esTOCma : An App to fight against stigma associated with Obsessive-Compulsive Disorder

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1. Introduction

Stigmatizing attitudes is a problem associated to mental disorders. In obsessive-compulsive disorder (OCD) stigma has been associated to shame, guilty and delay asking for help (Belloch et al., 2009; García-Soriano & Roncero, 2017; Glazier et al., 2015)

2. Objective

To present the design of a **mobile health application** (app), named EsTOCma that aims to:

- Increase OCD mental health literacy

- Increase OCD help-seeking attitudes

- Reduce stigmatizing and self-stigmatizing attitudes and social distance associated with OCD

3. Methodology

The requirements have been developed based on a literature review on mental health anti-stigma interventions, OCD stigma research, and serious games research. Then, a focus group with PhD-level clinical psychologist and interviews with a usability expert were made to complete the APP specifications. Technical development of the App has been made by an expert team in design of mobile applications. Collaboration and expert advice on graphic design and illustration has been also required.

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4. Results

EsTOCma is a game in which participants are asked to fight against the OCD stigma monster through ten missions along 8-10 days. Participants have to liberate 10 characters who are prisoners of Estocma monster
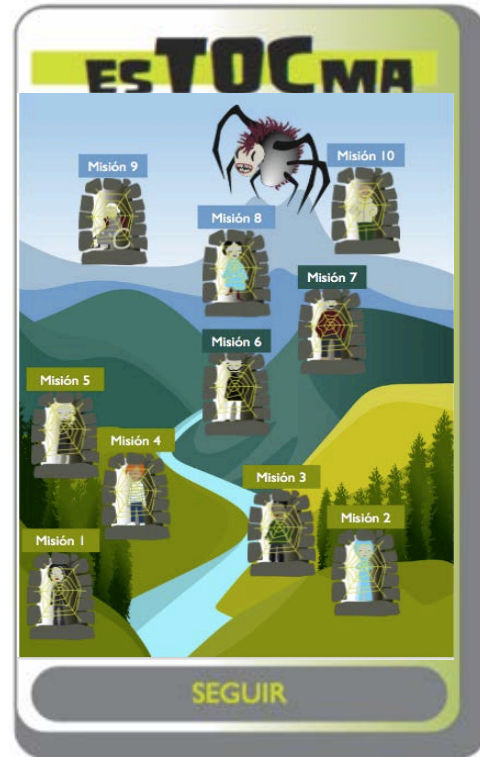

EsTOCma monster

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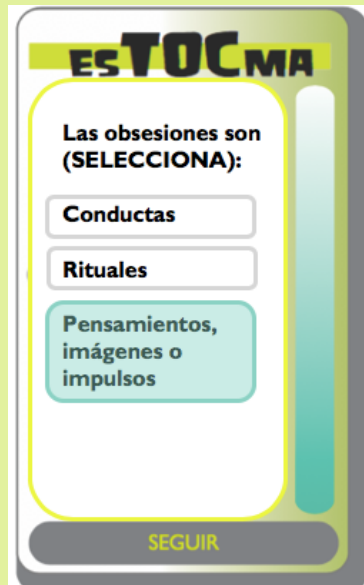
Prisoner

Liberated character

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4. Results

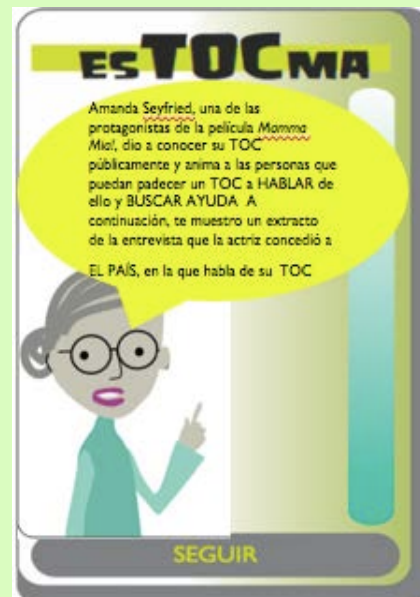EsTOCma is organized into 3 levels that involve different methodological approaches:

Psychoeducation
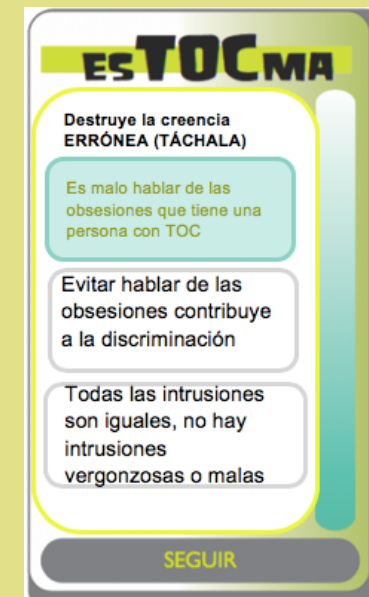Provides participants with general information about OCD

Indirect Contact
Brings participants closer to a more realistic view of the disorder through indirect contact with people with OCD

Cognitive Restructuring
Aims to replace possible dysfunctional beliefs about OCD patients characteristics

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5. Discussion

It is expected that by increasing knowledge and reducing stigmatizing attitudes, EsTOCma will improve access to mental health services and, therefore, reduce the personal and financial costs of OCD.

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