

Single Session Intervention (focused on mood and thoughts) delivered Online for individuals with OCD symptoms

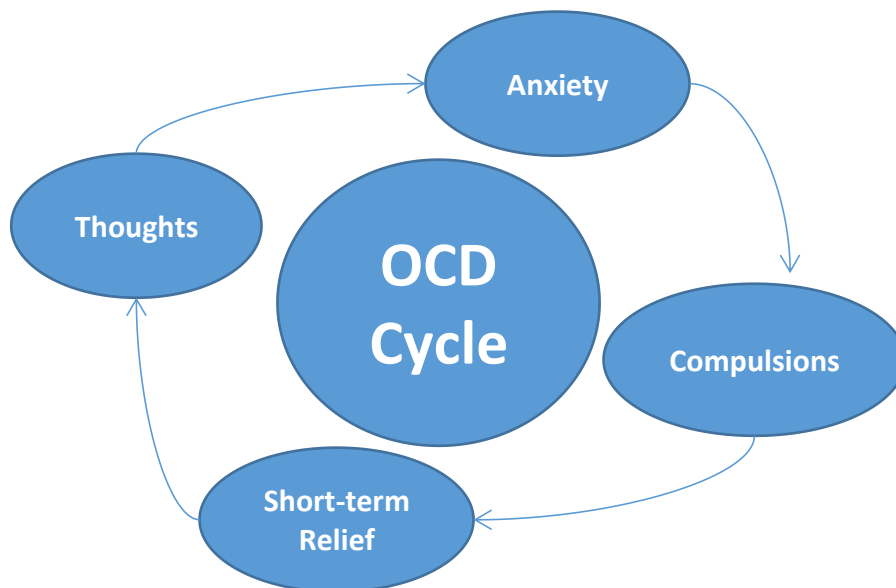
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Do you feel the constant urge to wash your hands?

Do you feel compelled to repeat behaviours and thoughts?

Do you feel COVID has impacted your behaviours and thoughts?

OCD = Obsessive
Compulsive
Disorder.
"a common mental
health condition
where a person has
obsessive thoughts
and compulsive
behaviours" (NHS,
2019)



The intervention
aims to break this
OCD cycle and
increase
long-term relief.

Work through the
intervention at
your own pace!

The intervention will require you to assess your mood; thoughts and identify some goals.

You will first be invited to complete a few questionnaires and then use the intervention. You will need to self-assess your symptoms. (Taking around 30 minutes of your time)

You will then be contacted after 2 week to complete the questionnaires again. (Taking around 10 minutes of your time)

You will be contacted again 6 weeks and then 10 weeks later to complete the same questionnaires. This is to see whether the intervention has been effective for you.

After the completion of the study and the findings have been established, you will be able to access a one page summary of the results. Please be aware all personal details will be anonymised and confidentiality will be maintained.

If you have any queries or if you want to express your interest please contact Sabah Banares (Manchester Metropolitan University PhD student) via email : sabah.a.banares@stu.mmu.ac.uk
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