

FOR IMMEDIATE RELEASE

Nation's Largest OCD Conference Brings Hope and Learning to Mental Health Community

Individuals with OCD, families, and world-renowned mental health experts convene virtually to learn and get support

Boston, MA October 1, 2021 – More than 2,000 people are expected to attend this year's Online OCD Conference, October 8-10, 2021. The annual conference, hosted by the International OCD Foundation (IOCDF), is the nation's largest event dedicated to obsessive-compulsive disorder (OCD) and related disorders, including hoarding disorder (HD) and body dysmorphic disorder (BDD).

The Online OCD Conference provides a place for the OCD and related disorders community to share the latest news and research, as well as to find support and inspiration. OCD is a highly stigmatized and misunderstood condition, and many of those affected lack adequate resources. It's estimated that 1 in 100 adults and 1 in 200 children live with OCD. OCD can be treated using cognitive behavioral therapy (CBT) and/or medication; however, it takes the average person 14 to 17 years from the onset of OCD symptoms to access effective treatment.

"Over the past decade, we've seen the incredible impact of the Conference on attendees, who not only learn more about OCD, but who find a community of supporters," said Jeff Szymanski, PhD, executive director of the IOCDF. "It's very powerful."

This year's conference will feature more than 200 speakers, 70 presentations, and 36 community discussion groups, along with after-hours activities. In addition to presenters who are among the most experienced and knowledgeable clinicians and researchers in the field, many individuals with OCD and family members will share their stories.

Actress, author, director, and neuroscientist Mayim Bialik will give this year's Keynote Address. Mayim is best known for her roles on *The Big Bang Theory* and *Blossom* — and for being named one of the new hosts of *Jeopardy*. She's also a mental health advocate, launching her own podcast on mental health, titled *Mayim Bialik's Breakdown*, in 2020.

Registration for the Conference is open to all and continuing education credits are available to qualified professionals. For more information and to register, visit onlineocdconference.org or call (617) 973-5801.

About the International OCD Foundation (IOCDF)

The mission of the International OCD Foundation is to help everyone affected by obsessive-compulsive disorder (OCD) and related disorders live full and productive lives. Our

aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them. For more information, visit iocdf.org.

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