictors of Internet Guided Self-Help for Obsessive-Compulsive Disorder	2015	Behavior Therapy	Diefenbach et al.	Study design
23	Treatment of depressive and obsessive-compulsive symptoms in OCD by imipramine and behaviour therapy	1992	The British Journal of Clinical Psychology	Foa et al.	Outcome
24	Differential effects of exposure and response prevention in obsessive-compulsive washers	1980	Journal of Consulting and Clinical Psychology	Foa et al.	Outcome
25	Group cognitive behaviour therapy in obsessive-compulsive disorder (OCD): a controlled study	2005	International Journal of Psychiatry in Clinical Practice	Fineberg et al.	Not a clinical trial
26	The efficacy of Cognitive Behavioral Therapy as a treatment for adults with Obsessive Compulsive Disorder	2015	ProQuest Information & Learning.	Fountain	Not a clinical trial
27	Cognitive-behavioral treatment of obsessive thoughts: a controlled study	1997	CC-HS-HANDSRCH CC-SR-BEHAVMED CC-Common Mental Disorders	Freeston et al.	Not a clinical trial

28	The Bergen 4-day treatment for OCD: Four years follow-up of concentrated ERP in a clinical mental health setting	2019	Cognitive Behaviour Therapy	Hansen et al.	Study design
29	No talking, just writing! Efficacy of an internet-based cognitive behavioral therapy with exposure and response prevention in obsessive compulsive disorder	2014	Psychotherapy and Psychosomatics	Herbst et al.	Not a clinical trial
30	Relapse prevention program for treatment of obsessive-compulsive disorder	1994	Journal of Consulting and Clinical Psychology	Hiss et al.	Not a clinical trial
31	Working alliance in Internet-based cognitive-behavioral therapy for obsessive-compulsive disorder	2016	Psychotherapy and Psychosomatics	Herbst et al.	Study design
32	Comparing the Effectiveness of Acceptance and Commitment Therapy, Pharmacotherapy, and their combination in the Treatment of Obsessive-Compulsive Disorder	2013	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01868050/full	RCT2013042713145N1	Not a clinical trial
33	(Meta-)cognitive biases in obsessive compulsive disorder (OCD): a randomized controlled trial on the efficacy of Metacognitive Training for OCD (MCT-OCD) and its mechanisms of change	2018	Http://Www.Who.Int/Trialsearch/Trial2.Aspx?TrialID=DRKS00013539. https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01898259/full	DRKS00013539	Not a clinical trial
34	Association splitting of the sexual orientation-OCD-relevant semantic network	2018	Cognitive Behaviour Therapy	Ching et al.	Population
35	Psychological treatments versus treatment as usual for obsessive compulsive disorder (OCD)	2007	Cochrane Database of Systematic Reviews	Gava et al.	Study design
36	Efficacy of combination of fluoxetine and cognitive behavioral therapy and fluoxetine alone for the treatment of obsessive compulsive disorder	2013	Pakistan Journal of Pharmaceutical Sciences	Giasuddin et al.	Outcome
37	A comparison of behavioral group therapy and individual behavior therapy in treating obsessive-compulsive disorder	1993	Journal of Nervous and Mental Disease	Fals-Stewart et al.	Previously reviewed (Rosa-Alcázar et al., 2008)
38	A Randomized Controlled Trial of combination of Cognitive-Behavioral Therapy (CBT) with Selective Serotonin Reuptake Inhibitors (SSRIs) Therapy for Obsessive-Compulsive Disorder (OCD) and Generalized Anxiety Disorder (GAD)	2010	Cochrane Database of Systematic Reviews		Not a full article
39	Acceptability, feasibility, and effectiveness of internet-based cognitive-behavioral therapy for obsessive-compulsive disorder in New York	2018	Behavior Therapy	Patel et al.	Study design

40	Cognitive-behavior therapy for obsessive-compulsive disorder: A systematic review of the last decade	2007	Revista de Psiquiatria do Rio Grande do Sul	Prazeres et al.	Language
41	Study protocol for a single-blind, randomised controlled, non-inferiority trial of internet-based versus face-to-face cognitive behaviour therapy for obsessive-compulsive disorder	2018	BMJ Open	Ruck et al.	Not a full article
42	Long-term course and outcome of obsessive-compulsive patients after cognitive-behavioral therapy in combination with either fluvoxamine or placebo: a 7-year follow-up of a randomized double-blind trial	2005	European Archives of Psychiatry and Clinical Neuroscience	Rufer et al.	Study design
43	Cognitive behavior therapy for comorbid obsessive-compulsive disorder in high-functioning autism spectrum disorders: A randomized controlled trial	2013	Depression and Anxiety	Russell et al.	Population
44	The effectiveness of cognitive behavioral group psychotherapy for obsessive-compulsive disorder	2014	Turkish Journal of Psychiatry	Safak et al.	Language
45	Mindfulness-based cognitive therapy for OCD: Stand-alone and post-CBT augmentation approaches	2018	International Journal of Cognitive Therapy	Selchen et al.	Study design
46	Internet-based cognitive behavioral therapy for obsessive-compulsive disorder in Korea	2016	Psychiatry Investigation,	Seol et al.	Study design
47	A randomized clinical trial of mindfulness-based cognitive therapy as an augmentation strategy for obsessive-compulsive disorder: preliminary findings	2019	European Neuropsychopharmacology	Serra-Blasco et al.	Not a full article
48	Kundalini Yoga Meditation Versus the Relaxation Response Meditation for Treating Adults With Obsessive-Compulsive Disorder: a Randomized Clinical Trial	2019	Frontiers in Psychiatry	Shannahoff-Khalsa et al.	Intervention
49	Long-term outcome of obsessive-compulsive disorder in adults: a meta-analysis	2014	The Journal of Clinical Psychiatry	Sharma et al.	Study design
50	Music therapy as an adjunct to standard treatment for obsessive compulsive disorder and co-morbid anxiety and depression: A randomized clinical trial	2015	Journal of Affective Disorders	Shiranibidabadi & Mehryar	Outcome
51	A randomized controlled trial of cognitive-behavioral therapy versus risperidone for augmenting serotonin reuptake inhibitors in obsessive-compulsive disorder	2012	Neuropsychopharmacology,	Simpson & Foa	Not a full article
52	Cognitive-behavioral therapy for obsessive-compulsive disorder: a non-randomized comparison of intensive and weekly approaches	2008	Journal of Anxiety Disorders	Storch et al.	Not a clinical trial
53	Cognitive-behavioral therapy for medication nonresponders with obsessive-compulsive disorder: a wait-list-controlled open trial	2004	Journal of Clinical Psychiatry	Tolin et al.	Study design

54	Effectiveness and outcome predictors of cognitive-behavioural therapy for obsessive-compulsive disorder co-occurring with psychosis	2014	Journal of Psychopathology	Tundo et al.	Study design
55	Acceptance and commitment therapy, selective serotonin reuptake inhibitors, and their combination in the improvement of obsessive-compulsive symptoms and experiential avoidance in patients with obsessive-compulsive disorder	2015	Iranian Journal of Psychiatry and Behavioral Sciences	Vakili et al.	Study design
56	A meta-analysis on the treatment of obsessive compulsive disorder: A comparison of antidepressants, behavior, and cognitive therapy	1994	Clinical Psychology Review	van Blakom et al.	Duplicate
57	Cognitive therapy and exposure in vivo in the treatment of obsessive compulsive disorder	1995	Behaviour Research and Therapy	van Oppen et al.	Previously reviewed (Blair et al.)
58	Does the therapy manual or the therapist matter most in treatment of obsessive-compulsive disorder? A randomized controlled trial of exposure with response or ritual prevention in 118 patients	2010	Journal of Clinical Psychiatry	van Oppen et al.	Study design
59	Adding cognitive therapy elements to exposure therapy for obsessive compulsive disorder: a controlled study	2004	Behavioural and Cognitive Psychotherapy	Vogel et al.	Previously reviewed (Rosa-Alcázar et al., 2008)
60	Cognitive-behavioral group therapy in obsessive-compulsive disorder: a randomized clinical trial	2003	Psychotherapy and Psychosomatics	Cordioli et al.	Previously reviewed (Rosa-Alcázar et al., 2008)
61	Cognitive behavioral therapy in pharmacoresistant obsessive–compulsive disorder	2016	Neuropsychiatric Disease and Treatment	Vyskocilova et al.	Study design
62	Group and individual treatment of obsessive-compulsive disorder using cognitive therapy and exposure plus response prevention: a 2-year follow-up of two randomized trials	2008	Journal of Consulting and Clinical Psychology	Whitta et al.	Study design
63	Treatment of obsessions: a randomized controlled trial	2010	Behaviour Research and Therapy	Whittal et al.	Previously reviewed (Blair et al.)
64	A new model for the initiation of treatment for obsessive–compulsive disorder: An exploratory study	2014	Journal of Obsessive-Compulsive and Related Disorders	Wilson et at.	Study design
65	Self-guided internet administered treatment for obsessive-compulsive disorder:	2014	Journal of Obsessive-	Wootton et al.	Study design

	Results from two open trials		Compulsive and Related Disorders		
66	Self-guided internet-delivered cognitive behavior therapy (iCBT) for obsessive-compulsive disorder: 12 month follow-up	2015	Internet Interventions	Wootton et al.	Study design
67	An Internet administered treatment program for obsessive-compulsive disorder: a feasibility study	2011	Journal of Anxiety Disorders	Wootton et al.	Study design
68	Effectiveness of cognitive-coping therapy and alteration of resting-state brain function in obsessive-compulsive disorder	2017	Journal of Affective Disorders	Zhao et al.	Study design
69	Exposure and response prevention (ERP) versus transcranial direct current stimulation (tDCS) in treatment of patients with obsessive-compulsive disorder	2016	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01809268/full	IRCT201606172 8504N1	Not a full article
70	The Effectiveness of Acceptance and Commitment Group Therapy in the Treatment Of Obsessive Compulsive Disorder	2016	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01812687/full	IRCT201607052 8803N1	Not a full article
71	Comparison of psychological and therapeutic treatment on obsessive-compulsive disorder	2017	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01886533/full	IRCT201708133 5675N1	Not a full article
72	The efficacy of spiritual psychotherapy on obsessive-compulsive disorder	2018	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01910936/full	IRCT201804250 39415N1	Not a full article
73	Comparison of the effectiveness of exposure and response prevention therapy and mindfulness based exposure and response prevention therapy in people with contamination/washing OCD	n.d.	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01971263/full	IRCT201904070 43186N1	Not a full article
74	A randomised controlled feasibility trial comparing clinical and cost effectiveness of cognitive behavioural therapy (CBT) and selective serotonin reuptake inhibitors (SSRI) and their combination in the management of obsessive compulsive disorder	2014	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01852673/full	ISRCTN077068 36	Not a full article
75	Eye movement desensitization and reprocessing (EMDR) versus cognitive behavioural therapy (CBT) in the treatment of obsessive compulsive disorder (OCD)	2013	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01860766/full	ISRCTN163963 25	Not a full article
76	Telephone-administered cognitive behaviour therapy (CBT) for the treatment of obsessive compulsive disorder: a randomized controlled trial	2005	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01796851/full	ISRCTN168008 15	Not a full article

77	Delivering interventions for obsessive compulsive disorder (OCD) through a web-based virtual therapist: a randomised controlled trial	2005	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01858484/full	ISRCTN43745646	Not a full article
78	Cognitive therapy with obsessive-compulsive disorder	1995	British Journal of Psychiatry,	James et al.	Study design
79	Individual versus group cognitive behavioral treatment for obsessive-compulsive disorder: follow up	2008	Psychiatry and Clinical Neurosciences	Jaurrieta et al.	Previously reviewed (Ost et al.)
80	Group cognitive behavioural therapy for obsessive-compulsive disorder: A systematic review and meta-analysis	2009	Acta Psychiatrica Scandinavica	Jónsson et al.	Previously reviewed (Ost et al.)
81	Randomized comparative study of group versus individual cognitive behavioural therapy for obsessive compulsive disorder	2011	Acta Psychiatrica Scandinavica,	Jónsson et al.	Previously reviewed (Ost et al.)
82	Intensive cognitive behavioural therapy for obsessive-compulsive disorder: A systematic review and meta-analysis	2015	Journal of Obsessive-Compulsive and Related Disorders	Jónsson et al.	Population
83	Safety and feasibility study of cognitive behavioral therapy for obsessive compulsive disorder & #8211; an open-label pilot study	1012	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01820166/full	JPRN-UMIN000008403	Not a full article
84	Mindfulness-based cognitive therapy as an augmentation treatment for obsessive–compulsive disorder	2017	Clinical Psychology & Psychotherapy	Key et al.	Outcome
85	Behavioral versus pharmacological treatments of obsessive-compulsive disorder: A meta-analysis	1997	ProQuest Information & Learning	Kobak et al.	Population
86	The superiority of danger ideation reduction therapy (DIRT) over exposure and response prevention (ERP) in treating compulsive washing	2004	Behaviour Change,	Krochmalik et al.	Study design
87	Mindfulness-based cognitive therapy in obsessive-compulsive disorder: protocol of a randomized controlled trial	2014	BMC Psychiatry	Kulz et al.	Not a full article
88	Mindfulness-based cognitive therapy (MBCT) in patients with obsessive-compulsive disorder (OCD) and residual symptoms after cognitive behavioral therapy (CBT): a randomized controlled trial	2019	European Archives of Psychiatry and Clinical Neuroscience	Kulz et al.	Duplicate
89	Changes in the daily life experience of patients with obsessive-compulsive	2020	Psychiatry Research	Landmann et al.	Not a clinical trial

	disorder following mindfulness-based cognitive therapy: Looking beyond symptom reduction using ecological momentary assessment				
90	Controlled trial of exposure and response prevention in obsessive-compulsive disorder	1997	Psychiatry Research	Lindsay et al.	Previously reviewed (Ost et al.)
91	Clinical effectiveness, cost-effectiveness and acceptability of low-intensity interventions in the management of obsessive-compulsive disorder: the Obsessive-Compulsive Treatment Efficacy randomised controlled Trial (OCTET)	2017	Health Technology Assessment	Lovell et al.	Duplicate
92	Efficacy of mindfulness-integrated cognitive behavior therapy in patients with predominant obsessions	2016	Indian Journal of Psychiatry	Kumar et al.	Not a clinical trial
93	Low-intensity cognitive-behaviour therapy interventions for obsessive-compulsive disorder compared to waiting list for therapist-led cognitive-behaviour therapy: 3-arm randomised controlled trial of clinical effectiveness	2017	PLoS Medicine	Lovell et al.	Not a clinical trial
94	Internet-based cognitive behavioural therapy for treating symptoms of obsessive compulsive disorder in routine care	2020	Journal of Obsessive-Compulsive and Related Disorders	Luu et al.	Not a clinical trial
95	Internet cognitive behavioural treatment for obsessive compulsive disorder: a randomised controlled trial	2014	Behaviour Research and Therapy	Manhoney et al.	Outcome
96	Imagery rescripting as an adjunct clinical intervention for obsessive compulsive disorder.	2019	Journal of Anxiety Disorders	Manhoney et al.	Not a clinical trial
97	A brief motivational intervention for treatment-refusing OCD patients	2005	Cognitive Behaviour Therapy	Maltby et al.	Study design
98	Behavioral therapy teams for adults with OCD in a community mental health center: An open trial	2017	Journal of Obsessive-Compulsive and Related Disorders	Mancebo et al.	Study design
99	Self-help for obsessive-compulsive disorder: How much therapist contact in necessary?	2006	Clinical Neuropsychiatry	Mataix-Cols et al.	Study design
100	Long-term effectiveness and cost-effectiveness of videoconference-delivered cognitive behavioral therapy for obsessive-compulsive disorder, panic disorder, and social anxiety disorder in Japan: One-year follow-up of a single-arm trial	2020	JMIR Mental Health	Matsumoto et al.	Study design
101	Prevalence and treatment of obsessive-compulsive disorder in veterans and active-duty service members: A systematic review	2019	Journal of Cognitive Psychotherapy	McIngvale et al.	Population

102	Exposure and response prevention helps adults with obsessive-compulsive disorder who do not respond to pharmacological augmentation strategies	2015	Journal of Clinical Psychiatry	McLean et al.	Not a clinical trial
103	Metacognitive therapy versus exposure and response prevention for obsessive-compulsive disorder: Study protocol for a randomized controlled trial	2019	Trials	Melchior et al.	Not a clinical trial
104	Metacognitive training for obsessive-compulsive disorder: A study protocol for a randomized controlled trial	2020	BMC Psychiatry	Miegel et al.	Not a clinical trial
105	Further evidence for the efficacy of association splitting in obsessive-compulsive disorder. An internet study in a Russian-speaking sample	2013	Journal of Obsessive-Compulsive and Related Disorders	Moritz et al.	Study design
106	Can the efficacy of behavioral and cognitive therapy for obsessive compulsive disorder be augmented by innovative computerized adjuvant?	2016	Encephale	Morgiève et al.	Not a clinical trial
107	Is the whole less than the sum of its parts? Full versus individually adapted metacognitive self-help for obsessive-compulsive disorder: A randomized controlled trial	2016	Journal of Obsessive-Compulsive and Related Disorders	Moritz et al.	Intervention
108	Combining Acceptance and Commitment Therapy with Exposure and Response Prevention to Enhance Treatment Engagement	2017	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01565835/full	NCT03343106	Not a clinical trial
109	Family Involvement in CBGT of OCD: a Randomized Controlled Trial	2019	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01983840/full	NCT04071990	Not a clinical trial
110	Remission, Response and its Prediction after Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder in an Inpatient Setting	2020	Psychotherapie, Psychosomatik, medizinische Psychologie	Nowak et al.	Language
111	The effectiveness of an algorithm of evidence-based treatments in patients with obsessive-compulsive disorder	2008	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01825272/ful	NTR1444	Not a clinical trial
112	Metacognitive therapy vs. exposure and response prevention for obsessive-compulsive disorder: a randomized clinical trial	2014	https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01873911/full	NTR4855	Not a clinical trial
113	Evaluation of an inference-based approach to treating obsessive-compulsive disorder	2005	Cognitive Behaviour Therapy	O'Connor et al.	Previously reviewed (Ost et al.)
114	Cognitive behaviour therapy and medication in the treatment of obsessive-	2006	Acta Psychiatrica Scandinavica	O'Connor et al.	Study design

	compulsive disorder				
115	Cognitive-behaviour therapy and medication in the treatment of obsessive-compulsive disorder: a controlled study	1999	Revue Canadienne de Psychiatrie	O'Connor et al.	Study design
116	Are claims of non-inferiority of Internet and computer-based cognitive-behavioural therapy compared with in-person cognitive-behavioural therapy for adults with anxiety disorders supported by the evidence from head-to-head randomised controlled trials?	2019	The Australian and New Zealand Journal of Psychiatry	O'Kearney et al.	Study design
117	Behavioral versus cognitive treatment of obsessive-compulsive disorder: An examination of outcome and mediators of change	2013	In Journal of Consulting and Clinical Psychology	Olatunji et al.	Study design
118	Moderators and processes of change in traditional exposure and response prevention (ERP) versus acceptance and commitment therapy-informed ERP for obsessive-compulsive disorder.	2020	Journal of Obsessive-Compulsive and Related Disorders	Ong et al.	Outcome
119	Computerised cognitive behavior therapy for obsessive-compulsive disorder: A systematic review	2007	Psychotherapy and Psychosomatics	Tumurl et al.	Previously reviewed (Déttore et al)
120	Effectiveness of religious-cognitive-behavioral therapy on religious oriented obsessive compulsive disorder and its co-morbidity	2010	J Isfahan Med Sch.	Akuchekian et al.	Language