

Not Just Right experiences in OCD and Autism

Short description of the project:

Researchers at the University of Oxford are conducting an online study exploring '**Not Just Right Experiences**' (NJREs) in OCD and autism.

NJREs are experiences in which something feels uncomfortable, incomplete, or 'not quite right', sometimes creating an urge to do something until it feels right. One common example involves a need for symmetry or a sense that things should feel 'even'. For instance, if something touches a person's left arm, they may feel the urge to touch their right arm as well to 'even up'. **You do not have to experience NJREs to take part!**

Any adult (18+) living in the UK can take part, whether they are:

- Autistic and have OCD
- Autistic and do not have OCD
- Not autistic and have OCD
- Not autistic and do not have OCD

Participation is **anonymous** and takes place entirely **online**. The study consists of a series of surveys and takes approximately **30 minutes** to complete.

To find out more and take part, please follow this link:

https://psychiatryoxford.qualtrics.com/jfe/form/SV_29UnZdhtDYLDMPk