



3rd April 2020

American Psychiatric Association.
800 Maine Avenue, S.W.,
Suite 900,
Washington,
DC 20024
UNITED STATES

To whom it may concern,

We are writing to you on behalf of hundreds of thousands of people around the world to ask you review the article listed below, seemingly written by Stanford based psychiatrist Dr Elias Aboujaoude, a clinical professor of psychiatry at Stanford.

The article published by the Wall Street Journal starts with the headline “We All Need OCD Now” and can be found on the WSJ website at: <https://www.wsj.com/articles/we-all-need-ocd-now-11585672342>

As a national charity supporting children and adults affected by and suffering with Obsessive-Compulsive Disorder (not just here in the UK, but we also work with people from the US and around the world) we feel the article falls short of the professional standards that we would expect from a health professional anywhere in the world. Whilst we don't need to identify those shortcomings, they include:

- The claim we all need OCD
- The trivialisation of the suffering that people with OCD go through by making such a claim
- Adding to misunderstanding around the condition, which ultimately leads to increased stigma for sufferers
- Makes our job of educating and dispelling myths that much harder

We hope that you will use your position within the American psychiatric community to remind your colleagues of their duty of care when talking about mental health problems, but also to educate them where there are shortcomings. We hope you will find a way to urgently increase understanding and education about Obsessive-Compulsive Disorder so that no more such horrendous articles are written both during this pandemic and beyond.

If you have any influence with the Wall Street Journal we hope you will urge them remove the article.

We have published our own response on our website at: <https://www.ocduk.org/response-to-wall-street-journal/> and so that those affected by OCD can see action being taken, we will make this and any subsequent responses open letters attached to that page.

Yours sincerely,

Ashley Fulwood
Chief executive of OCD-UK
(Direct email address supplied)

“We’re here for children and adults affected by Obsessive-Compulsive Disorder at every stage of their journey. We support people through the difficult times, right through to recovery and everything in-between.”

OCD-UK
Harvest Barn
Chevin Green Farm
Chevin Road
Belper
Derbyshire
DE56 2UN

Office: 0333 212 0703
Helpline: 0333 212 7890
office@ocduk.org

Registered Charity Number: 1103210