



The days are lengthening, the sun is shining, the birds are chirping, and the Provincial OCD Program continues providing OCD programs provincially. As we hop into Spring, we'd love to share some updates about what has bloomed at POP over the past few months, none of which would be possible without your time and support. Thank you!



The PICS study officially closed baseline recruitment in July 2021, and with a recruitment goal of 3000, we are happy to announce we have exceeded that goal!

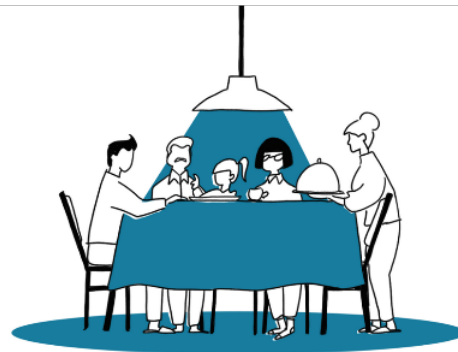
We would like to express our utmost gratitude to you for taking the time to complete your survey(s); the data we have collected so far has been invaluable to the mental healthcare

community.

We're planning on publishing these results and disseminating these findings to relevant communities and stakeholders soon, so it can be used to better inform and shape support in the future, especially for the relevant vulnerable communities.



PICS II



We're thrilled to announce the CIHR-funded sequel to the *Personal Impacts of COVID-19 Survey (PICS)* study, aptly named **PICS II.** This follow-up project will involve one-on-one interviews and focus groups designed to collect a more comprehensive picture of mental health of youth during the pandemic, and to focus on particularly vulnerable sectors of the community while providing a platform to discuss issues and shortcomings with our current system. This dialogue will be the bedrock for building a sturdier and more accessible mental health support system post-pandemic, and to better support and serve our communities as we all move forward.



We are recruiting 13-18 year olds with clinically diagnosed OCD for Zoom interviews to learn more about their experiences with telling or not telling one or more members at your school (teacher,



We are recruiting 7-18 year olds with clinically-diagnosed OCD for the ACE-OCD study: a new randomized, placebo-controlled 12 week clinical trial looking at celecoxib (an anti-inflammatory drug) and its role in treating

principal, school counsellor and/or classmates) about their OCD. [Click here for more information or to let us know you are interested.](#) The interviews are typically one hour in length. Participants will receive a \$20 e-gift card in compensation for their time.

childhood-onset OCD. Additional inclusion/exclusion criteria will apply. [Click here for more information or to let us know you are interested.](#) Participants will receive an e-gift card after each study visit in compensation for their time.



READ ALL ABOUT IT

We've published a number of papers and editorials on child and youth mental health and OCD in the past few months. These cover topics from OCD co-morbidities to using saliva in research to parent anxiety about food allergies! As you can see, over the pandemic, we have expanded our focus beyond OCD to include other aspects of family mental health. Here's a selection for you to peruse at your leisure.

- [The Case for Prevention Research in Adolescent-Onset Mental Illness—Game On!](#)
- [Severe symptoms predict salivary interleukin-6, interleukin-1 \$\beta\$, and tumor necrosis factor- \$\alpha\$ levels in children and youth with obsessive-compulsive disorder](#)
- [Comorbidities in Obsessive-Compulsive Disorder Across the Lifespan: A Systematic Review and Meta-Analysis](#)
- [Celecoxib versus placebo as an adjunct to treatment-as-usual in children and youth with obsessive-compulsive disorder: protocol for a single-site randomised quadruple-blind phase II study](#)
- [Food-allergy-specific anxiety and distress in parents of children with food allergy: A systematic review](#)

That's all, yolks!

- POP