**Designing a virtual reality therapy for OCD**

**Frequently Asked Questions for people interested in applying to join our LEAP or VR workshops**

**Q: What is meant by ‘Repeated Action’ OCD?**

A: Repeated action OCD is the term we have used to describe a common compulsion that is experienced across many different themes of OCD. The compulsion could involve repeated checking, for example, that doors are locked and that electrical appliances are switched off. It may also involve repeatedly switching something off until it ‘feels right’ or a certain number of times, due to feeling like a particular number of times is safe. Repeated action compulsions may occur to people with experiences of Magical Thinking OCD, Contamination OCD, Accidental Harm OCD or Symmetry/Exactness OCD, but there are other themes of OCD that this compulsion can occur with as well.

**Q: I have a full time job. How can I commit myself to this role if I am working full time?**

A: This role is not full time. If you decide to join our LEAP, you will be required to attend two meetings within six months. The VR workshops will be more frequent, but Rachel (McPin staff) will always endeavour to organise dates which people are able to attend, and you will be told about them in advance.

**Q: What do you mean by IAPT services?**

A: IAPT stands for Improving Access to Psychological Therapies. When you visit your GP for OCD, they will typically refer you to IAPT, where you will be offered Cognitive Behavioural Therapy (CBT) or counselling. We are particularly looking to recruit people that have experience of these services to the LEAP.

**Q: What if I cannot attend a meeting?**

A: If you cannot attend a meeting, let Rachel know as soon as possible. There will be opportunities to send feedback via email if you wish.

**Q: What will the meetings be like?**

A: You will have the opportunity to voice your opinions on how to make virtual reality therapy as effective and as appropriate as possible for people with OCD. The meetings are informal and you will be free to speak as much or as little as you like. There will also be a chance to share your views in smaller groups or by making a note of them. During the workshops, you will have the chance to test out the virtual reality for yourself to give the team some feedback. The meetings will be roughly 3-4 hours long, with regular breaks for lunch and snacks.

**Q: What sort of things would I need to share during a meeting?**

A: Whatever you feel comfortable with. There is absolutely no expectation of you to share your experiences with the group. Instead, the idea is to use your experiences to make suggestions about the virtual reality therapy (e.g. if you thought that something in particular could be triggering for people, you could voice that, without disclosing anything about yourself). It is one of our ground rules that anything that is shared in the group remains confidential.

**Q: What if I feel anxious during a meeting?**

A: You will have the chance to leave the room if you feel overwhelmed. Staff will be available to support you. If you felt you needed to leave a meeting, staff just ask that you let them know beforehand.