

Do you have obsessive compulsive disorder (OCD)?



We are inviting adults with OCD to take part in a study that is testing whether the **personalised nutritional programme, ZOE, can help improve their symptoms**. This study is being organised by researchers at King's College London.



What is ZOE?

ZOE is a personalised nutrition programme on a mobile phone that advises people on the types of foods that can improve their gut health.

What does the study involve?

- You will **not** have to pay to use ZOE.
- You will be asked to follow the personalised nutrition advice ZOE provides you with.
- You will provide stool samples to ZOE laboratories so they can analyse how your body reacts to foods you eat.
- We will ask you to complete questionnaires on your mental health symptoms, nutritional intake and experience of using ZOE.

You can take part if:

- You have a diagnosis of OCD.
- You are not currently having a psychological therapy for OCD
- You are aged 18 or older.
- You have never had an

If you are interested in participating and would like to find out more, please submit your contact details by following the link or scanning the QR code.

<https://forms.office.com/r/LyHyqxGhtM>



Or contact us via email (lucy.a.snelson@kcl.ac.uk & Michelle Blunt michelle.blunt@kcl.ac.uk or telephone (07922 577032)