

Do you experience intrusive distressing thoughts or compulsive rituals?

Are you a mum with a new baby (less than 6 months old)?

Study title: Cognitive Behaviour Therapy for Obsessive Compulsive Disorder after having a child

Many people experience anxiety during pregnancy and after the birth of a baby. For some people pregnancy and the postnatal period can trigger or worsen OCD. However, at the moment little is known about the particular issues that may be important for mothers with OCD and small babies and how treatments can be best adapted for this special group.

Professor Salkovskis' group is conducting a research study investigating cognitive behaviour therapy (CBT) for OCD for at mothers of young infants. All participants will receive treatment, half when their baby is 6 months and half when their baby is twelve months old. Therapy is delivered on an intensive basis (i.e. longer sessions over a shorter amount of time).

As well as receiving treatment, participation involves two research assessments conducted at home, one when your child is six months and one when they are twelve months. At twelve months we would also like to invite you to the clinic for a brief assessment. We can pay £30 at both assessment points to thank you for the time taken. (Taking part in the study does not affect your care in the NHS in any way; treatment is being offered in addition to your usual care.)

If possible, we will also conduct treatments at home to maximise convenience. For this reason, geography is a consideration (we are based in London) but please get in touch to discuss possibilities.

The study has been reviewed by the Lewisham Research Ethics Committee (Ref: 08/H0810/18).

If you would be interested in taking part, for further details or for an informal and confidential discussion about any aspect of the study, please contact Dr. Fiona Challacombe at:

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or call 0207 848 0762