



2022

Aardema, F., Bouchard, S., Koszycki, D., Lavoie, M.E., *Audet, J.S., et O'Connor, K. (2022) Evaluation of Inference-Based Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder: A Multicenter Randomized Controlled Trial with Three Treatment Modalities. *Psychotherapy and Psychosomatics*. 91 5: 348-359. [Pubmed](#)

Llorens-Aguilar, S., Arnaez, S., **Aardema, F.**, et Garcia-Soriano, G. (2022) The relationship between obsessions and the self: Feared and actual self-descriptions in a clinical obsessive-compulsive disorder sample. *Clinical psychology & psychotherapy*. 29 2: 642-651. [Pubmed](#)

2021

Aardema, F., Radomsky, A.S., Moulding, R., Wong, S.F., *Bourguignon, L., et Giraldo-O'Meara, M. (2021) Development and validation of the multidimensional version of the fear of self questionnaire: Corrupted, culpable and malformed feared possible selves in obsessive-compulsive and body-dysmorphic symptoms. *Clinical psychology & psychotherapy*. 28 5: 1160-1180. [Pubmed](#)

*Houazene, S., Leclerc, J.B., O'Connor, K., et **Aardema, F.** (2021) "Shame on you": The impact of shame in body-focused repetitive behaviors and binge eating. *Behaviour Research and Therapy*. 138: 103804. [Pubmed](#)

Ouellet-Courtois, C., **Aardema, F.**, et O'Connor, K. (2021) Reality check: An experimental manipulation of inferential confusion in eating disorders. *Journal of Behavior Therapy and Experimental Psychiatry*. 70: 101614. [Pubmed](#)

*Morand-Beaulieu, S., Aardema, F., O'Connor, K.P., et **Lavoie, M.E.** (2021) Lateralized readiness potentials and sensorimotor activity in adults with obsessive-compulsive disorder. *Progress in Neuro-Psychopharmacology & Biological Psychiatry*. 104: 110061. [Pubmed](#)

*Baraby, L.-P., Wong, S.F., Radomsky, A.S., et **Aardema, F.** (2021) Dysfunctional reasoning processes and their relationship with feared self-perceptions and obsessive-compulsive symptoms: An investigation with a new task-based measure of inferential confusion. *Journal of Obsessive-Compulsive and Related Disorders*. 28: 100593. [Abstract](#)

*Houazene, S., **Aardema, F.**, Leclerc, J.B., et O'Connor, K. (2021) The Role of Self-Criticism and Shame in Body-Focused Repetitive Behaviour Symptoms. *Behaviour Change*. 38: 10-24. [Abstract](#)

Khosravani, V., **Aardema, F.**, Ardestani, S.M.S., et Sharifi Bastan, F. (2021) The impact of the coronavirus pandemic on specific symptom dimensions and severity in OCD: A comparison before and during COVID-19 in the context of stress responses. *Journal of Obsessive-Compulsive and Related Disorders*. 100626. [Pubmed](#)

Llorens-Aguilar, S., García-Soriano, G., Arnáez, S., **Aardema, F.**, et O'Connor, K. (2021) Is context a crucial factor in distinguishing between intrusions and obsessions in patients with obsessive-compulsive disorder? *Journal of clinical psychology*. 77 3: 804-817. [Pubmed](#)



2020

Aardema, F. et Wong, S.F. (2020) Feared possible selves in cognitive-behavioral theory: An analysis of its historical and empirical context, and introduction of a working model. *Journal of Obsessive-Compulsive and Related Disorders*. 100479. [Abstract](#)

Krause, S., Wong, S.F., O'Meara, M.G., **Aardema, F.**, et Radomsky, A.S. (2020) It's not so much about what you touch: Mental contamination mediates the relationship between feared self-perceptions and contact contamination. *Journal of Obsessive-Compulsive and Related Disorders*. 25: 100507. [Abstract](#)

*Audet, J.-S., Wong, S.F., Radomsky, A.S., et **Aardema, F.** (2020) Not all intrusions are created equal: The role of context, feared-self perceptions and inferential confusion in the occurrence of abnormal intrusions. *Journal of Obsessive-Compulsive and Related Disorders*. 26: 100537. [Abstract](#)

Leclerc, J.B., Trudel, G., *Lavoie, M.E., et **Aardema, F.** (2020) À la mémoire de Kieron P. O'Connor. *Revue science et comportement*. 30: 93-95. [Abstract](#)

*Sauvageau, J., O'Connor, K.P., Dupuis, G., et **Aardema, F.** (2020) Experimental priming of feared self-perceptions increases obsessive-compulsive symptoms in a clinical OCD sample. *Journal of Obsessive-Compulsive and Related Disorders*. 27: 100577. [Abstract](#)

*Ouellet-Courtois, C., **Aardema, F.**, et O'Connor, K.P. (2020) Cognitive Confidence and Inferential Confusion in Obsessive-Compulsive Disorder: Differences Across Subtypes. *International Journal of Cognitive Therapy*. 13 4: 358-378. [Abstract](#)

*Jacmin-Park, S., *Bourdon, O., *Larocque, O., *Rossi, M., *Kheloui, S., *Beauchamp-Kerr, P., Barbosa Da Torre, M., Gariépy, G., Geoffrion, S., Abdel-Baki, A., Marin, M.-F., **Aardema, F.**, et Juster, R.P. (2020) Sex- and gender-based analysis of coronavirus crisis competence. *Psychoneuroendocrinology*. 119: 104957-104957. [Pubmed](#)

Wong, S.F., **Aardema, F.**, Mendel, B., Trespalacios, F., et Radomsky, A.S. (2020) Manipulating feared self-perceptions in an analogue sample using virtual reality and its impact on harm-related intrusions and urges to neutralise. *Journal of Obsessive-Compulsive and Related Disorders*. 27: 100585. [Abstract](#)

Wong, S.F., **Aardema, F.**, Giraldo-O'Meara, M., Hall, L., et Johansson, P. (2020) Choice Blindness, Confabulatory Introspection, and Obsessive-Compulsive Symptoms: Investigation in a Clinical Sample. *Cognitive Therapy and Research*. 44 2: 376-385. [Abstract](#)

Llorens-Aguilar, S., Garcia-Soriano, G., Roncero, M., Barrada, J.R., **Aardema, F.**, et O'Connor, K.P. (2020) Spanish version of the Inferential Confusion Questionnaire-Expanded Version: Further support for the role of inferential confusion in obsessive-compulsive symptoms. *Clinical psychology & psychotherapy*. 27 4: 515-527. [Pubmed](#)

Aardema, F. (2020) COVID-19, obsessive-compulsive disorder and invisible life forms that threaten the self. *Journal of Obsessive-Compulsive and Related Disorders*. 26: 100558. [Pubmed](#)

Wilson, S., **Aardema, F.**, et O'Connor, K.P. (2020) What do I look like? Perceptual confidence in bulimia nervosa. *Eating and weight disorders*. 25 1: 177-183. [Pubmed](#)



Llorens Aguilar, S., García-Soriano, G., Roncero, M., Barrada, J.R., **Aardema, F.**, et O'Connor, K. (2019) Validation of the Spanish version of the Fear of Self Questionnaire. *Journal of Obsessive-Compulsive and Related Disorders*. 21: 69-74. [Abstract](#)

2019

Aardema, F., Wong, S.F., *Audet, J.S., Melli, G., et *Baraby, L.P. (2019) Reduced fear-of-self is associated with improvement in concerns related to repugnant obsessions in obsessive-compulsive disorder. *The British Journal of Clinical Psychology*. 58 3: 327-341. [Pubmed](#)

O'Connor, K.P., *Ouellet-Courtois, C., et **Aardema, F.** (2019) Innovative Cognitive Behavioral Treatments for Obsessive-Compulsive Disorder, in *A Transdiagnostic Approach to Obsessions, Compulsions and Related Phenomena*, L.F. Fontenelle et M. Yücel, Editors, Cambridge University Press: Cambridge. p. 217-228. [Book section](#)

Wong, S.F., **Aardema, F.**, et Grisham, J.R. (2019) Inverse reasoning processes in obsessive-compulsive disorder: Replication in a clinical sample. *Journal of anxiety disorders*. 63: 1-8. [Pubmed](#)

2018

Aardema, F., Moulding, R., Melli, G., Radomsky, A.S., Doron, G., *Audet, J.S., et Purcell-Lalonde, M. (2018) The role of feared possible selves in obsessive-compulsive and related disorders: A comparative analysis of a core cognitive self-construct in clinical samples. *Clinical psychology & psychotherapy*. 25 1: e19-e29. [Pubmed](#)

Aardema, F., Moulding, R., Wu, K., *Audet, J.S., et *Baraby, L.P. (2018) The relationship of inferential confusion and obsessive beliefs with specific obsessive-compulsive symptoms. *Journal of Obsessive Compulsive and Related Disorders*. 18: 98-105. [Abstract](#)

*Baraby, L.-P., *Audet, J.-S., et **Aardema, F.** (2018) The sensitivity of three versions of the Padua Inventory to measuring treatment outcome and their relationship to the Yale Brown Obsessive Compulsive Scale. *Behavior Change*. 35: 39-53. [Abstract](#)

Wilson, S., **Aardema, F.**, et O'Connor, K. (2018) Possibility-Based Information Elicits Doubt in Bulimia Nervosa: A Study of Inductive Reasoning. *International Journal of Cognitive Therapy*. 11 4: 410-420. [Abstract](#)

2017

Aardema, F., O'Connor, K.P., Delorme, M.E., et *Audet, J.S. (2017) The Inference-Based Approach (IBA) to the Treatment of Obsessive-Compulsive Disorder: An Open Trial Across Symptom Subtypes and Treatment-Resistant Cases. *Clinical psychology & psychotherapy*. 24 2: 289-301. [Pubmed](#)

Zidani, M., *Audet, J.S., Borgeat, F., **Aardema, F.**, O'Connor, K.P., et Khazaal, Y. (2017) Augmentation of Psychotherapy through Alternative Preconscious Priming: A Case Series Exploring Effects on Residual Symptoms. *Frontiers Psychiatry*. 8 8. [Pubmed](#)

Wilson, S., **Aardema, F.**, et O'Connor, K. (2017) Doubt and fear of self in bulimia nervosa. *Int J Eat Disord*. 50 12: 1437-1441. [Pubmed](#)



2016

*Audet, J.S., **Aardema, F.**, et Moulding, R. (2016) Contextual determinants of intrusions and obsessions: The role of ego-dystonicity and the reality of obsessional thoughts. *Journal of Obsessive-Compulsive and Related Disorders*. 9: 96-106. [Abstract](#)

Melli, G., **Aardema, F.**, et Moulding, R. (2016) Fear of Self and Unacceptable Thoughts in Obsessive-Compulsive Disorder. *Clin Psychol Psychother*. 23 3: 226-235. [Pubmed](#)

Julien, D., O'Connor, K.P., et **Aardema, F.** (2016) The inference-based approach to obsessive-compulsive disorder: A comprehensive review of its etiological model, treatment efficacy, and model of change. *Journal of affective disorders*. 202: 187-196. [Pubmed](#)

Roberts, S., O'Connor, K.P., **Aardema, F.**, Bélanger, C., et Courchesne, C. (2016) The role of emotion regulation in body-focused repetitive behaviors. *The Cognitive Behaviour Therapist*. 9 e7. [Abstract](#)

Blais, M.T., Bodryzlova, Y., **Aardema, F.**, et O'Connor, K. (2016) Open Trial of Inference-Based Therapy in the Treatment of Compulsive Hoarding. *Journal of Psychology & Clinical Psychiatry*. 6 6: 00403. [Abstract](#)

2015

Moritz, S., Dietl, C., Kersten, J.F., Aardema, F., et O'Connor, K.P. (2015) Evaluation of Inference-Based Therapy (Doubt Therapy) as a Self-Help Tool for Obsessive-Compulsive Disorder. *Journal of Cognitive Psychotherapy*. 29 4: 315-330. [Abstract](#)

Lalonde, M.P., O'Connor, K. & **Aardema, F.** (2015). Food for thought: Ego-dystonicity and fear of self in eating disorders. *European Eating Disorders Review*, 23(3):179-184. [Pubmed](#)

Paradisis, S.M., **Aardema, F.**, & Wu, K. (2015). Schizotypal, dissociative and imaginative processes in a clinical OCD sample. *Journal of Clinical Psychology*, 71(6):606-24. [Pubmed](#)

Nikodijevic, A., Moulding, R., Anglim, J., Aardema, F., et Nedeljkovic, M. (2015) Fear of self, doubt and obsessive compulsive symptoms. *J Behav Ther Exp Psychiatry*. 49: 164-172. [Pubmed](#)

Roberts, S., Bélanger, C., **Aardema, F.**, & O'Connor, K.P. (2015). The impact of emotions on body-focused repetitive behaviors: Evidence from a non-treatment-seeking sample. *Journal of Behavior Therapy and Experimental Psychiatry*, 46, 189-197. [Pubmed](#)

Zidani, M., Borgeat, F., et **Aardema, F.** (2015) Augmentation de la psychothérapie par amorçage préconscient (APAP): étude d'un cas. *Journal de Thérapie Comportementale et Cognitive*. 25: 85-92. [Abstract](#)

Jaeger, T., Moulding, R., Anglim, J., **Aardema, F.**, et Nedeljkovic, M. (2015) The role of fear of self and responsibility in obsessional doubt processes: A Bayesian hierarchical model. *Journal of Social and Clinical Psychology*. 34: 839-858. [Abstract](#)

*Purcell Lalonde, M., O'Connor, K.P., **Aardema, F.**, et Coelho, J.S. (2015) Food for thought: ego-dystonicity and fear of self in eating disorders. *European eating disorders review: the journal of the Eating Disorders Association*. 23 3: 179-184. [Pubmed](#)



O'Connor, K.P., *Audet, J.S., *Julien, D., **Aardema, F.**, Laverdure, A., et *Lavoie, M. (2015) The style of planning action (STOP) questionnaire in OCD spectrum disorders. *Personality and Individual Differences*. 88: 25-32. [Abstract](#)

2014

Moulding, R., **Aardema, F.**, & O'Connor, K. (2014). Repugnant obsessions: A review of the phenomenology, theoretical models, and treatment of sexual and aggressive obsessional themes in OCD. *Journal of Obsessive-Compulsive and Related Disorders*, 3, 161-168. [Abstract](#)

Aardema F., Johansson P., Hall L., Paradisis S-M., Zidani M., Roberts S. (2014). Choice Blindness, Confabulatory Introspection, and Obsessive-Compulsive Symptoms: A New Area of Investigation. *International Journal of Cognitive Therapy*. 7 1: 83-102. [Abstract](#)

Van Niekerk J., Brown G., **Aardema F.**, O'Connor K. (2014). Integration of Inference-Based Therapy and Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder—A Case Series. *International Journal of Cognitive Therapy*. 7 1: 67-82. [Abstract](#)

2013

Aardema, F., Moulding, R., Radomsky, A. & Doron, G. (2013). Fear of self and obsessionality: Development and validation of the Fear of Self Questionnaire. *Journal of Obsessive-Compulsive and Related Disorders* 2, 306–315. [Abstract](#)

O'Connor, K.P., Koszegi, N., Goulet, G., & **Aardema, F.** (2013). Distrust of the senses, imagined possibilities, reasoning errors and doubt generation in obsessional-compulsive disorder. *Clinical Neuropsychiatry*, 10, 65-71. [Abstract](#)

2012

Aardema, F., O'Connor, K.P. (2012). Dissolving the tenacity of obsessional doubt: Implications for treatment outcome. *Journal of Behavior Therapy and Experimental Psychiatry*. 43 2: 855-861. [Pubmed](#)

O'Connor, K.P., Freeston, M., Delorme, M. E., **Aardema, F.**, Polman, A., Careau, Y., Grenier, S. (2012). Covert neutralization in the treatment of OCD with overt compulsions. *Journal of Obsessive and Related Disorders*. 1 4: 274-282 [Abstract](#)

O'Connor, K.P. & **Aardema, F.** (2012). Living in a bubble Dissociation, relational consciousness and obsessive compulsive disorder. *Journal of Consciousness Studies*. 19 7-8: 216-246. [Abstract](#)

O'Connor, K.P., Bélanger, L., **Aardema, F.**, Pérodeau, G., & Harel, F. (2012). The predictive utility of health preoccupations and outcome expectancies prior to benzodiazepine withdrawal. *Journal of Substance Use*. 17 2: 122-133. [Abstract](#)

Aardema, F. (2012) *Explorations in Consciousness: A new approach to out-of-body experiences*. Montreal QC: Mount Royal Publishing. 342. [Book](#)

O'Connor, K.P. et **Aardema, F.** (2012) *Clinician's handbook for obsessive compulsive disorder*. Chichester, U.K.: Wiley-Blackwell. 352. [Book](#)



2011

Aardema, F. & Wu, K. (2011). Imaginative, dissociative and schizotypal processes in obsessive compulsive symptoms. *Journal of Clinical Psychology*. 67 1: 74-81. [Pubmed](#)

Aardema, F. et O'Connor, K.P. (2012) Dissolving the tenacity of obsessional doubt: Implications for treatment outcome. *Journal of Behavior Therapy and Experimental Psychiatry*. 43 2: 855-861. [Abstract](#)

2010

Aardema, F., O'Connor, K.P., Cote, S., & *Taillon, A. (2010). Virtual reality induces dissociation and lowers sense of presence in objective reality. *Cyberpsychology, Behavior and Social Networking*. [Pubmed](#)

Aardema, F., Wu, K. D., *Careau, Y., O'Connor, K.P., *Julien, D., & Dennie, S. (2010). The Expanded Version of the Inferential Confusion Questionnaire: Further Development and Validation in Clinical and Non-Clinical Samples. *Journal of Psychopathology & Behavioral Assessment*. 32: 448-462. [Abstract](#)

Aardema, F., Wu, K.D., Careau, Y., O'Connor, K.P., Julien, D., et Dennie, S. (2010) The Expanded Version of the Inferential Confusion Questionnaire: Further Development and Validation in Clinical and Non-Clinical Samples. *Journal of Psychopathology and Behavioral Assessment*. 32 3: 448-462. [Abstract](#)

2009

Aardema, F., O'Connor, K.P., Pelissier, M.-C., & Lavoie, M. (2009). The quantification of doubt in obsessive-compulsive disorder. *International Journal of Cognitive Therapy*. 2 2: 188-205. [Abstract](#)

*Julien, D, O'Connor, K.P., **Aardema F.** (2009). Intrusions related to obsessive-compulsive disorder: a question of content or context? *Journal of clinical psychology*. 65 7: 709-22. [Pubmed](#)

Wu, K.D., **Aardema, F.**, et O'Connor, K.P. (2009) Inferential confusion, obsessive beliefs, and obsessive-compulsive symptoms: a replication and extension. *Journal of Anxiety Disorder*. 23 6: 746-52. [Pubmed](#)

O'Connor, K.P., Pélissier, & **Aardema, F.**, Taillon, A. (2009). An inference-based approach to treating obsessive-compulsive disorders. *Cognitive and Behavioral Practice*. 16 4: 420-429. [Abstract](#)

2008

O'Connor, K.P., Marchand, A., Brousseau, L., **Aardema, F.**, Mainguy, N., Landry, P., Savard, P., Leveille, C., Lafrance, V., Boivin, S., Pitre, D., Robillard, S., et Bouthillier, D. (2008) Cognitive-behavioural, pharmacological and psychosocial predictors of outcome during tapered discontinuation of benzodiazepine. *Cyberpsychology, Behavior and Social Networking*. 15 1: 1-14. [Pubmed](#)

Aardema, F., Radomsky, A.S., O'Connor, K.P., et Julien, D. (2008) Inferential confusion, obsessive beliefs and obsessive-compulsive symptoms: a multidimensional investigation of cognitive domains. *Clinical psychology & psychotherapy*. 15 4: 227-238. [Abstract](#)



2007

O'Connor, K.P., Stip, E., Pelissier, M.C., **Aardema, F.**, Guay, S., Gaudette, G., Van Haaster, I., Robillard, S., Grenier, S., Careau, Y., Doucet, P., et Leblanc, V. (2007) Treating delusional disorder: a comparison of cognitive-behavioural therapy and attention placebo control. *Canadian Journal of Psychiatry*. 52 3: 182-190. [Pubmed](#)

Julien, D., O'Connor, K.P., et **Aardema, F.** (2007) Intrusive thoughts, obsessions, and appraisals in obsessive-compulsive disorder: a critical review. *Clinical Psychology Review*. 27 3: 366-383. [Abstract](#)

2006

O'Connor, K.P., **Aardema, F.**, Robillard, S., Guay, S., Pelissier, M.C., Todorov, C., Borgeat, F., Leblanc, V., Grenier, S., et Doucet, P. (2006) Cognitive behaviour therapy and medication in the treatment of obsessive-compulsive disorder. *Acta psychiatrica Scandinavica*. 113 5: 4408-4419. [Pubmed](#)

Aardema, F., Kleijer, T.M., Trihey, M., O'Connor, K.P., et Emmelkamp, P.M. (2006) Processes of inference, schizotypal thinking, and obsessive-compulsive behaviour in a normal sample. *Psychological Reports*. 99 1: 213-220. [Pubmed](#)

Aardema, F., O'Connor, K.P., et Emmelkamp, P.M. (2006). Inferential confusion and obsessive beliefs in obsessive-compulsive disorder. *Cognitive Behavior Therapy*. 35: 138-147. [Pubmed](#)

2005

O'Connor, K.P., **Aardema, F.**, Bouthillier, D., Fournier, S., Guay, S., Robillard, S., Pelissier, M.C., Landry, P., Todorov, C., Tremblay, M., et Pitre, D. (2005) Evaluation of an inference-based approach to treating obsessive-compulsive disorder. *Cognitive behaviour therapy*. 34 3: 148-163. [Pubmed](#)

O'Connor, K.P. et **Aardema, F.** (2005) The imagination: cognitive, pre-cognitive, and meta-cognitive aspects. *Consciousness and cognition*. 14 2: 233-256. [Pubmed](#)

Aardema, F., O'Connor, K.P., Emmelkamp, P.M., Marchand, A., et Todorov, C. (2005) Inferential confusion in obsessive-compulsive disorder: the inferential confusion questionnaire. *Behaviour Research and Therapy*. 43 3: 293-308. [Abstract](#)

2003

O'Connor, K.P. et **Aardema, F.** (2003) Fusion or confusion in obsessive compulsive disorder. *Psychological Reports*. 93 1: 227-232. [Pubmed](#)