

Study overview:

This study will be looking to **understand your experiences of cognitive behavioural therapy for your obsessive-compulsive disorder, whether these experiences were positive, negative or neutral.**

If you attended at least one session of cognitive behavioural therapy for your OCD, you will be offered the opportunity to attend either an online individual interview with a researcher from the University of Sussex or an online focus group of people who had similar experiences of therapy to yourself (choosing the option you prefer). If you decided for any reason, you would rather not have received cognitive-behavioural therapy for your OCD, you will be given the opportunity to take part in a short questionnaire.

Interviews, focus groups and questionnaires will all be delivered remotely (e.g. online questionnaires and telephone or zoom interviews/focus group).

If this sounds like something you might be interested in, please see the participant information sheets linked below. **Please read the information sheet that fits best with your experience of receiving cognitive behavioural therapy for your obsessive-compulsive disorder.**

If you attended at least one session of CBT for your OCD, please use this link:
https://universityofsussex.eu.qualtrics.com/jfe/form/SV_9u9RKaKe91oLsl6

If you decided for any reason that CBT was not right for you and hence decided not to attend these therapy sessions, please use this link:
https://universityofsussex.eu.qualtrics.com/jfe/form/SV_czOHmemK9ISWPBQ

If you have any questions (or if you have any problems using these links) or would like to talk about anything related to this research, please do not hesitate to contact the lead researcher Eilidh Grant (elq25@sussex.ac.uk/ 07472098132, working hours: 10am-6pm)

Best wishes,

The research team (Eilidh Grant, Dr Frances Meeten and Prof Clara Strauss).