

EFFICACY OF A MENTAL HEALTH APP INTERVENTION ON FAMILY MEMBERS OF OCD PATIENTS

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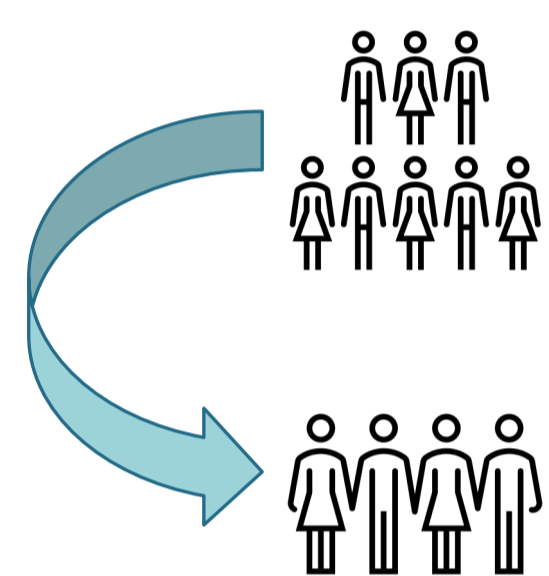
INTRODUCTION

Obsessive-compulsive disorder (OCD) has a high cost for families, who frequently take part in compulsions, reassure patients, assume part of their responsibilities, try to conceal the disorder, and show stigmatizing attitudes (1, 2).

esTOCma is a gamified mental health mobile application (app; www.estocma.com) that offers information about OCD, suggests where to find help, and helps fight stigmatizing attitudes.

The **OBJECTIVE** of this study is to **test esTOCma efficacy in a sample of OCD family members**. Specifically, we will analyze if, after using the app, there is a change in the following variables: mental health literacy about OCD, stigmatizing attitudes, social distance associated with OCD, intention to seek help when having OCD. Furthermore, we will test families' satisfaction with the app.

METHOD



296 users who downloaded the app and identified themselves as a **family member of a person diagnosed with OCD**.

The final sample comprised **109** participants of a mean age of 46.03 years old (SD=14.42; range 18-73), 69.7 % women.

1

Pre-Intervention:

- (1) Mental health literacy about OCD (MHL)
- (2) Attribution Questionnaire (AQ-27-E)
- (3) Social Distance Scale (SDS)
- (4) General Help-Seeking Questionnaire (GHSQ)

2

Intervention:



3

Post-Intervention:

- (1) MHL
- (2) AQ-27-E
- (3) SDS
- (4) GHSQ
- (5) Satisfaction with the app

RESULTS

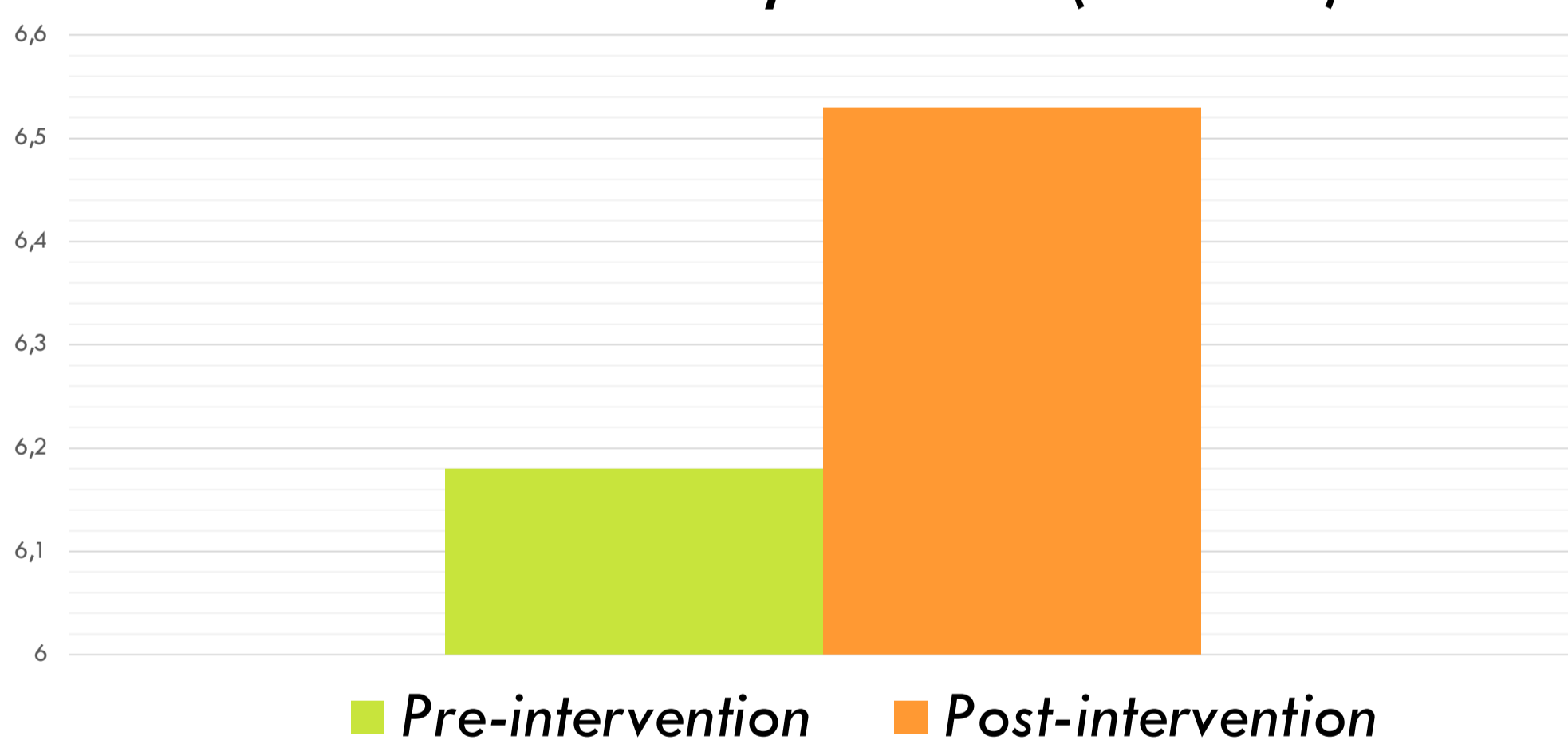
On average, it took **20.61 days** (SD=18.05) to complete the app.

After using the app, participants showed significant changes with moderate to low effect sizes. Specifically:

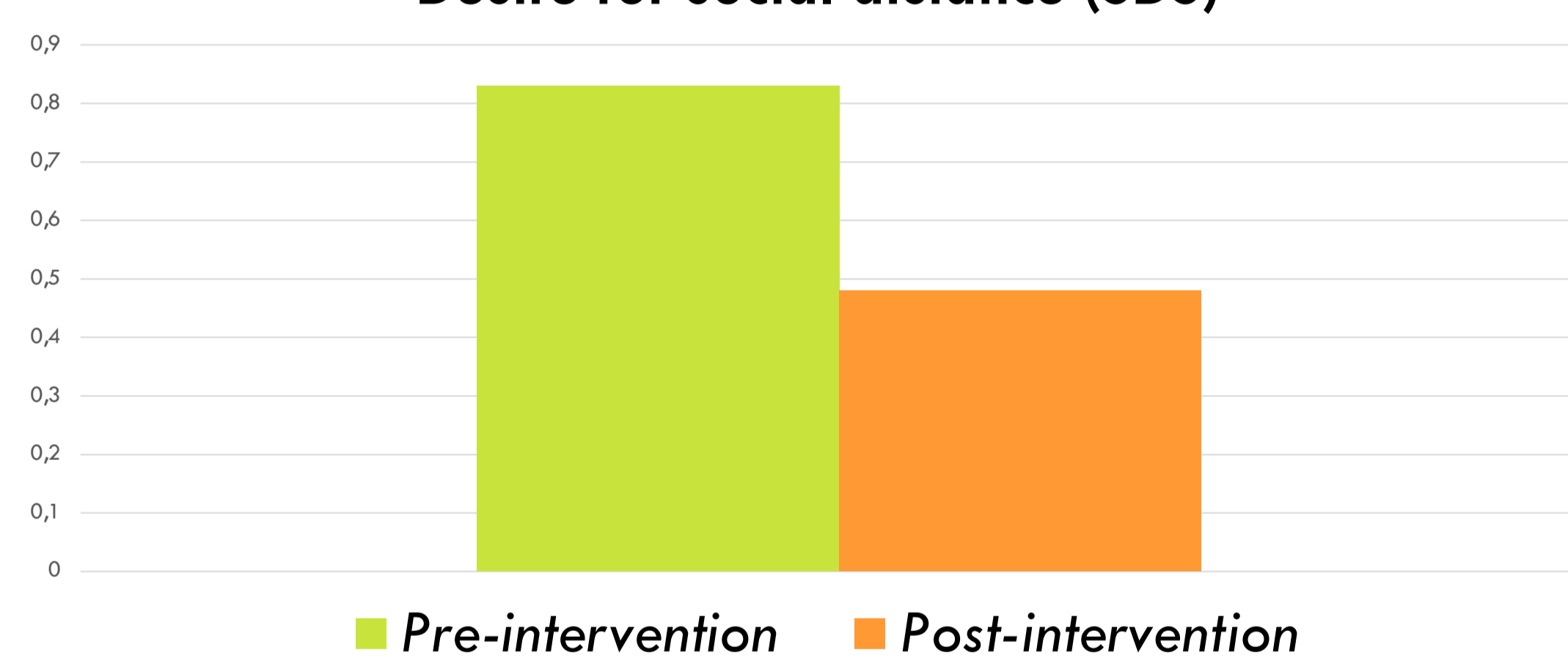
- ✓ **Higher mental health literacy about OCD (MHL)** ($t(108) = -3.768, p < .001, \text{Cohen's } d = 0.389$)
- ✓ **Lower stigma (AQ-27)** ($t(108) = -6.484, p < .001, \text{Cohen's } d = 0.50$) and subscales
- ✓ **Lower desire for social distance (SDS)** ($t(108) = 5.569, p < .001, \text{Cohen's } d = 0.618$)
- ✓ **Greater intention to seek treatment** in case of OCD symptoms (**GHSQ**) ($t(108) = -5.194, p < .001, \text{Cohen's } d = 0.553$)

Most of them (**88%**) would recommend the app to a friend, appraised what they had learned using the app (**96.3%**), and stated that the app was very helpful (**88.1%**)

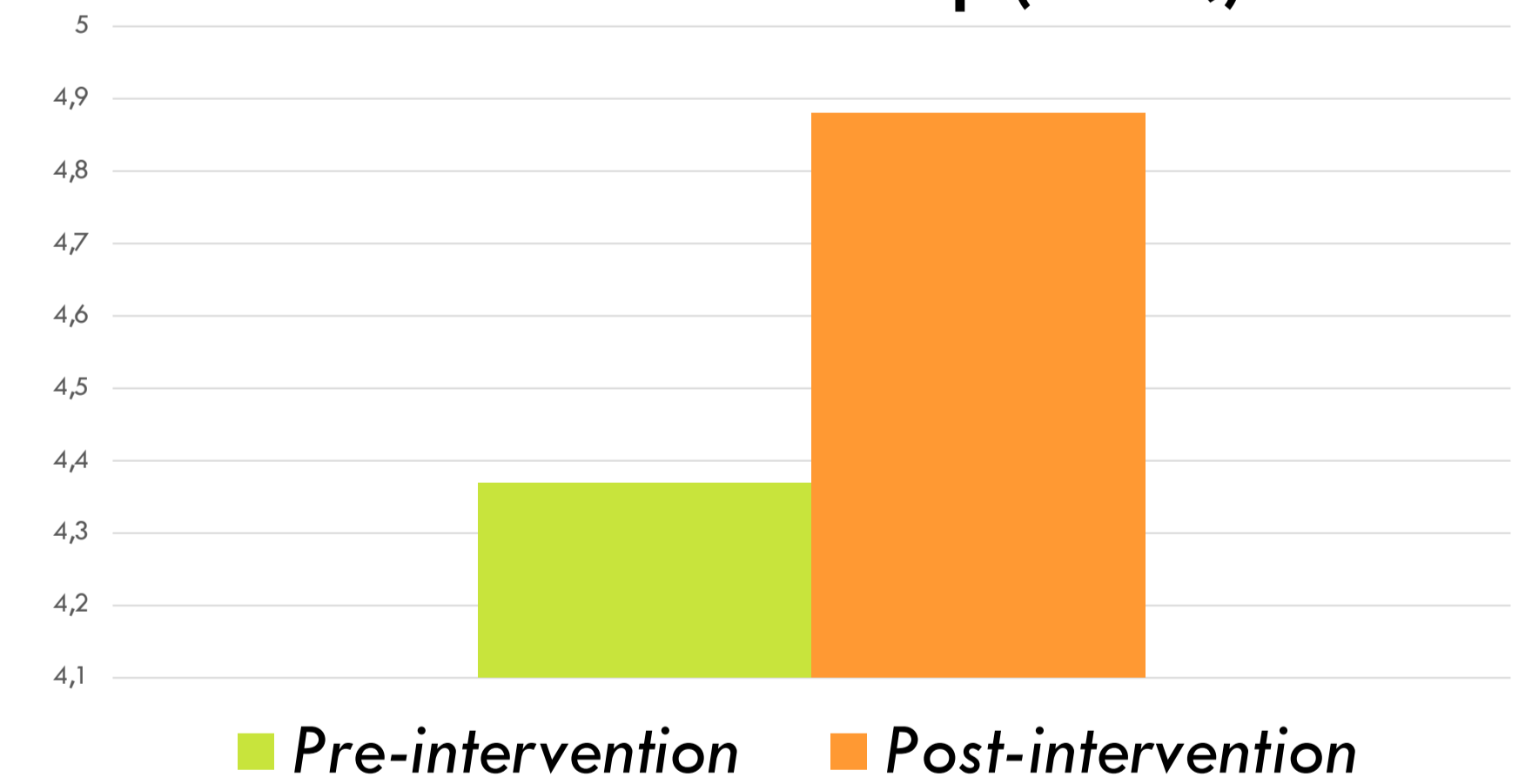
Mental health literacy about OCD (MHL Total)



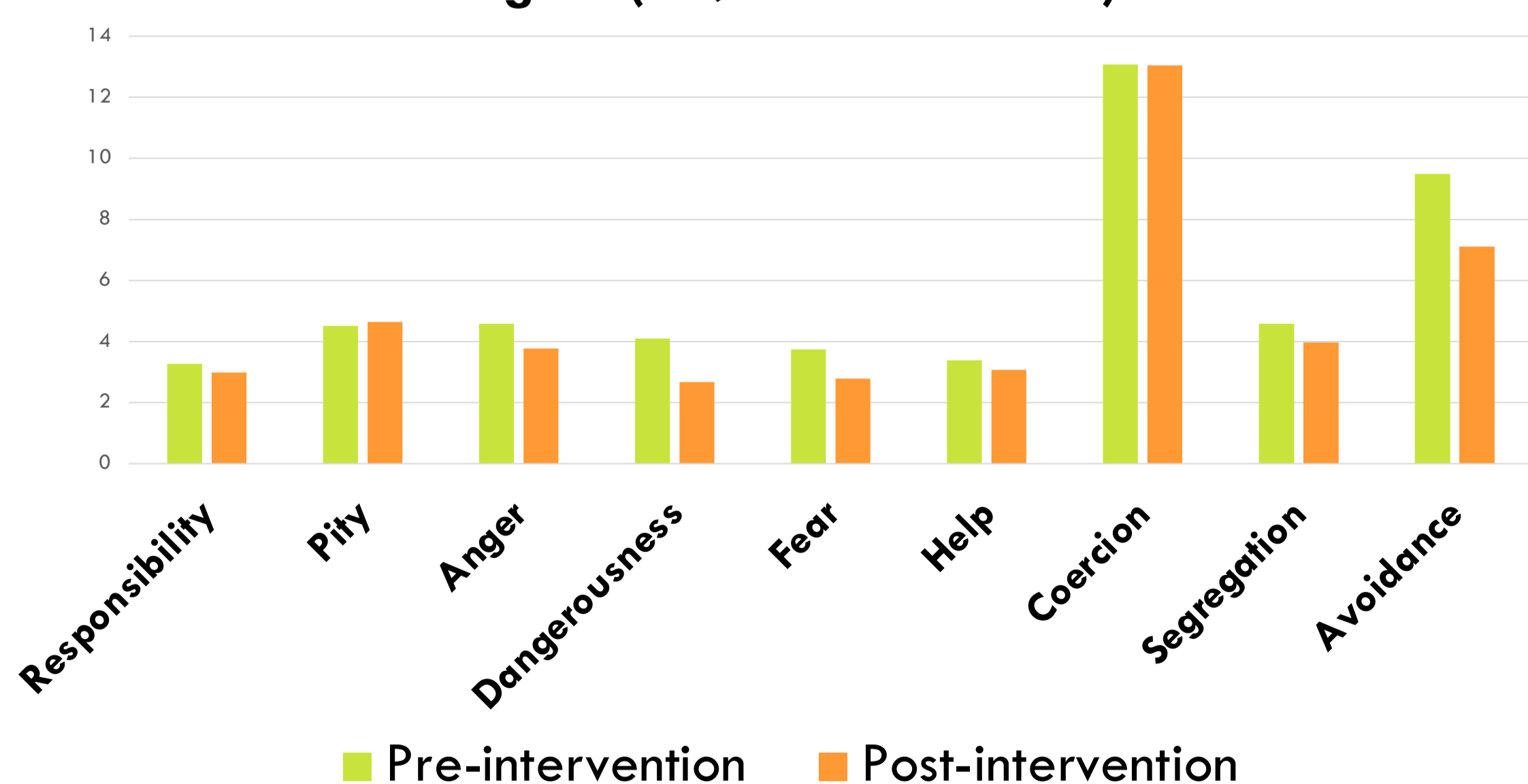
Desire for social distance (SDS)



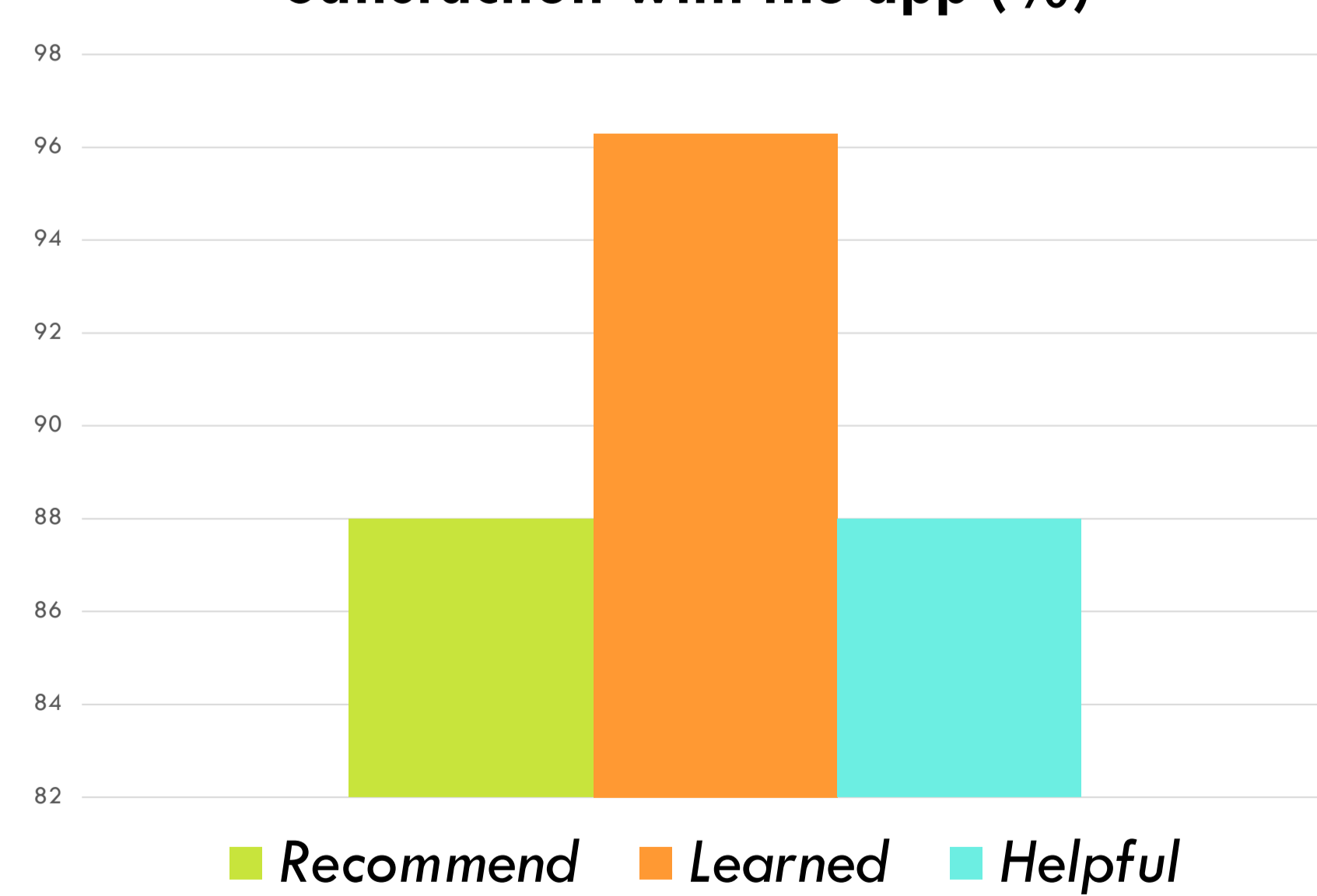
Intention to seek help (GHSQ)



Stigma (AQ-27-E subscales)



Satisfaction with the app (%)



DISCUSSION

Results show that the app is satisfactory and beneficial for family members of OCD patients as it significantly increased their knowledge about the disorder and dismissed stigmatizing beliefs about OCD. Accordingly, esTOCma could help families understand their relatives, obtain guidance to deal with their symptoms and help family members get efficacious treatment. Future studies should analyze strategies to improve the app to make it more attractive and facilitate continued use.

References

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DESCÁRGATE LA APP

www.estocma.com



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