

OCD & Mental Health Apps Study

Do you have experience of living with obsessive-compulsive disorder?

Have you used any mobile apps in the last 12 months to help manage your distress?

I am a trainee clinical psychologist currently enrolled on the Doctorate in Clinical Psychology programme at Lancaster University.

For my thesis I would like to explore the views of people who have been diagnosed with or self-identify as having OCD and have used mental health apps in the last 12 months.

I hope to find out what makes mental health apps helpful or unhelpful, so that treatments for people with this diagnosis can be better in the future.

If you would like more information, please contact Faromarz Nasiri by email at:

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