

# UNDERSTANDING EATING IN OCD

Adults with OCD are invited to take part in a study exploring eating behaviours



## WHAT IS THE STUDY ABOUT?

Those with obsessive-compulsive disorder may experience disordered eating behaviours during their lifetime. However, little is known about what type of eating behaviours are experienced and why.

This study aims to further understand disordered eating in OCD so that we provide better support for those who experience these difficulties.

## WHO CAN TAKE PART?

Adults (aged 18-65) who meet at least **one** of criteria the below may participate in the study:

- Has been diagnosed with OCD
- Has been told by a health professional that they have OCD
- Is receiving treatment for OCD (e.g., cognitive-behavioural therapy or medication)

## WHAT DOES THE STUDY INVOLVE?

Completing online questionnaires about:

- Your OCD symptoms
- Different eating behaviours
- Factors related to eating behaviours

The study will take approximately 30 minutes and you will be provided with a £10 gift voucher

Optional: one-off interview about eating behaviours. Participants will receive an additional £10 gift voucher

## HOW CAN I TAKE PART?

To receive further information and instructions on how to take part, scan the QR code or [click here](#)



You can also email the researcher directly: Sonay Kucukterzi-Ali  
[s.kucukterzi2@herts.ac.uk](mailto:s.kucukterzi2@herts.ac.uk)