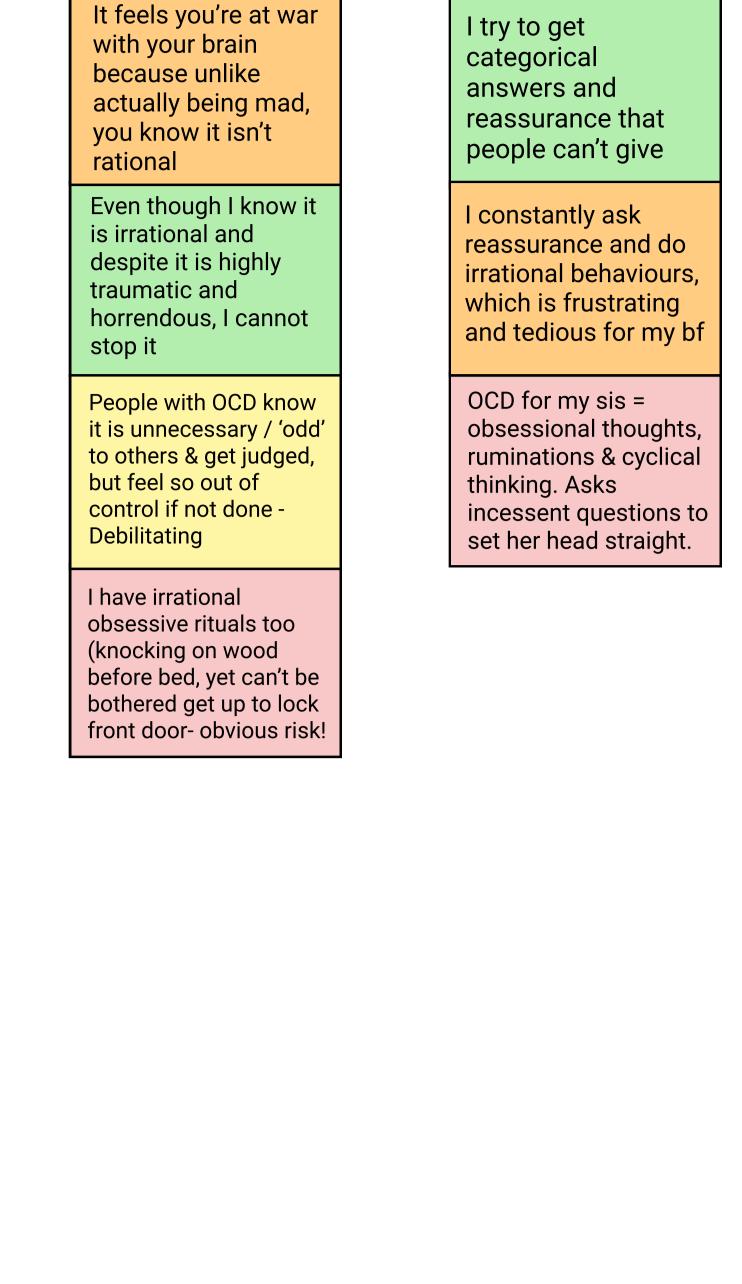
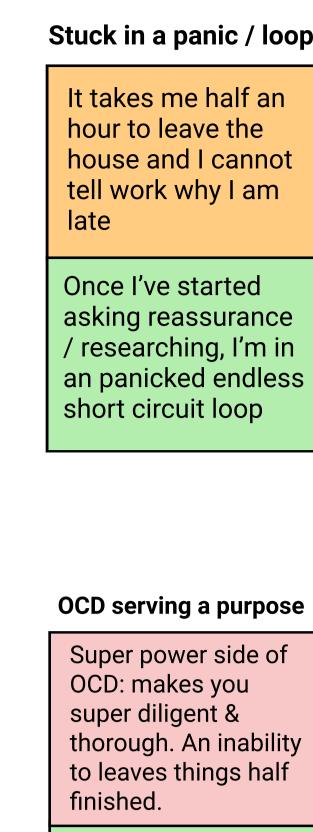
## Affinity Mapping



### The Experience of OCD **Knowing irrational, Asking constant** Stuck in a panic / loop unable to stop < distress reassurance from others





Displacement / OCD is

a coping mechanism

(panicking about a

critical, urgent brain

tumour distracts from

the real stress cause)

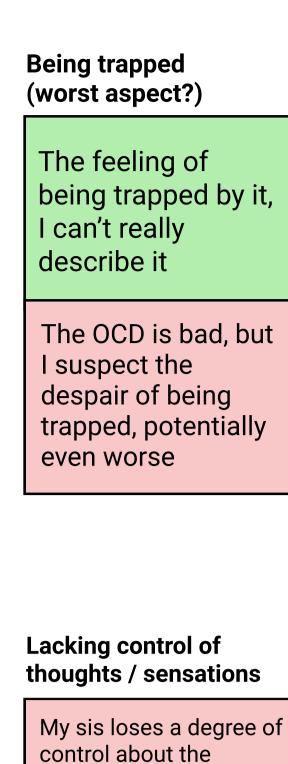
It's tied into intellect, I

think: she can think her

way out of any positive

experience (mental

analytical, thorough)



direction of her

thoughts - her brain

overrides & forces them

in unwanted directions

Somatize: if someone

reassures me saying

'No you'd have x, y, z

ill': The next day, I'll

symptoms if you were

have those symptoms!

It's hard for my bf,

who has to watch

total whack job and

stay calm, not lose

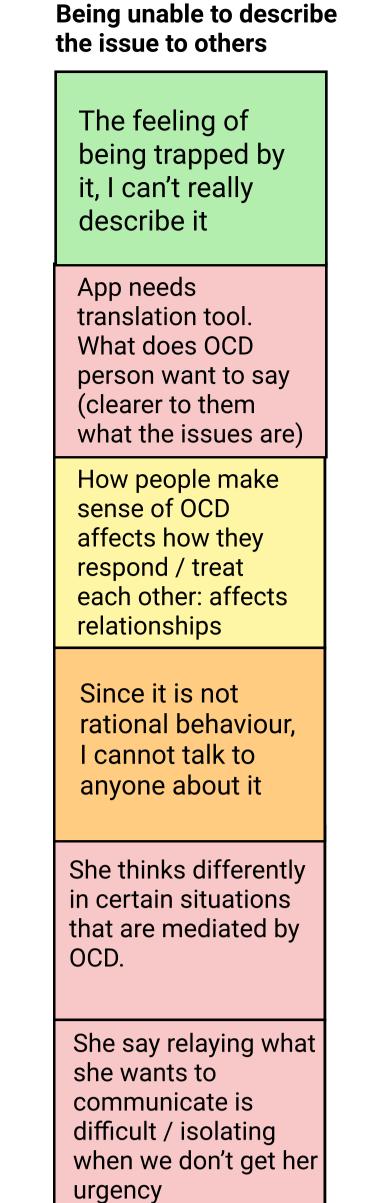
Nowadays, I get angry/

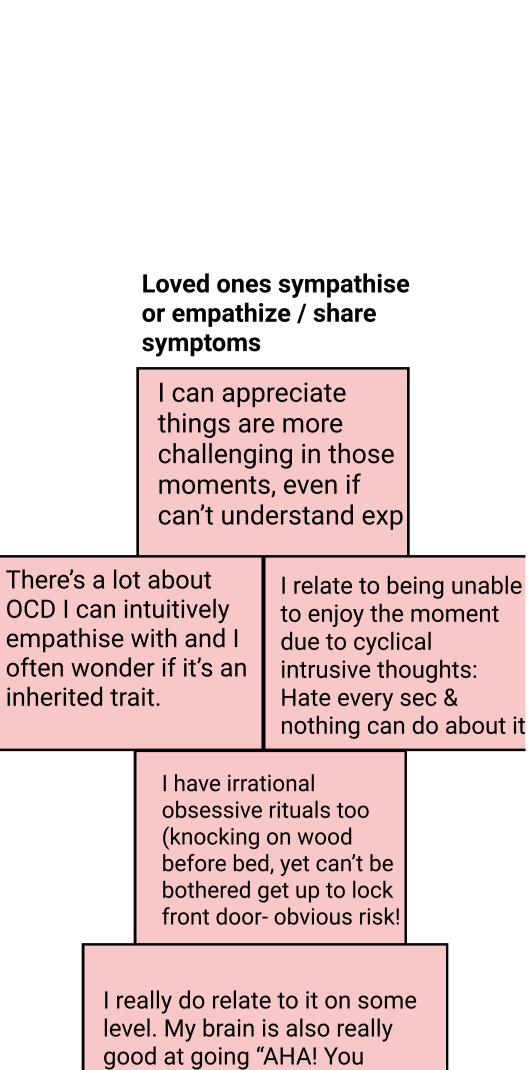
aggressive responses

from my partner.

me acting like a

his temper.





haven't thought of THIS yet

and let's dwell on that shall

choice in the matter, so -

the same as

strap in!"

**Judging** 

People with OCD know

it is unnecessary / 'odd'

Well meaning people trying

to help w. misinformation

If you stop someone

with OCD, they may

to others & get judged,

but feel so out of

Debilitating

control if not done -

we? In fact, you don't have a

I check things but not

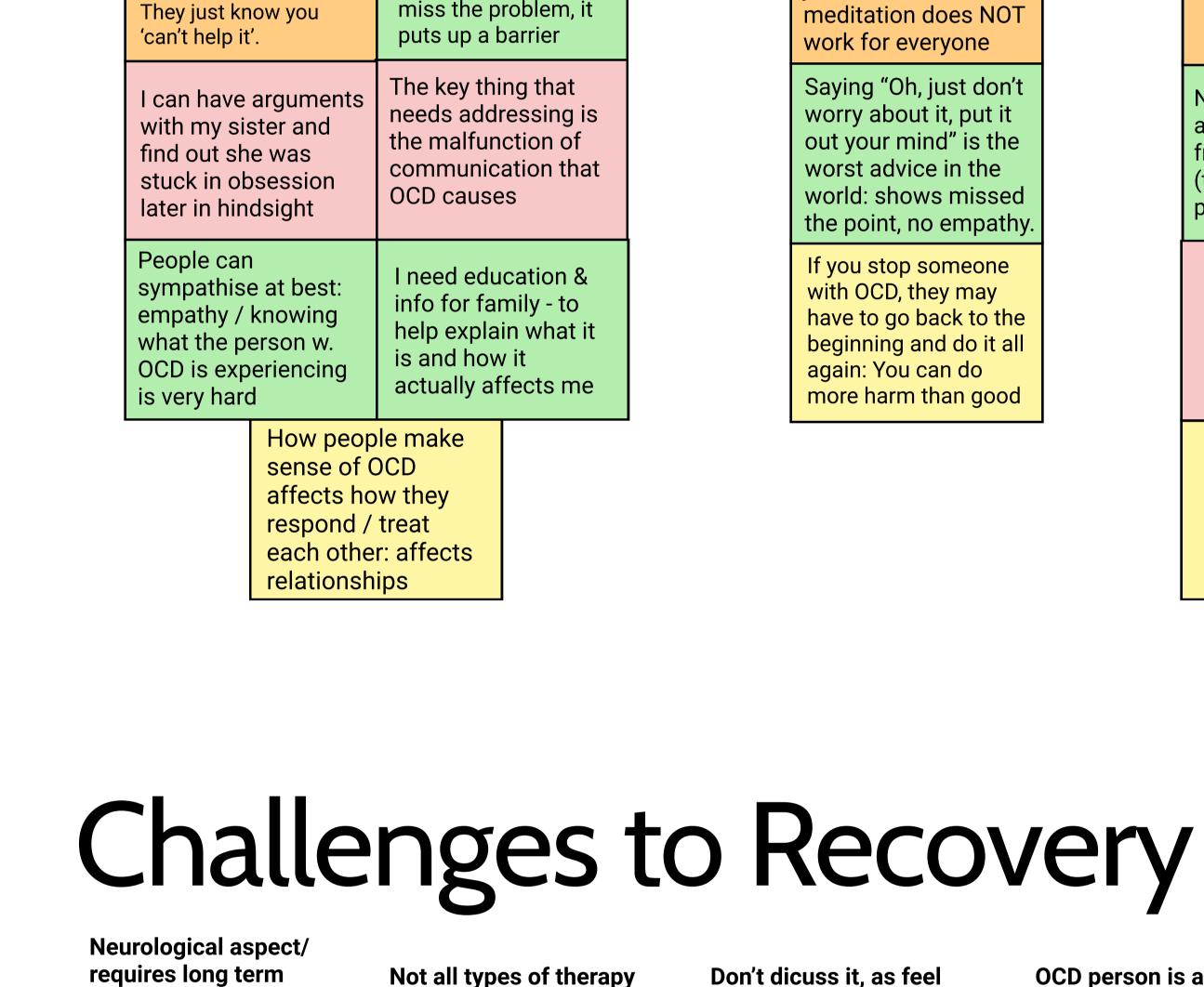
obsessionally keep

checking and not

feeling able to go

anywhere until done

### Unhelpful Therapist / Family Responses **Anger / resentment /** Oversimplifying advice: **Helping in uninformed /** Issues understanding = frustration, long unhelpful ways miscommunication, isolation or escalation 'just stop'/ 'don't worry' suffering



work

Having an

analyitcal brain

management

obsessive topics

flit around to other

People don't understand

how hard it is to get it

out of your mind, nor

how humiliating it is.

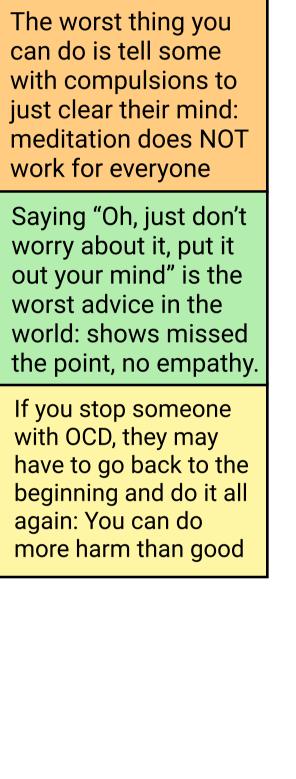
Saying 'just put it out

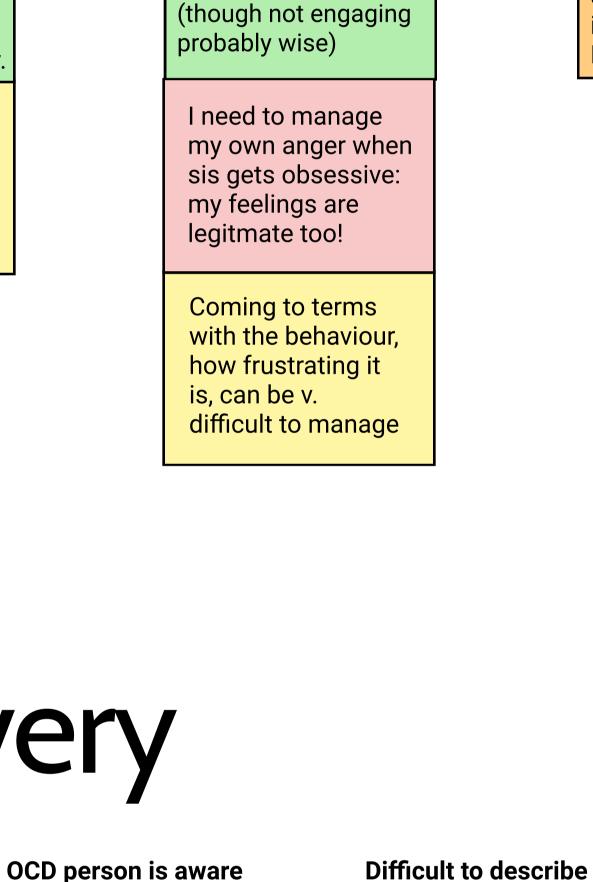
empathy, shows you

miss the problem, it

your mind' = no

awareness or





it isn't rational

behaviour, I cannot

work why I'm late

People w. OCD know

it isn't reasonable /

rational but feel so

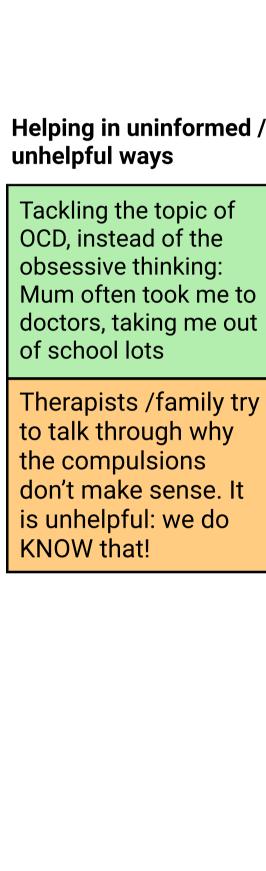
out of control if not

done. What are their

options?

talk to anyone

about it, or tell



**Deeper stressors** 

OCD (compulsions

/ behaviour) get

worse when tired

I learnt in therapy that

it is wider problem -

going on when OCD

There may be deep

seated reasons behind

OCD e.g. feeling dirty

& cleaning after rape /

controlling via OCD

after past event

Colleague's OCD

became standing

there is always

flairs up

someth. stressful

behind the OCD

or stressed

exp/ reason for urgency

trouble communicating

experience when in the

The feeling of being

trapped by it, I can't

**Misunderstood condition** 

Therapists don't

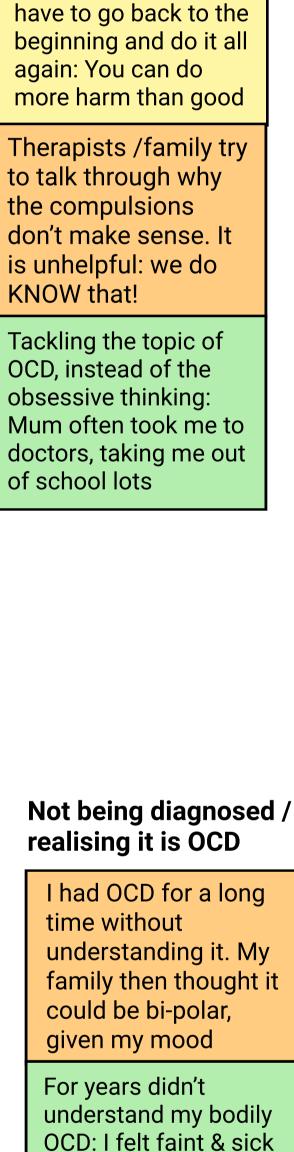
really describe it

My sister can have

what she wants to

about her OCD

thick of it



at open casket funeral

Destigmatization needs

to be more mainstream

before taken seriously,

(normal): convinced

was a stroke

**Stigma** 

### My sister's psycharist Even though I know it **Ruminations &** told her OCD is a Since it is not is irrational and cyclical thinking: sis neurological thing and rational behaviour. despite it is highly says talking therapy she'll always have it. It I cannot talk to traumatic and limited use; damaging helped lessen her guilt, horrendous, I cannot anyone about it if they don't but it wasn't a hopeful stop it message either understand OCD well Over time, my It is not rational

Don't dicuss it, as feel

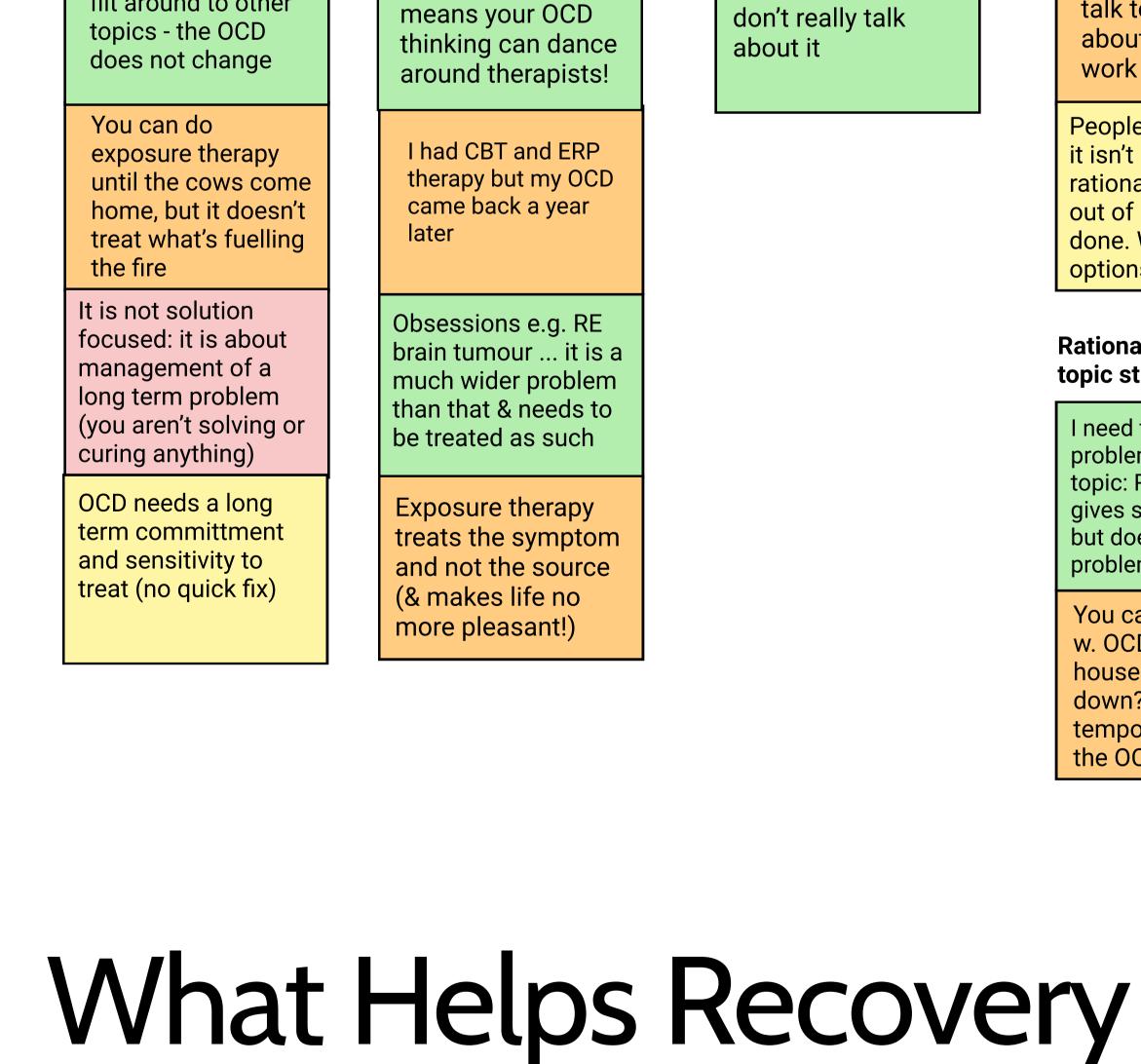
it's seen as silly

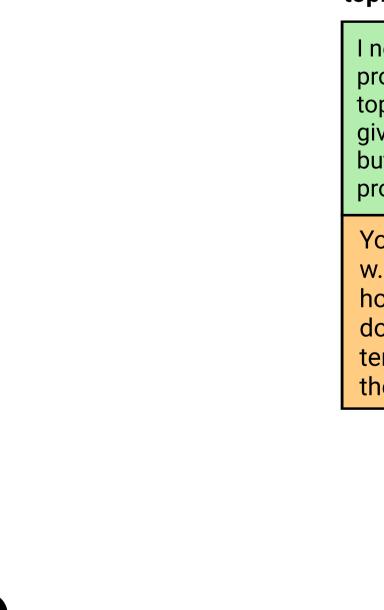
I've had it my

whole life and

about it

don't really talk





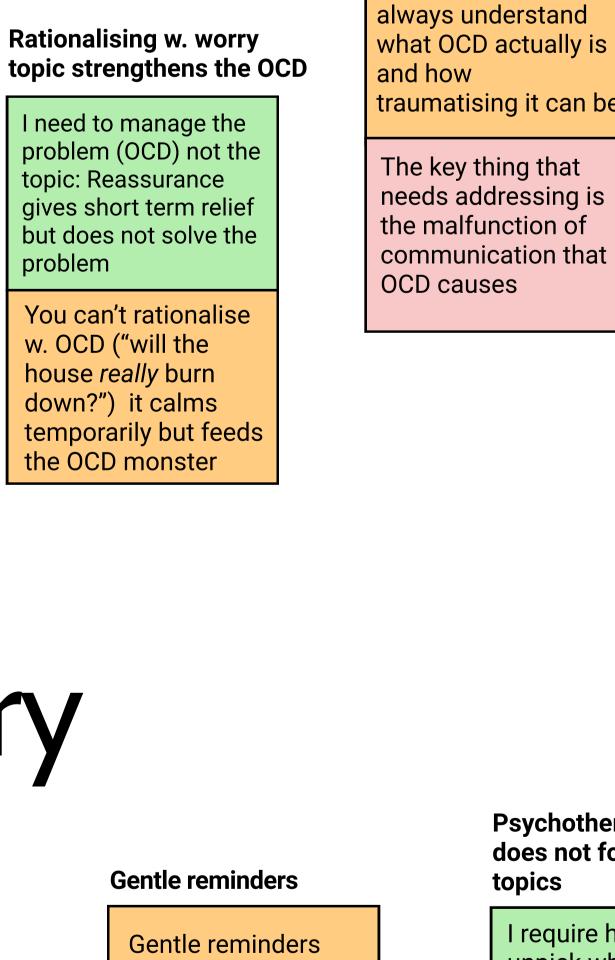
I need practical

everything I knew to

know / info in one

elements and

place.



e.g. 'it will pass'; 'it

is not rational'; 'it is

not about you' etc

Reminders to

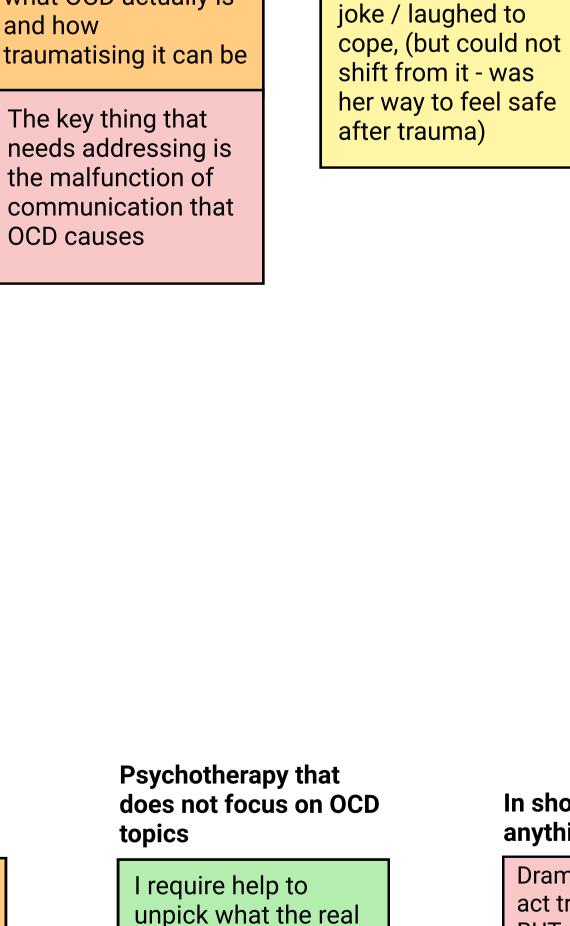
person with OCD

has to be perfect.

that not everything

I find it comforting

to be reminded it is



stressor is in my life,

that fuels the OCD

this, v. useful)

Therapy that

and resisting

compulsions

I need help with

(therapy uncovered

discusses root cause

helpful than tracking

obsessive thinking rather

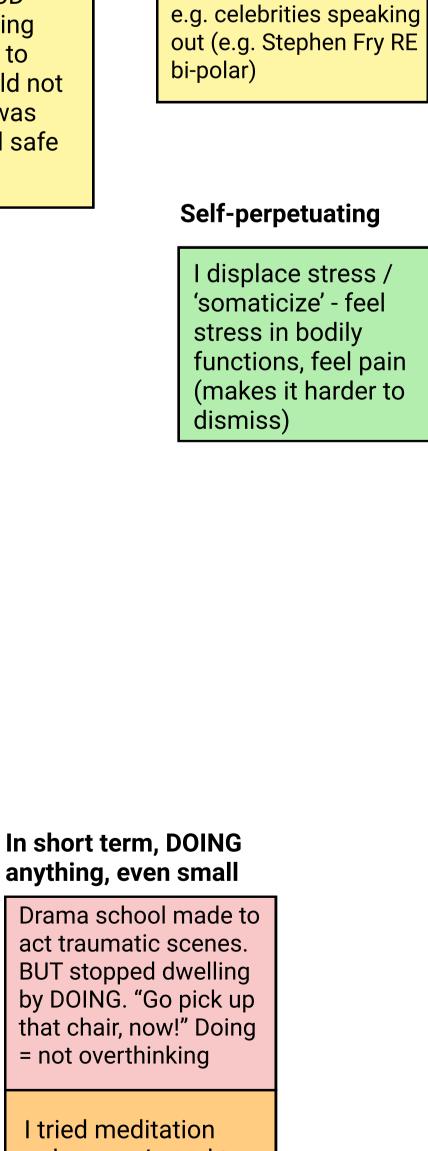
than the thought topics:

(e.g. mum taking me out

addressing wrong thing!)

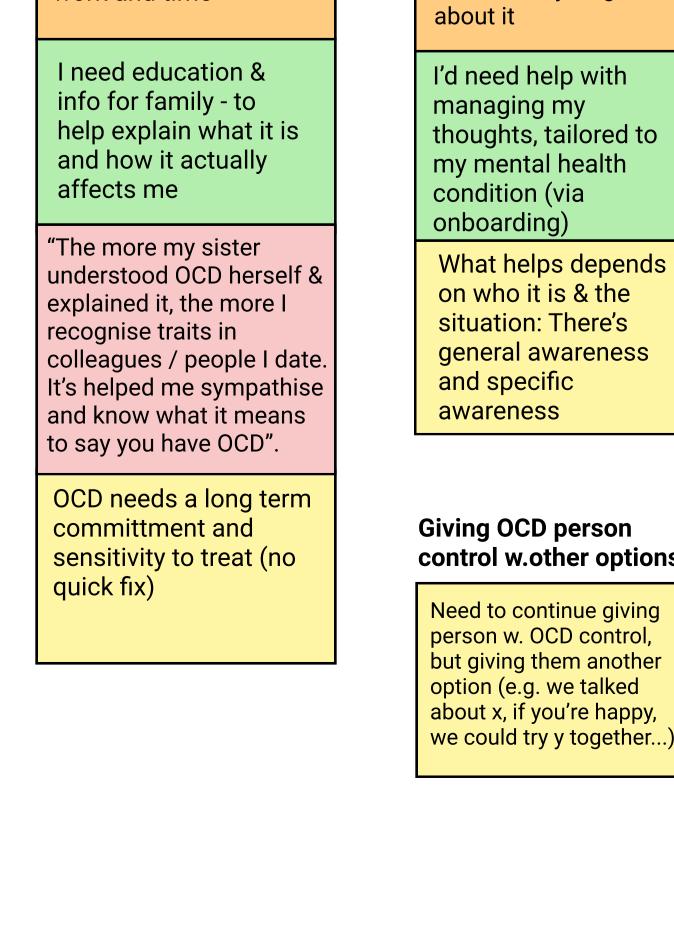
school for doctors =

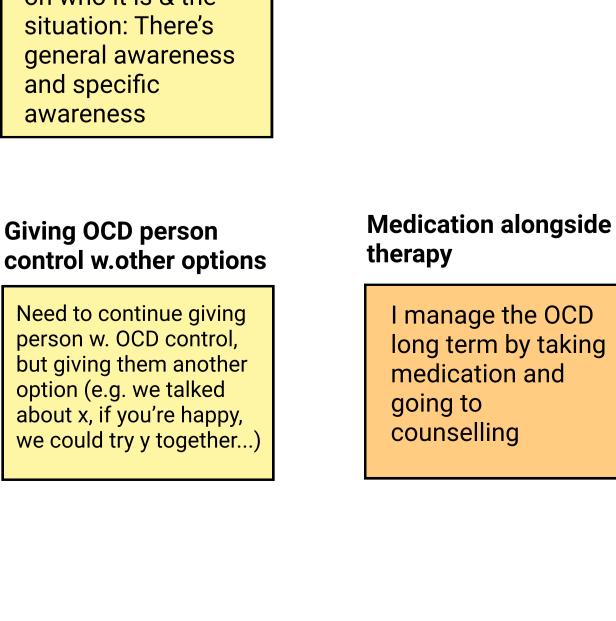
of anxiety is more

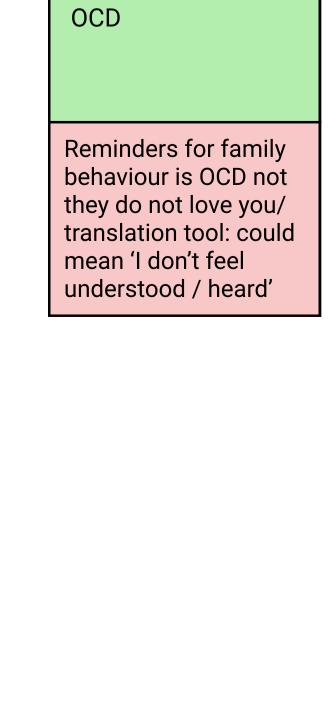


### Understanding, Reliable information, specific to sub-group education, insight exercises I need my partner to be I do exercises from I need information educated on OCD: what therapist: eg. putting from a reputatble off compulsion 20 it's like and the source, or it's mins. Helps name it as thoughts. It takes hard useless and I will OCD & I may forget work and time not trust the app

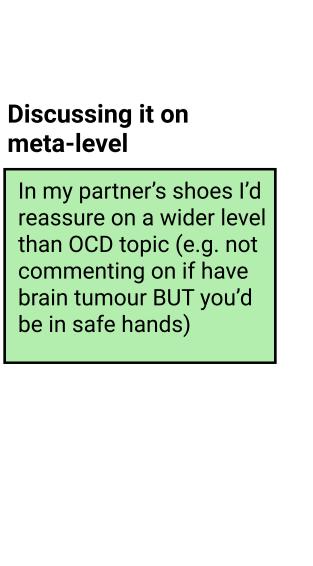
**Exercises**, help







temper.



Not knowing how to help

I have no idea how to talk to

my sister when she is in that

state: I don't want to feed

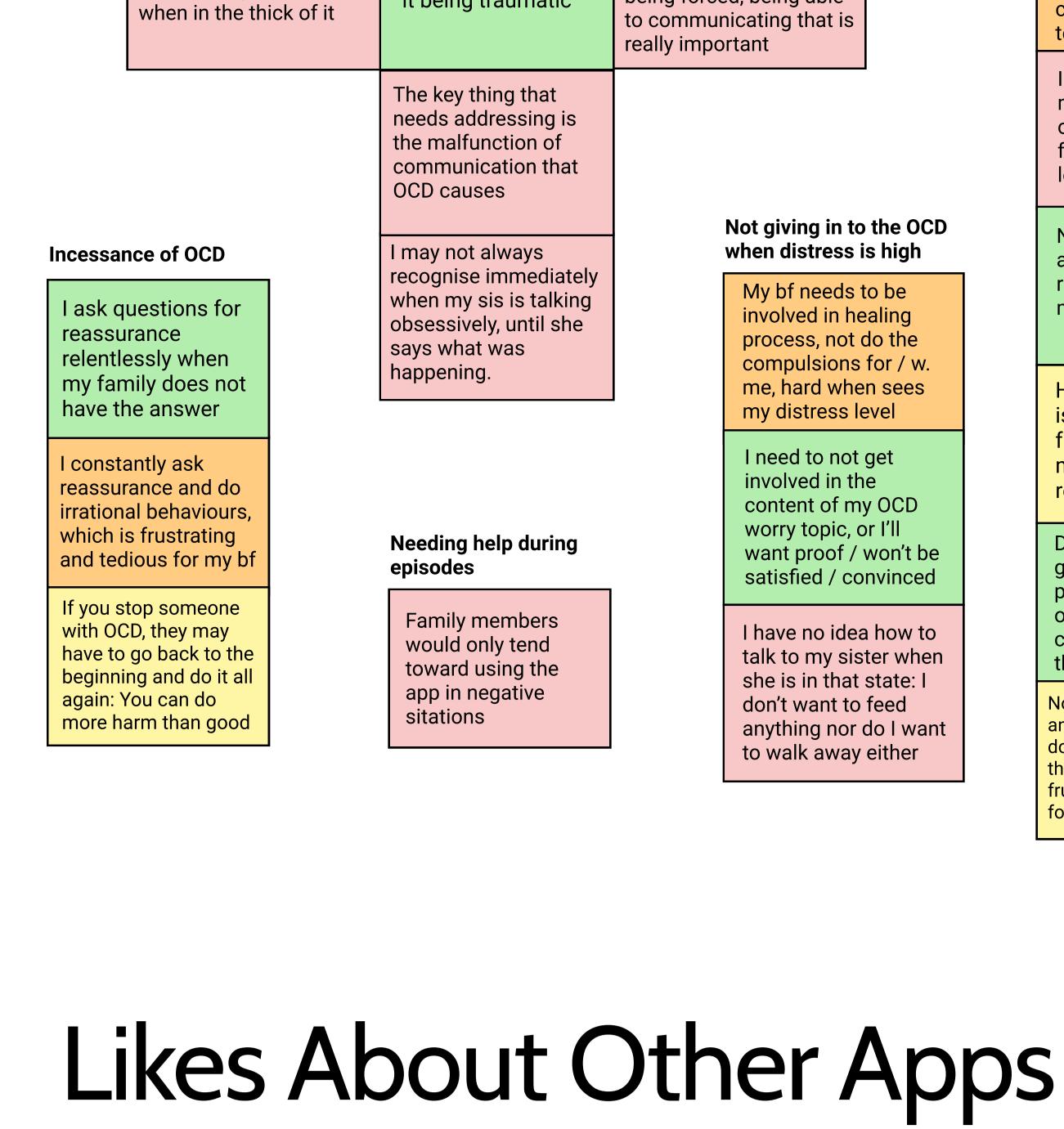
anything nor do I want to

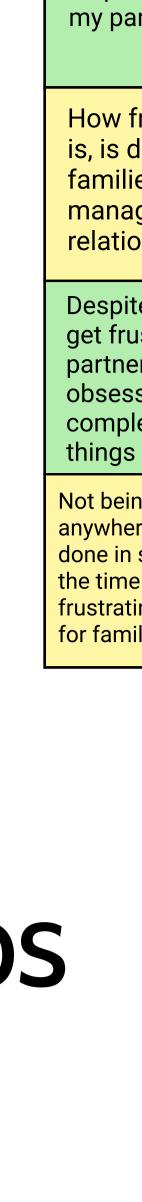
walk away either

# only once. I need to DO something

### Frustration and anger **Communication break down** It's hard for my bf, My sister can have It is hard for people If the person with OCD is having to watch me trouble communicating aware they don't want to to understand I acting like a total what she wants to about be doing it/ their hand is can't stop it, despite whack job & stay her OCD experience being forced, being able it being traumatic calm, not lose his

Main Challenges for family





Types of accessibility:

I like accessibility,

- at 4am if I want.

researching when I want

Gov tax office - HMRC -

have layers of bitesize

info. You can go to next

layer of detail if & when

you want. And it doesn't

have to be in sequential

order

language & times

Positive / motivating /

encouraging stance

Positively framed

podcast on mental

can control / make

Authoritative but

chilled: this'll be

your own pace

work but take it at

**Having enough content** 

stuff to work through:

using all their content.

hard to spend a day

There is LOADS of

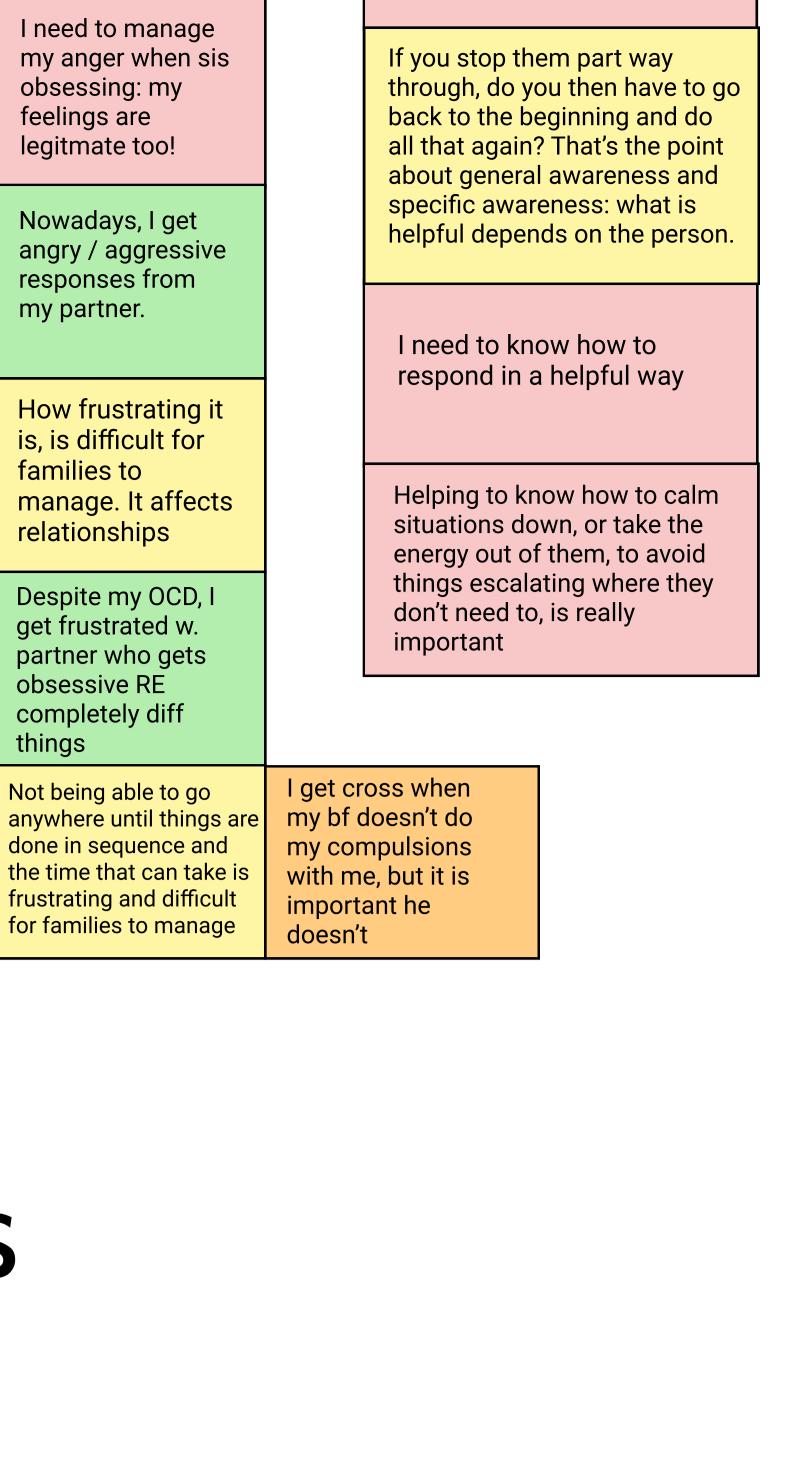
mental health

Centr: .

Centr:

positive acts around

health: discusses how



Visuals / graphics

graphics on

if felt medical)

I love the conforting

Headspace: playful,

friendly cartoons and

colours (wouldn't use

Centr: Visually clean

and nice to look at.

**Content that works** 

I had daily panic

attacks in bed (my last

job). Sleep stories felt

night. Looked forward

to, even if didn't sleep

Centr: I've done the

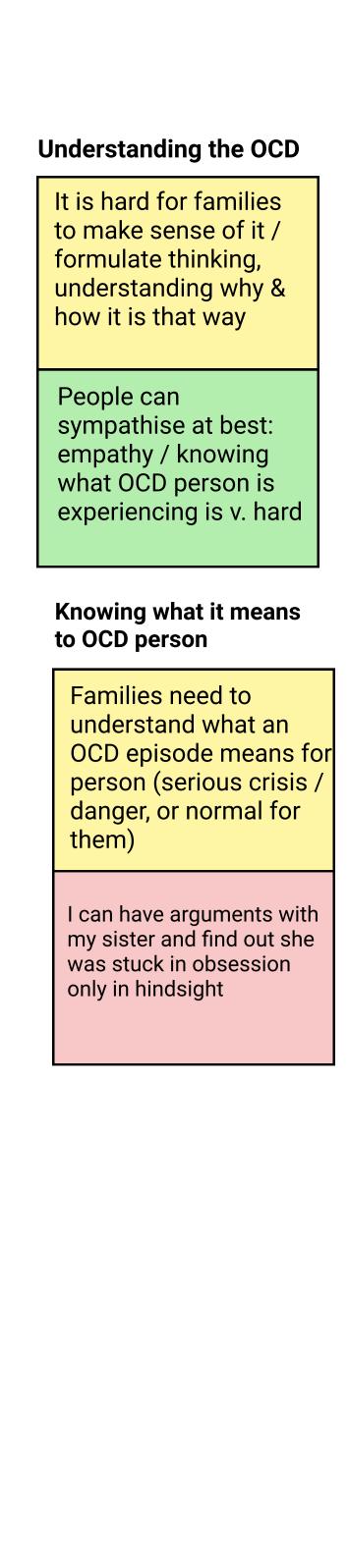
exercises and they

Authoritative but

WORK.

chilled

like a warm friend at



Simple to use, low effort

looking up a particular

NHS app relatively

ailment & seeing if

I like that Headspace

simplistic. You need a

low effort app when in

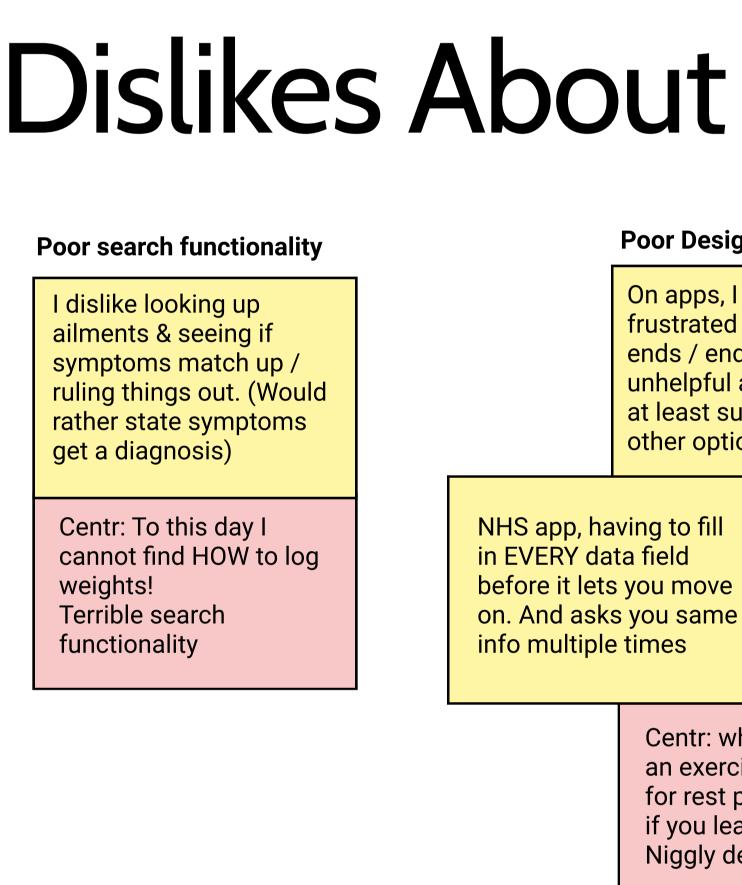
symptoms match

is user-friendly &

bad way

straight forward

### Dislikes About Other Apps



**Adding lower** 

quality new content

to one I've been

Centr: They released

a similar programme

using. The 1st one so

good, I can't see why

a new one beneficial.

Not enough content

There could be

more sleep stories

on Headspace - I

have exhausted

Headspace could

have had more

depth / things to

explore. No help

sussing out why

feel a certain way

them a bit

**Auditory: meditation &** 

I liked the sleep

stories so much

that I visited the

forest myself in

America

guided imagery

Headspace &

consistency of

voices.

boredom

positive, friendly

Centr: The meditations

psychotherapists, which

are done by proper

are good. One even about shame and

podcasts: I love the

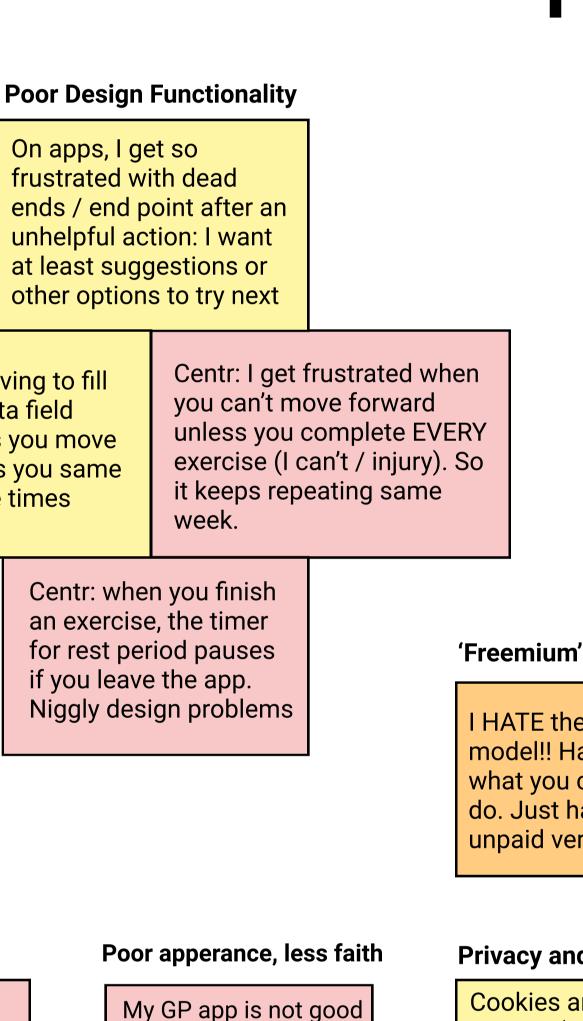
calming voices and

I loved the sleep

Headspace: the

guided imagery

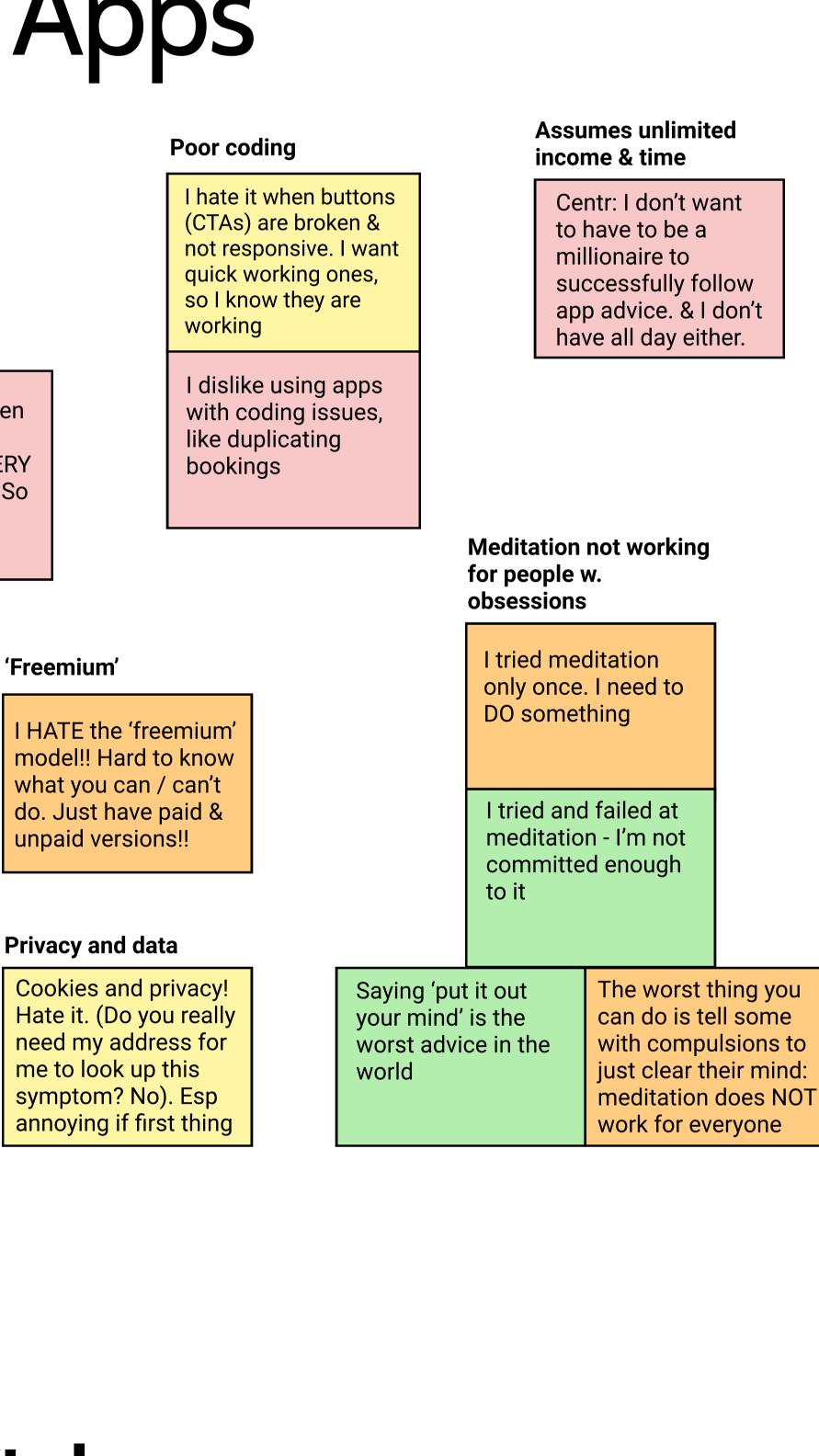
Stories on

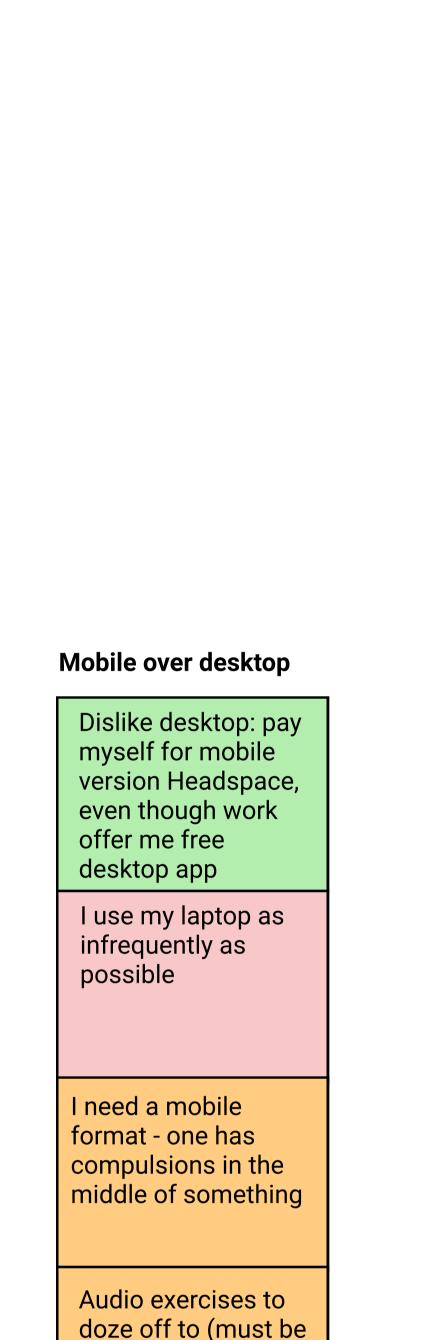


looking! I had to

legit with the GP.

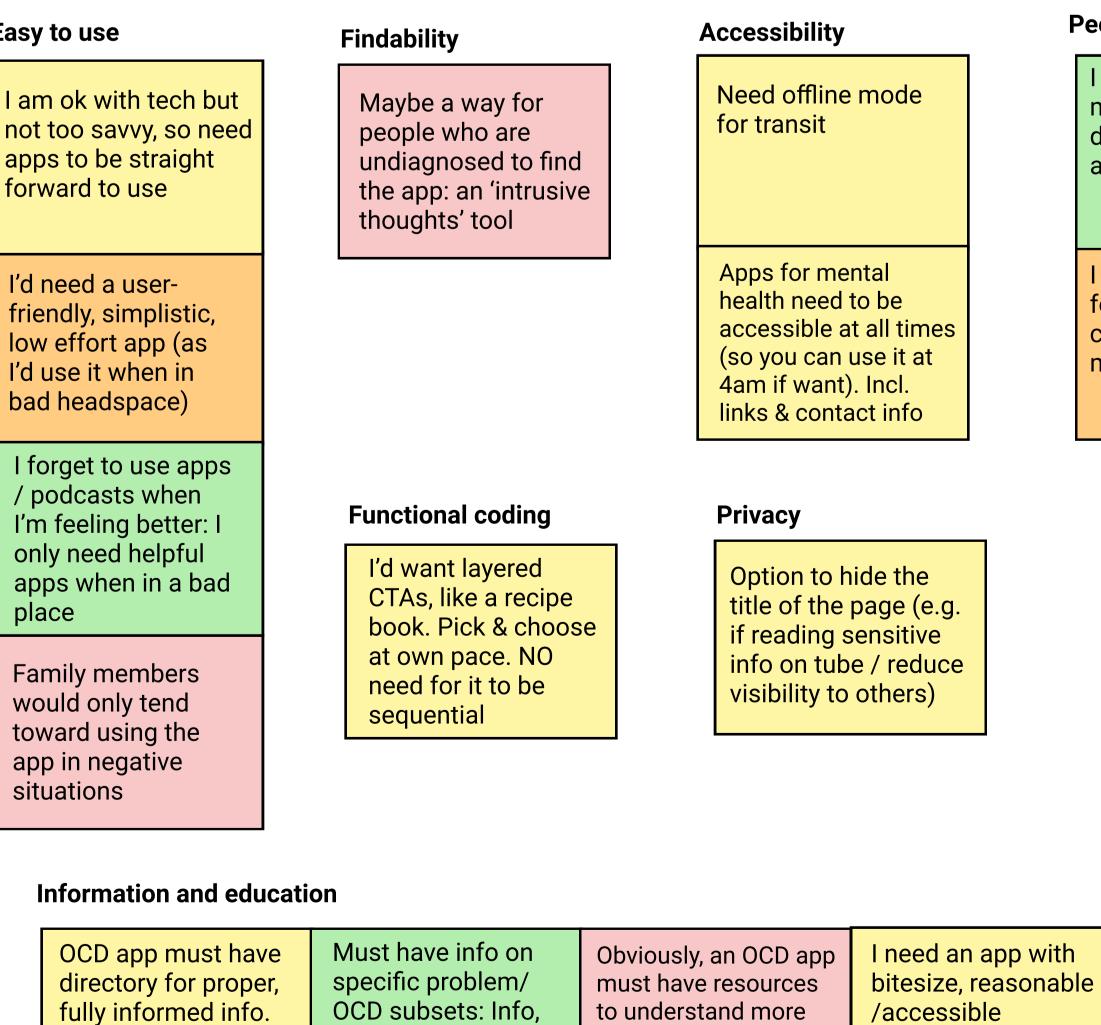
check the app was





in mobile format)

### App Suggestions / Wishes People prefer mobile format Accessibility Easy to use **Findability** I much prefer using Need offline mode I am ok with tech but



description, how

/ medical info

Reminders to

person with OCD

that not everything

Digitize some CBT /

tracking when resist

compulsions / when

feels harder (but no

shaming if fail)

ERP exercises e.g

has to be perfect.

manifests, scientific

Local licensed

therapist search

**Gentle reminders** 

Gentle reminders

e.g. 'it will pass'; 'it

is not rational'; 'it is

not about you' etc

Flowchart helping me

identify what going on

in life/ causing stress,

reminds it is OCD, then

signposts me to smth.

nice to do (Headspace)

**Exercises for long term management** 

about it and also how

sinks

Reminders for family

behaviour is OCD not

they do not love you/

translation tool: could

mean 'I don't feel

understood / heard'

Destigmatization e.g.

celebrities speaking out

(like Stephen Fry RE bi-

polar). Data on

prevalence etc

to talk to someone

I find it comforting

to be reminded it is

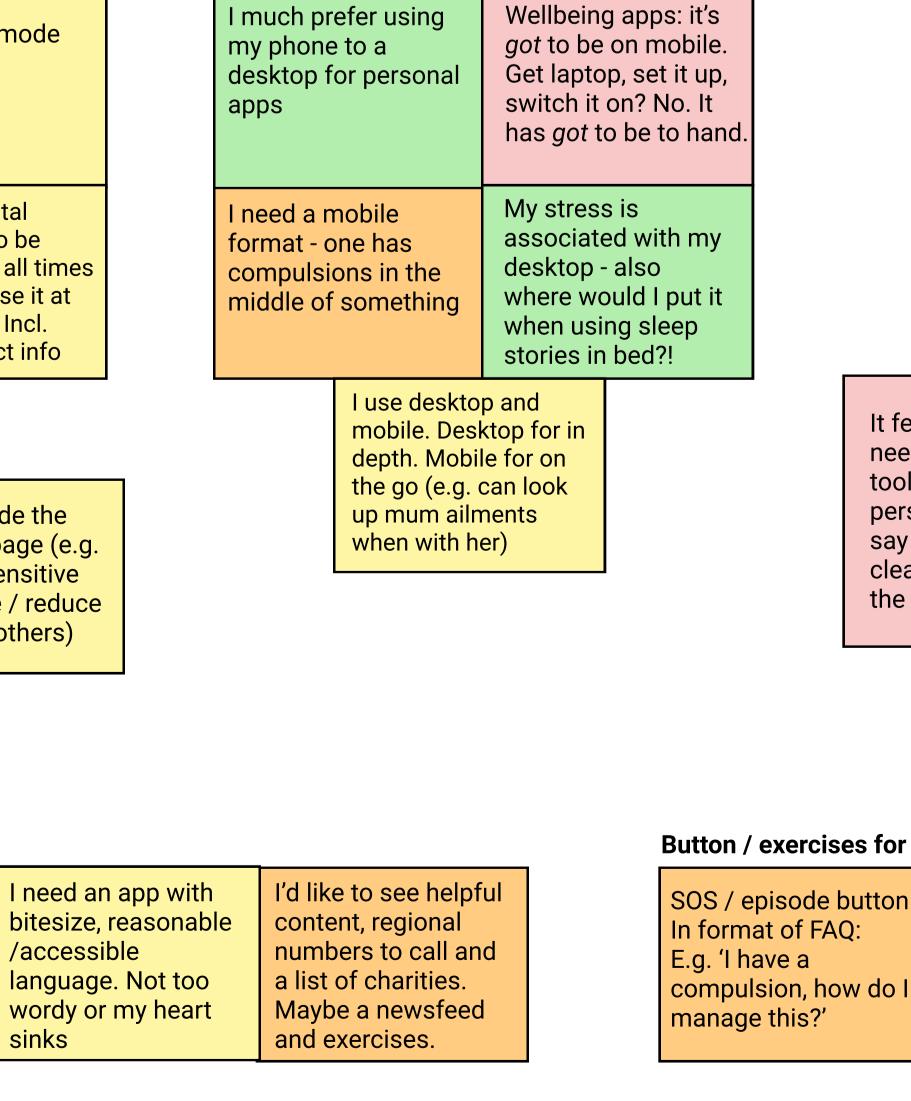
Audio exercises to

in mobile format)

doze off to (must be

OCD

who is struggling.

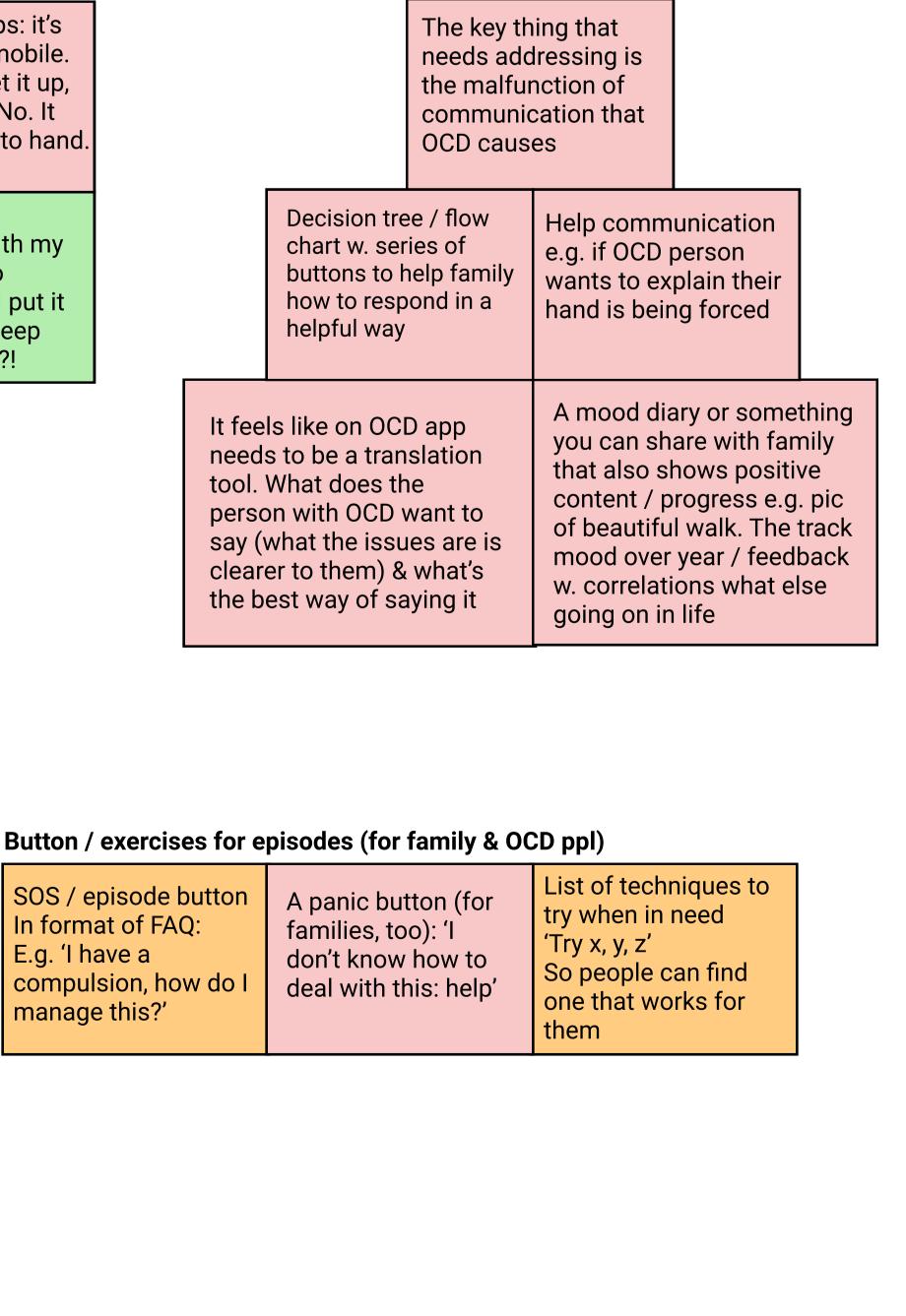


Different pages for

OCD sufferer and

family networks

could be useful



**Communication aids & troubleshooting** 

Having a list of things

to say / legit excuses

for bailing on things

when you feel really

rough, that helps you

avoid misunderstanings

Forums (but MUST be

addressing issue not

symptom). Hoarding

seeking will backfire

info / reassurance