

## **nOCD Research Update October 2016**

### **Introduction**

nOCD is a smartphone and smartwatch application bringing technology into OCD treatment where patients need it most. nOCD was created by OCD patients with a scientific advisory board for OCD patients driving every aspect of our mission, implementation, and clinical design. Clinically, nOCD presents a digital alternative to traditional clinician guided Exposure with Response Prevention (ERP) Therapy offering in-app education on what ERP is, how to use it, and how to make nOCD a tool of empowerment to take back control from OCD in your life!

### **nOCD is for EVERYONE**

nOCD seeks to improve access to specialty ERP treatment through a novel interface that meets patients where they are in real life, encourage retention and long-term utilization for OCD management, and reduces mental health care disparities by increasing access to the gold-standard of OCD treatment regardless of where you live, what insurance coverage you have, or whether you can traditionally afford specialty medical care or not. nOCD is for everyone with OCD or OCD-related disorders (Trichotillomania, Body Dysmorphic Disorder, Hoarding Disorder, and others). Please reach out to the nOCD team to know if nOCD is appropriate for you!

### **Pilot Study**

In order to offer a clinically effective mobile health application for obsessive-compulsive disorder, we must collect as much data as possible about how nOCD can work in your life as a tool for education, treatment, and long-term management of your OCD. By using nOCD as a patient and research participant, you have the opportunity to shape how nOCD grows and develops, and how we can better translate OCD treatment digitally through nOCD. So many mobile health applications don't go through rigorous scientific tests to make sure it as safe and effective as possible for patients and users. nOCD is different. As an application developed by OCD patients, we know how important getting the right help can be. It is our mission to put nOCD to the test to best fight OCD and give people everywhere the tools to take back their life and thrive.

### **How to Get Involved**

We need as many participants as possible! Follow the link below to get your name on our contact list in order to be contacted to roll out the research signup to you when it becomes active in early 2017.

### **Engage with us and Stay in Touch**

Connect with us on Facebook, Twitter, Instagram, and on our blog! Stay tuned for research updates including how to participate, when we will begin the official pilot study, and how you can be a part of revolutionizing OCD treatment and engage in a community of people working to live a life free of OCD!