

Dear members of the support group,

We are clinical researchers from the University Medical Center in Hamburg (Germany). For years, we have been conducting research on psychological factors underlying anxiety disorders and obsessive compulsive disorder (OCD) and have developed several treatment methods ourselves. Currently we are conducting an online study examining a new promising technique targeting obsessions, which is called “doubt therapy” developed by Dr. Kieron O’ Connor and his colleagues at McGill University Montreal (Canada). Before we will tell you more about this technique and the study please take the time to read the following **conditions for participation** carefully:

1. To participate in the study it is necessary that you are diagnosed with obsessive compulsive disorder (OCD).
2. You are between 18 and 65 years old.
3. You should not take part in this study, if you have a bipolar disorder or a psychosis, a major neurological illness (e.g., stroke) and if you are addicted to any substance. Besides you should not take part if you have suicidal ideation and/or -tendencies.
4. If you agree to participate in the study, you will be asked to take part in a pre survey in written form via the internet – which you have to complete first – and after four weeks to take part in a similarly post survey. Both surveys will take approximately 30 minutes to complete.
5. If you agree to participate in the study, we will ask you to leave your email address so that we are able to send you the therapy manual.
6. You agree to apply the technique “doubt therapy” on your own responsibility. While we think that the technique will bring symptom relief to some participants, we cannot guarantee this. While there is no evidence that the application of the technique is harmful, we cannot exclude negative effects. A clinical trials insurance does not exist.

If you do not fulfill the above criteria or do not agree on the terms of the study, we would like you to refrain from study participation or contact us before participating (chantal.friese@uni-bremen.de).

The study

If you agree to participate in this study, any information obtained in connection with this project and that can identify you will remain strictly confidential. Your data will not be saved or processed with your name or contact details. Further your data will not be forwarded to any third party. We plan to publish the results in scientific journals, however all published information will be group data and remain anonymous. That is, information will only be published in such a way that you cannot be identified.

At random you will be allocated to one of two conditions after you filled out the anonymous online survey on your current symptoms: either you are being allocated to the “treatment group” and receive the manual on “doubt therapy” or you are assigned to the “waitlist group” and receive the manual after a period of four weeks. After four weeks of the first survey, you will be invited to participate in the post survey. We kindly ask you to participate, so we can compare the treatment with the waitlist group. After participating in that post survey the waitlist group will be sent the treatment manual and both groups will get other self-help material in addition. Each participant will thus eventually receive the treatment manual free of charge. As it is an ongoing study please do not pass on the manual.

We would appreciate if you support our study. However, please take your time to decide whether or not you wish to take part. To participate, please use the following link:

http://www.unipark.de/uc/hh_uni_psych_inst_LJ/d77d/

Study participation is free of charge and anonymous. The terms for participation will be repeated in more detail on the website of the survey. If you agree on the terms please indicate that by clicking on the according button. Clearly, we would inform you about the outcome of the study later. All published information will be group data and blinded, that is, information will be published in such a way that you cannot be identified.

In case of questions please do not hesitate to contact us via email:

chantal.friese@uni-bremen.de

Best regards

Chantal Friese & Steffen Moritz

University Medical Center Hamburg-Eppendorf
Department for Psychiatry and Psychotherapy
Clinical Neuropsychology
Martinistr. 52
20246 Hamburg (Germany)