

Dear CPA Members,

I am contacting you to invite you to participate in a research study on Obsessive Compulsive Disorder (OCD). You are being invited to participate in this research study because you are affiliated with a professional mental health organization (e.g., WCBCT, CPA, APA, ABCT, CACBT, AACBT, BABCP). In this study, we are reaching out to individuals who have professional training in the provision of mental health services (expertise in OCD is *not* required to participate).

For this study, we are particularly interested in how mental health professionals approach the treatment of OCD. More specifically, we know that OCD is a heterogeneous disorder and that clients may present with a number of different symptoms (e.g., fears of contamination, fears of harming a loved one). Although exposure with response prevention has been shown to be effective in the treatment of OCD, less is known about how this exposure therapy is applied across different OCD presentations. In the current study, we are interested in examining how mental health professionals apply exposure therapy strategies across different OCD presentations.

It is our hope that we can use the information gathered from mental health professionals such as yourself to help us develop a better understanding of OCD treatments and how they are currently being implemented.

Please see the *Participant Information Sheet* below for additional information about the study. If you would like to take part in this research, please click on the following link <https://rsjh.ca/redcap/surveys/?s=RDC3W88WLL>

We thank you for your time and consideration. Do not hesitate to contact me should you have any questions or concerns.

Sincerely,

Dr. Dubravka (Dee) Gavric, C.Psych.

## **PARTICIPANT INFORMATION SHEET**

### **TITLE OF RESEARCH PROJECT**

Exposure Based Treatment of Obsessive Compulsive Disorder - Clinician Survey

### **PRINCIPAL INVESTIGATOR**

Dubravka Gavric, Ph.D., C.Psych.

### **CO-INVESTIGATORS**

Gillian Alcolado, Ph.D., C.Psych.

Randi McCabe, Ph.D., C.Psych.

Irena Milosevic, Ph.D., C.Psych.

Karen Rowa, Ph.D., C.Psych.

Noam Soreni, MD

### **STUDY INFORMATION**

You are being invited to participate in this research study because you are affiliated with a professional mental health organization (e.g., WCBCT, CPA, APA, ABCT, CACBT, AACBT, BABCP). In this study, we are reaching out to individuals with professional training in the provision of mental health services.

In order to decide whether or not you would like to take part in this research study, you should be aware of what is involved, what is expected of you and the potential risks and benefits. This form provides a detailed description about the research study so that you can make an informed decision about participating.

### **VOLUNTARY PARTICIPATION**

Your participation in this study is completely voluntary. You may discontinue the study at any time. You may also choose not to respond to a particular item by selecting the "Prefer Not to Respond" option. You may contact the principal Investigator with questions or concerns about the study either before or after you participate (see below for contact information).

### **PURPOSE OF RESEARCH PROJECT**

Individuals with Obsessive Compulsive Disorder (OCD) experience intrusive thoughts/images/impulses and/or repetitive behaviours/rituals that are time consuming and significantly interfere with their functioning. Although a diagnosis of OCD requires that the individual experience obsessions and/or compulsions, there is much variability in the way these symptoms manifest across individuals. For example, one person may be particularly concerned about contracting an illness and therefore engage in significant washing behaviours while another person may be concerned about causing harm to their loved ones and therefore engage in complex mental rituals or prayers. Although the specific thoughts and behaviours for these two individuals vary greatly, both presentations are consistent with OCD.

Although exposure with response prevention has been shown to be effective in the treatment of OCD, less is known about how this exposure therapy is applied across different OCD presentations. In the current study, we are interested in examining how mental health professionals apply exposure therapy strategies across different OCD presentations.

### **PROCEDURES**

If you consent to participate in this study, you will be asked to fill out a short questionnaire about your relevant training and experiences. You will then be presented with 9 short vignettes describing hypothetical clients. You may assume that each of these clients has been diagnosed with OCD and they are not experiencing any significant comorbidities. You will be asked to decide which treatment approach you believe is most appropriate for the client based on their presenting concerns. Next, you will be asked to assume that you are treating the client using an exposure with response prevention treatment approach, and to consider different exposure exercises. You will be asked to decide whether a suggested exposure is something you would be comfortable encouraging your client to try or not. It is expected that the entire questionnaire will take you approximately 30 minutes to complete.

### **CONFIDENTIALITY**

We will not require you to provide any identifying data during this study. Your data will be collected and stored using REDCap software. Once the study is complete, your anonymous data will be indefinitely stored on a password protected computer at St. Joseph's Healthcare Hamilton. If you choose to withdraw from this study during the survey, your data will be destroyed. However, if you choose to withdraw after you have exited the survey, your data cannot be destroyed as it will be anonymous in our records.

Please note that the final results of the study (including your anonymous responses) may be presented at conferences and/or published in scientific journals.

### **RISKS OF HARM/DISCOMFORTS/INCONVENIENCE**

Some of the information contained in the vignettes/ exposure exercises contains graphic content. Although these scenarios were designed to represent symptoms and possible treatments for OCD, they may be upsetting to some individuals. Risk of anything more than temporary discomfort would be rare. If you believe there is a chance you will be upset by such scenarios you may choose not to participate.

### **BENEFITS**

By participating in this study, you will be providing us with invaluable information on the treatment of OCD.

**WILL I BE PAID TO PARTICIPATE IN THIS STUDY?**

You will not receive any remuneration for participating in this study.

**WILL THERE BE ANY COSTS?**

The only cost to you in this study is your time.

**PERSONS TO CONTACT**

This study has been reviewed by the Hamilton Integrated Research Ethics Board (HIREB). It is the responsibility of the investigators to ensure that participants are informed of the study and the risks while the HIREB is responsible for ensuring that participants are informed of the risks associated with the research and that participants are free to decide if participation is right for them.

If you have any questions about this study (i.e., research questions, results, procedures) you may contact:

Dr. Dubravka (Dee) Gavric, Principal Investigator: (905) 522-1155, ext. 39853; dgavric@stjosham.on.ca

If you have any questions about your rights as a research participant, please call:

The Office of the Chair, HIREB at (905) 521-2100, ext. 42013

**PARTICIPATING IN THE STUDY**

If you would like to participate in the study, please click on the following link:

<https://rsjh.ca/redcap/surveys/?s=RDC3W88WLL>