Reviewer's report

Title: Mindfulness-Based Cognitive Therapy in Obsessive-Compulsive Disorder - A qualitative study on patients' experiences

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Reviewer: Steffen Moritz

Reviewer's report:

The authors provide an qualitative report on MBCT in OCD. While mindfulness is applied to many disorders, experiences and especially solid data on its efficacy in OCD is lacking. In fact on the uncontrolled nature of the trial the authors cannot clearly delineate from their research whether MBCT is a helpful adjunct to CBT or even works as a mono-therapeutic approach. However, this flaw is compensated by an interesting and insightful description of MBCT and how it can be conveyed to an OCD sample. I found the narrative reports and the table describing the MBCT protocol for OCD very instructive. This is very helpful for clinicians who might have heard about MCBT but do not really know about core techniques.

While I would like to see the paper published, I advise the authors do consult a copy-editing service or a native speaker as the language is sometimes hard to follow or is a bit clumsy. I think also that the criticism on CBT in the abstract could be toed down a bit ("Yet, it suffers from a substantial fraction of insufficient response and long-term efficacy which makes additional research necessary").