

Study number, comparison a/b, and reference	Experimental group with exposure in vivo			Control group without exposure in vivo		
	Components	Duration	Provider	Components	Duration	Provider
1a [37]	– Group therapy (5×): group contact and cohesion, information & rationale, individual goalsetting, problem orientation, preparation of exposure in vivo, training social interaction skills, self-monitoring; 5–8 persons per group – Execution exposure (4×): example of exposure in vivo, appointments and planning exposure homework, building alternative behaviour, individual problem solving – Last session (1×): relapse prevention, compliance talk, feedback – Extra information groups for patients and family/friends (1 hour per 2 weeks) as co-therapist: information (symptoms, goal, progress), coping with OCD (compliance, support), exchange of experiences, individual problem solving	10 weekly sessions of 2 hours per session	Not reported	Medical therapy Clinical management SSRI (Seatrain, Fluoxetine or Fluvoxamin) Information and instruction for family/friends when they attend a monitoring session	Minimum of 12 weeks	Not reported
1b [37]	Combined group + medical therapy	10 sessions group therapy and medication after 3–4 weeks of group therapy	Not reported	Medical therapy Clinical management SSRI (Seatrain, Fluoxetine or Fluvoxamin) Information and instruction for family/friends when they attend a monitoring session	Minimum of 12 weeks	Not reported
2a [39]	BT STEPS: 9 steps computer behaviour therapy: self-paced workbook by telephone with interactive voice response (12×) Steps 1–3: Education and assessment Steps 4–9: Daily self-exposure and response prevention	10 weeks of daily exposure for a minimum of 60 minutes	Computer driven self-exposure	Progressive relaxation	Minimal 60 minutes per day relaxation exercises, and relaxation diaries for 10 weeks	Manual and audiotape
2b [39]	Clinician-guided self-exposure: Negotiate self-exposure in vivo Self-exposure homework	11 sessions, weekly 1 hour and daily 1 hour self-exposure homework recorded in diary	Clinician with behaviour therapy expertise	Progressive relaxation	Minimal 60 minutes per day relaxation exercises, and relaxation diaries for 10 weeks	Manual and audiotape
3a [41]	Exposure in vivo: each session a new contaminant was added; at 6 th day the most feared item; 7–15 sessions exposure to all items	15 daily, 2 hour sessions in 3 weeks; in 4 th week therapist visits 2 days for 4 hours at home	4 therapists experienced in behaviour therapy	Response prevention of ritualistic cleaning and washing; except 10 min shower every 5 th day; avoidance allowed; during sessions: discuss avoidance patterns, unexpected contamination, and urges to wash	15 daily, 2 hour sessions in 3 weeks; in 4 th week therapist visits 2 days for 4 hours at home	4 therapists experienced in behaviour therapy

3b [41]	Exposure in vivo + response Prevention	15 daily, 2 hour sessions in 3 weeks; in 4 th week therapist visits 2 days for 4 hours at home	4 therapists experienced in behaviour therapy	Response prevention of ritualistic cleaning and washing; except 10 min shower every 5 th day; avoidance allowed; during sessions: discuss avoidance patterns, unexpected contamination, and urges to wash	15 daily, 2 hour sessions in 3 weeks; in 4 th week therapist visits 2 days for 4 hours at home	4 therapists experienced in behaviour therapy
4 [43]	Clomipramine with exposure homework: Homework instruction sheet, information about exposure, and response prevention Instruction to find someone to model normal behaviour Homework diary Existing coping stimulation if compatible with treatment	17 weeks of daily homework for 3 hours	Patient	Clomipramine with anti-exposure homework: asked to avoid anxiety or ritual-evoking stimuli as much as possible If urges to ritualise did appear, patients should feel free to do so	17 weeks of daily homework for 3 hours	Patient
5 [40]	Exposure in vivo: persuading patient for exposure in vivo, modelling some exposure tasks, supervision of spouse during homework	10 weeks, weekly 50 minutes	Psychiatrist Spouse as co-therapist	Marital therapy: agreeing contracts and goals, clarifying difficulties, sexual skills training, improving communication	10 weeks, weekly 50 minutes	Psychiatrist
6a [42]	Prolonged exposure in vivo: treatment rationale, reviewed homework, conducted imaginal exposure to trauma memory for 30–45 min, discussed the imaginal exposure, and assigned in vivo and imaginal exposure homework .	9-12 individual sessions lasted 90 –120 min. once a week	5 female clinicians with doctoral degrees in clinical psychology at the academic clinic, and 6 clinicians with master's degrees in counseling or social work at the community clinic, receiving 2x5 days training and ongoing supervision	Wait-list: 1x phone-call of therapist to determine their state. Patients could call the therapist any time if they were having problems.	9 weeks	A therapist
6b [42]	Prolonged exposure in vivo plus cognitive restructuring: as condition 1 plus rationale that posttrauma symptoms are maintained in part by trauma-related thoughts and beliefs and to practicing Cognitive Restructuring.(CR) all sessions included 30 – 45 min of imaginal exposure followed by 15–25 min of CR.	9-12 individual sessions lasted 90 –120 min. once a week	5 female clinicians with doctoral degrees in clinical psychology at the academic clinic, and 6 clinicians with master's degrees in counselling or social work at the community clinic, receiving 2x5 days training and ongoing supervision	Wait-list: 1x phone-call of therapist to determine their state. Patients could call the therapist any time if they were having problems.	9 weeks	A therapist
7 [38]	Experimental condition 1: Exposure in vivo: multiple sessions that consisted of a gradual return to real-life settings that reminded the patient of the trauma/accident. The setting provoked increasing levels of anxiety over time	Multiple sessions during several weeks- months	Psychologist	Imaginal (prolonged) exposure consisted of relaxation and 4 sessions of imaginal exposure concerning 4 scenes related to the day of the accident	Multiple sessions	Psychologist