

Involvement Opportunity



We are looking for people living **in or near London or Oxford** to support and develop a virtual reality approach to help people with Obsessive Compulsive Disorder (OCD). We are specifically trying to help people who experience OCD that is related to repeating actions. For example, repeatedly checking that a task has been done correctly (such as locking a door), or repeating an action until it 'feels right' (such as turning a switch on and off), or repeating an action in order to prevent harm to yourself or others e.g. (repeatedly checking/moving an object a specific number of times because any other number feels unsafe).

The therapy involves wearing a virtual reality 'headset' which immerses the wearer into everyday situations. A virtual 'coach' will guide a user through virtual everyday situations which those with repeated action OCD can find challenging. This project will aim to develop the therapy to the point that its effectiveness can be tested in a research study.

*We are particularly looking for people to support this study who have (or had) experiences of different themes of OCD, **as well as** repeated action OCD and have accessed IAPT therapy services for these experiences. **You do not need to have experience of virtual reality.***

Who are we working with?

We are working with an Oxford University spin-out company called Oxford VR (www.oxfordvr.org). Oxford VR aims to produce effective treatments for different mental health issues using virtual reality.

When is it happening?

Meetings and workshops will take place over roughly a **six month period** from May to October 2019. Meetings will be held in London.

What can you expect?

People will be asked to join a group known as a '**Lived Experience Advisory Panel (LEAP)**' **and/or** attend one or more **user development workshops**. You can express a preference to join the LEAP or come to a workshop on the accompanying application form. Of course you are also welcome to ask to come to both a LEAP and a workshop. It's up to you.

There will be **two Lived Experience Advisory Panel (LEAP) meetings**. The function of the LEAP is to shape and develop the project by providing opinions based upon their own experiences of repeated action OCD. The group will include five members and some members of the research group may also attend meetings. The meetings will be informal and open discussions will be held. Meetings will last for 3-4 hours with break and refreshments and lunch will be provided. The first meeting will be held in May.

There will be around six **user development workshops**. During these workshops people will have the opportunity to actually try the VR for themselves as it is being developed. People will be asked to provide constructive feedback on how it can be improved.

Payment and expenses

Payment of £75 will be offered to people attending LEAP meetings. £60 will be offered to people attending user development workshops. All reasonable travel expenses will be reimbursed. This payment includes reading papers before meetings.

How to Apply:

Please [click here](#) to download the application form. To request a paper copy of the application form, please contact Rachel Temple by email (racheltemple@mcpin.org) or phone (020 7922 7874).

Applications will close on Friday 10th May, 5pm.