

We need participants to understand experiences of shame related to OCD Intrusive thoughts

Are you an adult (aged 18 to 65 years) who has been formally diagnosed with Obsessive-Compulsive Disorder with intrusive thoughts including themes, thoughts, or images around aggressive, violent, immoral or sacrilegious themes?

If so, we are interested in hearing about your experiences.

Although intrusive thoughts are common, they can be distressing for some people. Shame is one emotion that is associated with these types of intrusive thoughts, but this relationship is not well understood. We are therefore seeking to explore the specific characteristics and experiences of shame related to OCD type unacceptable/ intrusive thoughts. We are also interested in hearing about your experience of sharing these concerns with health professionals.

The information gathered in this study will inform the development and validation of a shame measure that is specific to OCD unacceptable thoughts. It is hoped this measure will inform treatment approaches and highlight factors that contribute to the concealment and stigma associated with these experiences.

Eligible participants will be compensated with a \$20 Amazon e-gift card after completing their interview.

Who should **not** participate in this study?

Although recruitment in studies aims to be inclusive, in some cases, additional eligibility criteria needs to be stated to minimise potential risks for participants and ensure their involvement is voluntary. You will not be eligible to participate in this study if any of the following relate to you.

- Current and severe suicidality
- Current mania or psychosis,
- Severe cognitive impairment or disability that may impact your ability to understand the purpose of the study, the procedures, your involvement in it, and your right to withdraw consent at any time.
- Non - English speaking

If you are interested in participating or would like more information about this study, please email Michelle Laving at Michelle.Laving@myacu.edu.au

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