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| Table 1: Psychotropic drug use in number of patients per time-point1 | | | | | | | | | | | | | | | | |
|  | Antidepressants2 | | | | | | Antipsychotics3 | | | | | Benzodiazepines4 | | | | |
|  | OCD (*n*/total/%) | | AN (*n*/total/%) | | | | OCD (*n*/total/%) | | AN (*n*/total/%) | | | OCD (*n*/total/%) | | AN (*n*/total/%) | | |
|  | CRT | SAT | CRT | SAT | Statistics5 | | CRT | SAT | CRT | SAT | Statistics5 | CRT | SAT | CRT | SAT | Statistics5 |
| Baseline | 19/37/51 | 16/34/47 | 4/31/13 | 1/30/3 | *X* (1)=0.53, *p*=0.47 | | 7/37/19 | 0/34/0 | 3/30/10 | 6/30/20 | *X* (1)=0.94, *p*=0.33 | 8/37/22 | 3/34/9 | 4/30/13 | 1/30/3 | ***X* (1)=5.01, *p*=0.03** |
| 6 weeks | 15/31/48 | 11/27/41 | 4/26/15 | 3/22/14 | *X* (1)=0.28, *p*=0.60 | | 7/31/23 | 0/27/0 | 3/25/12 | 6/22/27 | *X* (1)=0.64, *p*=0.43 | 7/31/23 | 2/27/7 | 3/25/12 | 0/22/0 | ***X* (1)=4.90, *p*=0.03** |
| 26 weeks | 16/29/55 | 12/24/50 | 6/20/30 | 5/19/26 | *X* (1)=0.27, *p*=0.60 | | 4/29/14 | 0/24/0 | 3/20/15 | 3/19/16 | *X* (1)=1.26, *p*=0.26 | 7/29/24 | 1/24/4 | 1/20/5 | 2/19/11 | *X* (1)=1.90, *p*=0.16 |
| 52 weeks | 15/26/58 | 8/20/40 | 5/16/31 | 3/15/20 | *X* (1)=2.08, *p*=0.15 | | 4/26/15 | 0/20/0 | 1/16/6 | 2/15/13 | *X* (1)=0.89, *p*=0.35 | 5/26/19 | 1/20/5 | 1/16/6 | 1/15/7 | *X* (1)=1.51, *p*=0.22 |
|  | | | | | | | | | | | | | | | | |
|  | Significant change in psychotropic medication6 | | | | | |  |  |  |  | |  |  |  |  | |
|  | OCD (*n*/total/%) | | AN (*n*/total/%) | | | |  |  |  |  | |  |  |  |  | |
|  | CRT | SAT | CRT | SAT | | Statistics5 |  |  |  |  | |  |  |  |  | |
| Total study duration | 6/37/16 | 8/34/24 | 6/31/19 | 8/30/27 | | *X*(1)=1.07, *p*=0.30 |  |  |  |  | |  |  |  |  | |
| 1OCD = Obsessive Compulsive Disorder; AN = Anorexia Nervosa; CRT = Cognitive Remediation Therapie + Treatment as Usual; SAT = Specialized Attention Treatment + Treatment as Usual, 2Citalopram (*n*=8), Escitalopram (n=7), Fluoxetine (n=6), Fluvoxamine (*n*=2), Paroxetine (*n*=6), Sertraline (n=12), Amitripyiline (n=1), Clomipramine (*n*=7, Imipramine (*n*=1), Nortriptyline (*n*=1), Venlafaxine (*n=6),* Moclobemide (*n*=1), Mirtazapine (n=2), Agomelatine (*n*=1); 3Olanzapine (*n*=7), Quetiapine (*n*=11), Risperidone (*n*=1); 4Alprazolam (*n*=2), Diazepam (n=1), Lorazepam (*n*=3), Oxazepam (*n*=12), Temazepam (*n*=3), Zolpidem (*n*=1); 5CRT vs. SAT; 6Defined as starting or stopping a psychopharmaceutical, switch from a psychopharmaceutical (i.e. any antidepressant, antipsychotic and/or benzodiazepine) to another drug, or more than 10% dose increase or dose reduction. | | | | | | | | | | | | | | | | |

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| Table 2: Changes in psychotropic drugs prescriptions in number of patients1 | | | |
|  | CRT (*n*=68) | SAT (*n*=64) | Statistics |
| **Antidepressants** |  | | |
| Start new antidepressant | 9 | 8 | *X* (1)=0.02, *p*=0.90 |
| Increase dose of antidepressant | 2 | 2 | *X* (1)=0.00, *p*=0.95 |
| Decrease dose of antidepressant | 1 | 0 | *X* (1)=0.96, *p*=0.33 |
| Switch to another antidepressant | 2 | 2 | *X* (1)=0.00, *p*=0.95 |
| Stop antidepressant | 1 | 2 | *X* (1)=0.41, *p*=0.52 |
| **Antipsychotics** |  | | |
| Start new antipsychotic | 2 | 1 | *X* (1)=0.28, *p*=0.60 |
| Increase dose of antipsychotic | 1 | 3 | *X* (1)=1,16, *p*=0.28 |
| Decrease dose of antipsychotic | 0 | 2 | *X* (1)=2.16, *p*=0.14 |
| Switch to another antipsychotic | 0 | 0 | Not applicable |
| Stop antipsychotic | 1 | 2 | *X* (1)=0.41, *p*=0.52 |
| **Benzodiazepines** |  | | |
| Start new benzodiazepine | 1 | 2 | *X* (1)=0.41, *p*=0.52 |
| Increase dose of benzodiazepine | 0 | 0 | Not applicable |
| Decrease dose of benzodiazepine | 0 | 0 | Not applicable |
| Switch to another benzodiazepine | 0 | 0 | Not applicable |
| Stop benzodiazepine | 2 | 2 | *X* (1)=0.00, *p*=0.95 |
| 1CRT = Cognitive Remediation Therapy + Treatment as Usual; SAT = Specialized Attention Therapy + Treatment as Usual | | | |