

# POP

Provincial  
OCD Program



*Happy Holidays from the OCD Clinic Research Team*

Wishing you love, peace, and prosperity this holiday season!

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We would like to thank you all for volunteering your valuable time to our research - without your contributions, none of this would be possible!

# A LOOK BACK ON 2019

**13** PAPERS  
PUBLISHED  
including...

Avoidance, Insight, Impairment Recognition Concordance, and Cognitive-Behavioral Therapy Outcomes in Pediatric Obsessive-Compulsive Disorder - Robert Selles, et al. *Journal of the American Academy of Child & Adolescent Psychiatry*

Neurocognitive risk markers in pediatric obsessive-compulsive disorder - Juliana Negreiros et al. *Journal of Child Psychology and Psychiatry*

Cognitive-behavioral therapy booster treatment in pediatric obsessive-compulsive disorder: A utilization assessment pilot study - Juliana Negreiros et al. *Annals of clinical psychiatry: official journal of the American Academy of Clinical Psychiatrists*

Test-based versus parent ratings of executive function in pediatric Obsessive-Compulsive Disorder - Juliana Negreiros, et al. *Journal of Obsessive-Compulsive and Related Disorders*

**8** CONFERENCE  
PROCEEDINGS  
including...

International Obsessive Compulsive Disorder Foundation (IOCDF) Annual Conference - Austin, TX, July 2019

19th World Congress of Psychiatry Conference - Lisbon, Portugal, August 2019

39th Canadian Academy of Child and Adolescent Psychiatry (CACAP) Annual Conference - Quebec City, QC, September 2019

66th American Academy of Child and Adolescent Psychiatry (AACAP) Annual Conference - Chicago, IL, October 2019

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## KEEP AN EYE OUT IN 2020

Currently recruiting... 

**SMART  
ERP**

SMART-ERP is a behavioral treatment study for youth struggling with OCD. We are studying the effectiveness of flexibly dosed intensive exposure and response prevention (ERP) to maximize outcomes for youth.

If you're interested in participating or want more information, please contact Zainab Naqqash at [zainab.naqqash@bcchr.ca](mailto:zainab.naqqash@bcchr.ca) or at 604-875-2000 ext. 3068.



Upcoming...

The first of its kind, this new project looks to evaluate the quality of life in young adults, with a specific focus on stages of adulthood that are particularly dynamic. With this study, we hope to understand more about the long-term outcomes of children with OCD, their unaffected siblings, and what factors we can look for now, to better predict their future.

If you or your child are interested in contributing or open to being contacted for recruitment in 2020, feel free to send us your most updated information and we'll get back to you as soon as we're ready!

**OCD &  
ADULT  
OUTCOMES**

Interested in any of the published studies above? [Click here to learn more!](#)

To our supporters and research participants,

Happy Holidays to you and yours! I'm so pleased to share our first BCCH Provincial OCD Program research newsletter with you. Inspired by my experience as an OCD psychiatrist and researcher at Harvard University, I took a chance and decided to return to Canada to start the first national pediatric OCD clinic and research program. Since our founding in 2011, we have aimed to improve understanding, treatment and outcomes for OCD-affected families in B.C. and beyond.

Thanks to your help, a fantastic team, and support from donors and many organizations including PHSA, UBC and CIHR we have made notable headway! We have been able to provide direct and indirect care for many hundreds of families, have done clinician training across the province and have learned many new things about OCD. We have published dozens of papers and presented our work in North America, Africa and Asia.

I am very excited about our new upcoming project, which will detail how OCD-affected youth and their siblings do as they enter into early adulthood. We will be attempting to get funding for this important work in the new year- so keep your fingers crossed for us please!

All the best,  
Evelyn



We say good-bye to one of our beloved post-doctoral fellows: **Dr. Juliana Negreiros**. Beginning with our program in 2012, Dr. Negreiros designed and headed our Neurocognition study (both Phase I + II!) and has made strides in understanding the neurocognitive and academic functioning of children with OCD and their at-risk siblings. Outside of BCCH, she has provided school-based support to families battling OCD who have been through POP. In 2020, she looks forward to expanding her private practice and spending more time with her family.

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**That's all for now - see you in 2020!**

**- OCD Clinic Research Team**

P.S. please let us know if you would like to be removed from future newsletters.