**Oxford Institute of Clinical Psychology Training and Research**

**Tittle**: An Investigation of Mental Imagery in Worries About Health

**Sponsor:** Oxford Health NHS Foundation Trust

**What is the purpose of the study:** Everyone at some point in their lives will worry about their health. For most people these worries will decrease and disappear, but for some people despite medical reassurance their worries continue. Recent research shows that individuals who worry excessively about their health can experience mental images about future health concerns. Therefore, this study aims to investigate the way in which such mental images affect worries about health.

**Who can take part:** This study is open to anyone over the age of 18 living in the UK, who would identify themselves as any of the following groups:

1. Consider themselves to be anxious or worried about their health
2. Consider themselves to have obsessive-compulsive disorder (OCD)
3. Consider themselves as to have neither problem and not currently seeking treatment for any mental health difficulties

All participants are required to have access to a computer, tablet or mobile phone as the study will take place online

**What will the study involve:** Participating in this study involves completing online questionnaires and a task where you think about mental imagery about different topics. In total the study will take approximately 60 minutes (with breaks). All study tasks will take place online and via video call, therefore you do not need to live in Oxford to take part.

**How do I take part in the study:** If you are interested and would like to find out more information, please view the document linked below and contact the researcher Bahar Pourghobad (Trainee Clinical Psychologist) [Bahar.Pourghobad@oxfordhealth.nhs.uk](mailto:Bahar.Pourghobad@oxfordhealth.nhs.uk)

**Researchers:** Bahar Pourghobad (Trainee Clinical Psychologist; [Bahar.Pourghobad@oxfordhealth.nhs.uk](mailto:Bahar.Pourghobad@oxfordhealth.nhs.uk))

Professor Paul Salkovskis [paul.salkovskis@oxfordhealth.nhs.uk](mailto:paul.salkovskis@oxfordhealth.nhs.uk)

Dr Sarah Lack [sarah.lack@oxfordhealth.nhs.uk](mailto:sarah.lack@oxfordhealth.nhs.uk)

NHS Ethics Approval: IRAS ID 291384