Want more control over your recurrent thoughts or repetitive behaviours?

We need your help!

Monash **BrainPark** are exploring whether lifestyle interventions, such as cognitive or physical training, can help people overcome their obsessive thoughts or compulsive behaviours. These can range from thoughts about university work to contamination concerns, and behaviours such as repeated checking of work to repetitive cleaning. We're looking for volunteers who experience any thoughts or behaviours like these, **even really mild ones!**

Benefits

- **$40 REIMBURSEMENT**
- An opportunity to learn about the neuroscience behind obsessive thoughts and compulsive behaviours
- An opportunity to utilise **BrainPark**, a lifestyle and technology-based platform for interventions

What's involved?

- A single 4 hour session at the Monash Biomedical Imaging facility, involving 30 minutes of either:
  1. *Cognitive training*
  2. *Light intensity physical training*
  3. *Combined cognitive and physical training OR*
  4. *Documentary watching*
- Cognitive tasks and an EEG recording to measure brain activity

Who are we looking for?

- Aged above 18-44
- Right handed
- Experience obsessive thoughts or compulsive behaviours
- No diagnosis of an eating disorder, substance use disorder, gambling disorder, bipolar affective disorder or attention deficit hyperactive disorder
- No history of a neurological illness or severe brain injury

Interested?

Email: **sakshi.dhir@monash.edu**

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