


Highlight 2.8

Key Learning Points



ICBT views OCD as rooted in distorted reasoning and imagination, not random intrusive thoughts, their appraisals, or phobic reactions to them.

Obsessional doubts are structured inferences supported by specific justifications, making them feel plausible and urgent.

By targeting the initial obsessional doubt, ICBT aims to disrupt the OCD cycle at its source rather than managing downstream effects.

ICBT helps individuals distinguish everyday doubt, grounded in reality, from obsessional doubt, fueled by hypothetical scenarios without tangible basis.