



RESEARCH STUDY

CALLING FOR PARTICIPANTS

# Your *experience* can shape better OCD therapy


Do intrusive thoughts lead you to seek reassurance — from others or within yourself? We want to hear your story. This study explores how reassurance seeking affects people's ability to start or stay in therapy, so that treatment can be made more accessible for everyone.


## YOU'RE ELIGIBLE IF YOU...

- Are aged 18 or over and identify as having OCD
- Experience intrusive thoughts that lead to reassurance seeking
- Have sought or received some form of help or therapy
- Have a formal OCD diagnosis or significant OCD symptoms

 60-min online interview

 Fully confidential

 You choose the time

 Teams or Zoom

TO TAKE PART, CONTACT

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Ethics ref: u2627271 · Approved by UEL Psychology Ethics Committee