

# Do you experience anorexia, OCD or an anxiety disorder?



**My name is Emma Cartwright and I am a clinical psychologist in training at the University of Bath. I would like to invite you to take part in a research study that aims to find out more about the way people with anorexia, OCD and anxiety disorders think about responsibility.**

## What is the study?

We know that people with OCD can often hold strong beliefs about being responsible for preventing harm coming to themselves or others. Consequently, unwanted intrusive thoughts and images can be interpreted to mean that one must take action to prevent harm from occurring.

These beliefs and interpretations about responsibility are thought to be characteristic of OCD, as people with other mental health difficulties tend to experience them to a lesser extent. However, it is unclear how people with anorexia experience responsibility.

This study aims to understand how people with anorexia, OCD and anxiety disorders might differ in their experience of beliefs and interpretations about responsibility, to see if it could be helpful to address responsibility in psychological therapy for anorexia.

## Who can take part?

Anyone aged 18+ who currently experiences one or more of the following:

- **Anorexia nervosa** (any sub-type)
- **Obsessive-compulsive disorder (OCD)**
- An **anxiety disorder** – specifically; panic disorder, generalised anxiety disorder, social phobia, and / or agoraphobia

## What does it involve?

You will be asked to complete an online questionnaire which will take approx. **45 minutes**.

There is also the opportunity to win a **£25 Amazon gift voucher**.

## How do I find out more?

Please type the following link into your browser: <https://tinyurl.com/OCDANStudy> (password = OCDANStudy) or scan the QR code to go straight to the questionnaire. You can also email me if you have any questions about the study: [OCDANStudy@bath.ac.uk](mailto:OCDANStudy@bath.ac.uk)

