



International
OCD
Foundation

2025 ANNUAL REPORT

[IOCDF.ORG](https://iocdf.org)

FROM THE BOARD PRESIDENT



DAVID CALUSDIAN
PRESIDENT, IOCDF BOARD OF DIRECTORS

DEAR FRIENDS AND SUPPORTERS,

Each year, the International OCD Foundation builds momentum toward a stronger future, and in 2025 that momentum accelerated in powerful ways. Fueled by the commitment and generosity of our extraordinary community, we delivered meaningful progress in the first year of our bold five-year strategic plan, Vision 2030. We expanded our reach, strengthened our impact, and connected more people than ever before.

The IOCDF had a reach of nearly 150 million in 2025. More than 2.5 million people came to the IOCDF's websites for education and support; thousands attended our live events such as OCD Walks, trainings, livestreams, conferences, and advocacy programs; and millions viewed and shared our messages through social media.

We're dedicated to keeping this momentum going and continuing to build a world where everyone affected by obsessive compulsive disorder (OCD), hoarding disorder (HD), body dysmorphic disorder (BDD), and body-focused repetitive behaviors (BFRBs) can access the resources, care, and community they need. Some of this year's most meaningful milestones included:

- Publishing our first-ever white paper, *America's OCD Care Crisis*, which showcased an unacceptable treatment and diagnosis gap. This paper has increased our advocacy efforts, raised visibility of our mission, and increased credibility for our organization.
- Partnering with the BFRB community following the TLC Foundation dissolution to keep their important work going and ensure continuity of care, support, and resources they deserve.
- Partnering with celebrities and well-known influencers such as Aly Raisman, Scheana Shay, Zane Gonzalez, and Jake Shane to raise awareness and reduce stigma.
- Hosting a record 57 OCD Walks around the globe with nearly 5,600 participants. The Walks built community, reduced stigma, and raised over \$306,000 to support the IOCDF's mission.
- Awarding \$550,000 through 6 IOCDF Research Grant awards, supporting promising researchers and advancing our understanding and treatments for OCD and related disorders.
- Expanding our reach to new audiences through strong social media and website growth: 16,000+ new followers, 7.7 million social impressions, 800,000 video views, 6.8 million views on IOCDF.org content, and 16,500 new email signups.

These accomplishments position us well to continue building on our bold five-year strategic plan, Vision 2030, to expand access to effective treatment, increase awareness & community, and advance research. We are excited to keep this important work going with your support.

Thank you for being a part of this community. Your passion, support, and creativity allow us to make all of this possible.

Sincerely,

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WHO WE ARE

The mission of the IOCDF is to ensure that no one affected by OCD and related disorders — including Body-Focused Repetitive Behaviors (BFRBs), Body Dysmorphic Disorder (BDD), and Hoarding Disorder (HD) — suffers alone. Our community provides help, healing, and hope.

Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research. Headquartered in Boston, MA, USA, our 33 Official Affiliates represent 34 states and the District of Columbia. In addition, the IOCDF is supported by 22 global partner organizations around the world.

VISION 2030: A BOLD PATH FORWARD



The IOCDF's transformative strategic plan, Vision 2030, builds on decades of progress to ensure that by the year 2030, millions more people living with OCD will be met with support, understanding, and a clear path to effective treatment and healing. Vision 2030 has three strategic pillars: **Increasing Awareness & Community**, **Expanding Access to Effective Treatment**, and **Advancing Research**. To achieve these pillars, IOCDF will bring strong attention to **Pediatrics**, **Partnerships**, and **Policy**.

INCREASE AWARENESS & COMMUNITY

We know OCD and related disorders are stigmatizing, misunderstood conditions. That's why, as a part of Vision 2030, the IOCDF aims to double accurate public awareness of OCD and related disorders from 33% to 70%. This goal requires substantial reach to many millions of people, an effort that has made significant progress in 2025.

6.8M VIEWS ON IOCDF.ORG (2.5M UNIQUE INDIVIDUALS)

800,000 VIDEO VIEWS

7.7M IMPRESSIONS ON SOCIAL CONTENT

16,000 NEW SOCIAL FOLLOWERS

16,500 NEW EMAIL SIGNUPS

A great way to reduce stigma is to put familiar names and faces to OCD and related disorders. That's why the IOCDF initiated partnerships with celebrities and well-known influencers such as gold medal gymnast Aly Raisman, TV personality and author Scheana Shay, NFL place kicker Zane Gonzalez, and social media influencer and comedian Jake Shane. These partnerships accelerated our reach and ability to connect with more people who are impacted by OCD and related disorders.



#TOGETHER AGAINST OCD

"For me, #TogetherAgainstOCD means knowing I don't have to face this alone."

- Aly Raisman



OCD AWARENESS WEEK

OCD and related disorders can be very isolating. That's why we celebrate OCD Awareness Week throughout the 2nd full week in October, and come #TogetherAgainstOCD as a community with people and partners around the world in celebration of OCD Awareness Week.

Here's a look at what we accomplished together, thanks to the power of our resilient community:

- Reached over 1.5 million social media impressions across **#OCDWeek** content.
- Earned more than 1,000 media mentions for OCD — including features in **Time**, **Vice**, and **The Boston Globe**.
- Saw over **60 landmarks** and structures illuminated in teal around the world in solidarity.
- Received official **#OCDWeek** proclamations from Massachusetts, Rhode Island, Georgia, Illinois, Arizona, and Wichita, Kansas.
- Raised more than **\$113,000** across 28 One Million Steps for OCD Walks.



30TH ANNUAL OCD CONFERENCE

The Annual OCD Conference brings all facets of our incredible community together, including mental health professionals, lived experience, researchers, friends, and family members. In 2025, we hosted our 30th Annual OCD Conference in Chicago, IL. This milestone event was our biggest one to date, and nearly 3,200 people joined. Our expanded virtual options allowed more people from around the world than ever to access expert-led sessions, community support, and shared learning.

We were honored to celebrate the 2025 recipients of IOCDF Awards. These individuals have made extraordinary contributions to the OCD and related disorders community through advocacy, leadership, clinical work, and lived experience. From professional trailblazers to grassroots changemakers, each honoree exemplifies the compassion, courage, and commitment that drive our mission forward. Our award recipients were:

- **Illumination Award:** NFL placekicker, Zane Gonzalez
- **Hero Award:** Not-Along-Notes co-founders, Molly Fishback and Morgan Rondinelli
- **Youth Hero Award:** Suffern High School student leader, Caitlin Yantsos
- **Career Achievement Award:** Professor, H. Blair Simpson, MD, PhD
- **Patricia Perkins Service Award:** Clinician, researcher, and educator, Dr. Darlene Davis Goodwine, PhD
- **Legacy Award:** OCD advocate, Ethan Smith

In addition to the in-person Annual OCD Conference, our conferences provided unique opportunities to gather, learn, and find community from any location.



2025 VIRTUAL, HYBRID, AND IN-PERSON CONFERENCES

- Faith & OCD Conference
- Online OCD Camp
- Online BDD Conference
- OCD Summit Winter 2025 Strengthen Your OCD Practice: Ethics, AI, and Options for Care
- El Cuarto Congreso Latino Americano de TOC
- IOCDF Research Symposium

CONFERENCE HIGHLIGHTS INCLUDED:

- Expanded access to virtual participants at the Annual OCD Conference, livestreaming sessions from Chicago for virtual participation for anyone in the world
- Expanded sessions on special topics including pharmacotherapy, BDD, and Hoarding at the Annual OCD Conference
- Welcomed 6,000+ attendees across eight events





ONE MILLION STEPS FOR OCD WALK

The One Million Steps for OCD Walk was created in the spirit of raising awareness, funds, and hope. In 2025, we hosted a record 57 OCD Walks worldwide, building community and reducing stigma for nearly 5,500 participants. We also raised a record \$306,000+ from our OCD Walks, benefitting our programs.

2025 was our largest expansion of the Walk series yet, with nearly 5,500 participants from outside of the US participating in local OCD Walks or the Walk Around the World. We also introduced the opportunity for individuals outside of IOCDF Affiliates or Global Partners to host official OCD Walks, bringing awareness and courage to new frontiers.

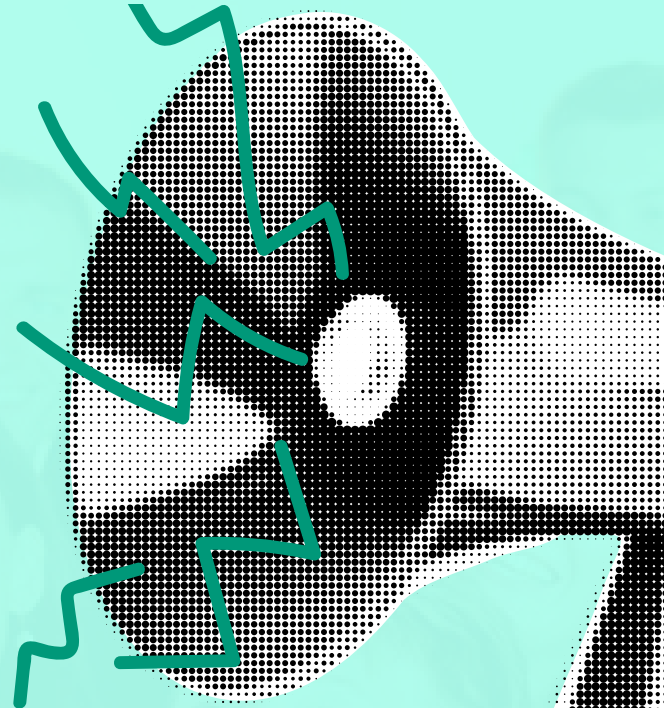
We are excited to continue bringing our incredible, joyful OCD Walks to more places and attendees each year!



VIRTUAL COMMUNITY

Our various livestreams offer a safe space for members of the OCD and related disorders community to join a conversation and find support in real-time. Each of our themed livestreams can offer help no matter where someone is on the road to recovery:

- COMMUNITY CONVERSATIONS
- TOWN HALL
- ASK THE EXPERTS
- FAITH & OCD ROUNDTABLE
- RESEARCH ROUNDTABLE
- SUPPORTING OUR FAMILIES
- CONVERSACIONES TOC **New!**
- HEALTHUNLOCKED OCD COMMUNITY, WITH 13,193 MEMBERS



IOCDF SPECIAL INTEREST GROUPS

- ACCEPTANCE AND COMMITMENT THERAPY (ACT)
- ARTIFICIAL INTELLIGENCE (AI)
- OCD/AUTISM
- BODY DYSMORPHIC DISORDER (BDD)
- BODY-FOCUSED REPETITIVE BEHAVIORS (BFRBS) **New!**

- CHRONIC ILLNESS/DISABILITY & OCD
- CREATIVE EXPRESSION
- EATING DISORDERS & OCD
- FAITH & OCD
- HELPING PROFESSIONALS WITH OCD
- HOARDING DISORDER
- I-CBT
- LGBTQIA+
- MOMS WITH OCD
- PROFESSIONAL NETWORKING
- OCD/SUD RECOVERY IS POSSIBLE
- THERAPISTS & TRAINEES WITH OCD
- TIC DISORDERS IN OCD
- TRAUMA & PTSD IN OCD
- VINTAGE OCD VOICES
- YOUNG ADULTS
- PEDIATRIC OCD **New!**



EXPAND ACCESS TO EFFECTIVE TREATMENT



Training clinicians to accurately identify, diagnose, and treat OCD is vital to addressing major gaps in care highlighted in IOCDF's 2025 white paper *America's OCD Care Crisis: National Findings on the Failure of Effective OCD Treatment to Reach Patients*. Although nearly 10 million Americans — about 3% of the population (Ruscio et al., 2010; Stein et al., 2025; Ringeisen et al., 2025) — will experience OCD, our analysis of 10.4 million patient records found that only 0.51% received a formal diagnosis. Even when diagnosed, more than 72% were not referred for Cognitive Behavioral therapy (CBT), and 95–98% had not received Exposure and Response Prevention (ERP), the most effective first-line treatment. These gaps underscore the urgent need to better equip clinicians to identify OCD and connect patients with effective care.

TRAINING INSTITUTE

In 2025, we made strides to expand access to high-quality OCD treatment by equipping clinicians with the tools they need to deliver life-changing care. From educating 900 clinicians through training events and expanding care through our Training Institute (TI), to launching our complete OCD Basics Video as an additional tool for clinicians, our reach and impact grew dramatically.

Our flagship Behavior Training Therapy Institute (BTTI) is an in-depth, intensive training course in ERP, a form of cognitive behavior therapy (CBT), for mental health professionals who are treating individuals with OCD and related disorders. Led by a world-renowned faculty, the BTTI was developed to help address the shortage of therapists properly trained in using CBT to treat OCD around the country and the world.

BTTIs took place in cities across America, including Houston, Memphis, Minneapolis, Portland, Richmond, and Salt Lake City. In total, the IOCDF hosted 12 BTTIs, including our BTTI for Treating OCD in Communities of Color in Memphis, sponsored by Barbara Stebbins-Boaz. We held our first Advanced Forum on Pediatric OCD in Long Beach, CA.

We also launched OCD Basics, a free, two-hour introductory course accessed by more than 1,200 providers. This resource was made possible thanks to the generosity of JACK MHA.





MANAGING OCD IN DIFFICULT TIMES RESOURCE CENTER

We were proud to launch our *Managing OCD in Difficult Times* Resource Center. We know that distressing events, such as pandemics and armed conflicts, can create unique challenges for people in the OCD and related disorders community. It was important for us to create a resource center where people impacted by OCD and related disorders can come to get a variety of resources and advice on how to manage OCD symptoms when dealing with difficult times. We're proud to have specific resources for youth with OCD who are experiencing stressful events, for those dealing with grief and loss, and that offer targeted resources for people of color and the LGBTQIA+ community, among others.

ADVANCE RESEARCH

RESEARCH GRANT PROGRAM

Research is vital to our strategic plan, Vision 2030. We are dedicated to increasing our understanding of OCD and related disorders, improving treatment, and reducing stigma. To help achieve these goals, the IOCDF Research Grant Program exists to award grants for promising research studies through generous donor-funded support. Since 1994, the IOCDF Research Grant Program has awarded \$11.3 million in research grants and continues to offer research grant awards annually. **The 2025 Research Grant Award winners were:**

2025 IOCDF INNOVATOR AWARD WINNER:



David Mataix-Cols, PhD (Karolinska Institutet, Sweden)

Novel insights into the biology of obsessive-compulsive disorder through neonatal and co-twin epigenome-wide association studies. *Award Amount: \$300,000*

This award was made possible through the generosity of the Ghosh Mohapatra Family.

2025 MICHAEL A. JENIKE YOUNG INVESTIGATOR AWARD WINNERS:



Rachel Schwartz, PhD (Rogers Behavioral Health, Wisconsin, US)

Nothing to fear: Developing and piloting treatment and training procedures for non-fear-based presentations of obsessive-compulsive disorder. *Award Amount: \$50,000*



Jenna Sung, PhD (Boston University & Massachusetts General Hospital / Harvard Medical School, Massachusetts, US)

A web-based single session intervention to reduce caregiver distress and accommodation in socioeconomically diverse caregivers of OCD patients: Project EMPOWER-OCD. *Award Amount: \$50,000*



Leonardo Cardoso Saraiva, MD, PhD (Yale University, Connecticut, US)

Comprehensive structural neuroimaging in OCD: A cross-disorder comparison. *Award Amount: \$50,000*



Joel Diaz, MS (Centre for Addiction and Mental Health, Ontario, Canada)

Brain mechanisms of appearance misperception in body dysmorphic disorder: Contributions of bottom-up and top-down processing of bodies and faces. *Award Amount: \$50,000*



Josep Pol-Fuster, PhD (Karolinska Institutet, Sweden)

Creation of the first body dysmorphic disorder genomic biobank. *Award Amount: \$50,000*

[These gifts were all made possible through individual donations to the Research Grant Fund. You can support future grants here.](#)

INCREASING ACCESS FOR ALL:

In our commitment to improving access to resources for **all** communities, we:

- Launched our new in-person/hybrid Spanish-language international event in Valparaiso, Chile, in collaboration with Baylor College of Medicine, the LATINO study, and the Universidad de Valparaíso, which expanded our reach to South America and Spanish-speaking communities.
- Held our 4th **Spanish-language BTTI**, which trained 30 Spanish-speaking therapists from around the world in OCD treatment best practices.
- Awarded a \$50,000 research grant dedicated to expanding access to socioeconomically diverse caregivers of OCD patients.
- Hosted a new monthly Spanish-language Livestream.



POLICY

We know OCD is a deeply misunderstood condition, highlighting the need to broaden our advocacy efforts and fight for real change at the highest levels. In 2025, we turned to public policy advocacy and created the Public Policy Advocacy Council to fight for change in the federal government, whether that be through advocating for more funding for OCD research or better treatment options being publicly available. Public policy affects many in the OCD and related disorders community, from individuals to families to professionals. The IOCDF seeks to serve as the voice of our community on Capitol Hill, uniting with other mental health voices on the federal policy issues that impact us the most.



Our strategic public policy goals are that people with OCD and related disorders have improved access to effective treatment and adequate support in their communities, and that treating clinicians in every profession have improved capacity to provide effective treatment. To help achieve this, IOCDF Executive Director Rebecca Deusser traveled to Washington, DC, intending to create legislative champions in Congress who will advocate for our community.

WHITE PAPER: AMERICA'S OCD CARE CRISIS

In 2025, we published our first-ever white paper, *America's OCD Care Crisis*, which was one of our proudest accomplishments of the year. We partnered with Guardian Research Network (GRN) and Resonance to review millions of de-identified U.S. health records and determine how many have been diagnosed with OCD and how many have received the recommended, evidence-based treatments. This analysis — the largest study of people with OCD to date — uncovered striking findings, yet yielded promising pathways to better support the millions of people suffering with OCD in the United States.

We found that of the 10 million Americans likely to live with OCD, only 1 in 6 receive a diagnosis. 95% of people with OCD in the U.S. do not receive the most effective treatment.

Effective treatment exists — but millions aren't getting it and are suffering needlessly. And people with OCD are being failed at every step: screening, diagnosis, referral, and treatment. Our white paper gives OCD Advocates the tools they need to fight for change at the highest levels. We received nearly 6,000 website views and 900+ media pickups of our press release for the white paper.



PEDIATRICS

OCD typically begins in childhood or adolescence, making pediatrics a critical area of focus for the IOCDF. The good news is that when OCD is recognized early, and when youth are given the right treatment and support, they can thrive. That's why one strategic focus area we have is to expand our efforts dedicated to pediatrics. In 2025, we:

- Added a free Pediatric OCD Screener to IOCDF.org, screening over 5,000 youth
- Convened our Pediatric OCD Task Force
- Held our first Advanced Forum focused on pediatric OCD, providing advanced training to hundreds of pediatric OCD specialists on best practices and emerging topics
- Trained school personnel all over the country on recognizing and supporting students with anxiety/OCD in their schools as part of the Anxiety in the Classroom program, impacting thousands of students they work with

PARTNERSHIPS

We exist within a vibrant and growing global ecosystem of care provider companies, international organizations, research and treatment institutions, philanthropic foundations, and non-profit organizations. Strategic partnerships with other mission-aligned organizations are essential to amplifying our impact: by combining resources and expertise, we can expand our reach, address complex challenges, and achieve transformative change that no single organization could accomplish alone. Partnerships open the door to new research opportunities, increased access to treatment, expanded advocacy efforts, and a broader pool of donors and funding.



Our campaign during OCD Awareness Week was supported by partners around the world, including NAMI National, ADAA, OCD Action (UK), Mental Health Coalition, Asociación TOC Zaragoza (Spain), Child Mind Institute, Healthline, and others. We continue to build on that momentum through collaborative projects such as addressing insurance barriers to treatment with our new partner, Cover My Mental Health. Developing summer camps in collaboration with our affiliates and Jack MHA, conference collaboration with BDD Foundation, expanding our translated resources with our newest global partner, OCD Suomi ry (Finland) and supporting kids and parents with the Kids Mental Health Foundation.

RELATED DISORDERS

We are dedicated to helping everyone impacted by OCD and related disorders, including Body-Focused Repetitive Behaviors (BFRBs), Hoarding Disorder (HD), and Body Dysmorphic Disorder (BDD). In 2025, we partnered with the TLC Foundation for BFRBs to keep their important work going for their resilient community, while strengthening formal partnerships with Picking Me Foundation and BFRB Changemakers. We also hired a staff member dedicated to expanding our programming for related disorders. We are excited to continue expanding our efforts with related disorders so nobody has to suffer in silence.



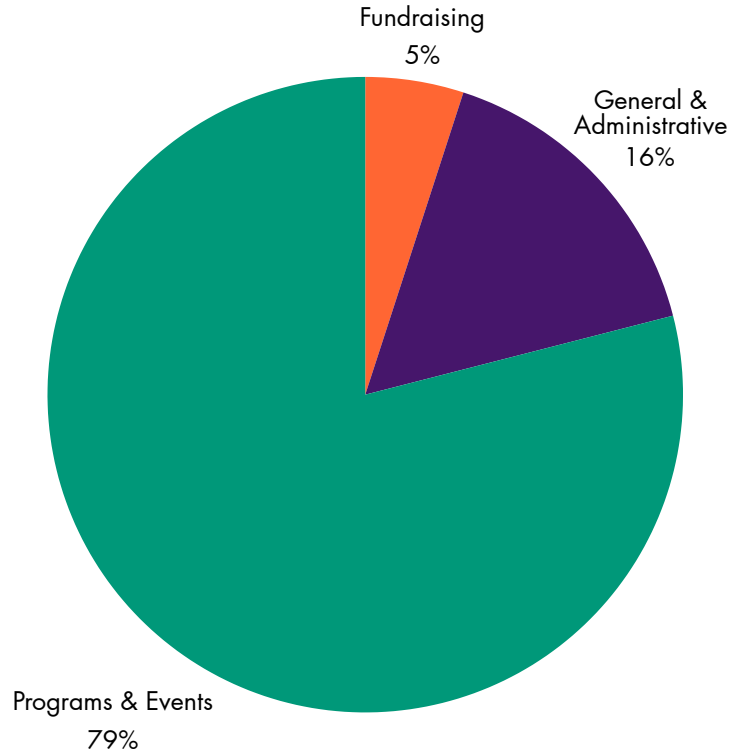
2025 FINANCIALS*

REVENUE & SUPPORT	
General Program Revenue & Support	\$4,738,485.71
Research & Restricted Support	\$818,378.16
TOTAL REVENUE	\$5,556,863.87

EXPENSES	
Programs & Events	\$5,610,197.97
General & Administrative	\$1,119,947.01
Fundraising	\$390,833.40
TOTAL	\$7,120,978.38

Net Assets at End of Year: \$4,240,098.75

*PRELIMINARY NUMBERS PENDING AUDITED FINANCIALS



THANK YOU TO OUR CHARTER LEGACY SOCIETY MEMBERS, WHOSE DEDICATION IS HELPING CREATE A LASTING DIFFERENCE FOR THOSE IMPACTED BY OCD AND RELATED DISORDERS:

- SUSAN BOAZ
- PATRICK JOHNSON
- PRANAY KONDLEKAR
- JERRY NYMBERG
- RON PREVOST

WE ARE ALSO GRATEFUL TO THOSE MEMBERS WHO HAVE CHOSEN TO REMAIN ANONYMOUS. VISIT [IOCDF.ORG/LEGACY](https://iocdf.org/legacy) TO LEARN MORE AND JOIN.

THANK YOU TO OUR 2025 EVENT SPONSORS!

- ANXIETY INSTITUTE
- ASCENSION
- BIOBEHAVIORAL INSTITUTE
- CASCADE ACADEMY
- CBTEAM
- COMPASS HEALTH CENTER
- THE CONCORD CENTER
- DEFEAT BULLY BRAIN (OCD DETECTIVES)
- ERC PATHLIGHT MOOD & ANXIETY CENTER
- INSTRIDE HEALTH
- LIGHT ON ANXIETY CBT TREATMENT CENTER
- MCLEAN OCDI
- MIND JOURNEY THERAPY
- NEUROBEHAVIORAL INSTITUTE (NBI)
- NEW ENGLAND CENTER FOR OCD & ANXIETY
- NEWPORT HEALTHCARE
- NOCD

- NW ANXIETY INSTITUTE
- OCD ANXIETY CENTERS
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- BARBARA STEBBINS-BOAZ
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- OCD Jacksonville
- OCD Central and South Florida
- OCD Georgia
- OCD Iowa
- OCD Kansas
- OCD Louisiana
- OCD Massachusetts
- OCD Mid-Atlantic
- OCD Midwest
- OCD Missouri
- OCD Nevada
- OCD Twin Cities
- OCD New Hampshire
- OCD New Jersey
- OCD New York
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- OCD Southern California
- OCD South Carolina
- OCD Tennessee
- OCD Texas
- OCD Twin Cities
- OCD Utah
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- OCD Western Australia
- OCDNet (Netherlands)
- Svenska OCD-forbundet
- The Institute of Counseling in Nigeria
- The South African Depression and Anxiety Group



THANK YOU!

YOUR SUPPORT. YOUR IMPACT.

ONE VISION: EVERYONE IMPACTED BY OCD AND RELATED DISORDERS HAS IMMEDIATE ACCESS TO EFFECTIVE TREATMENT AND SUPPORT.



IOCDF.ORG.DONATE

As a donor-powered 501(c)(3) nonprofit, we rely on your support to drive progress. Every gift brings us closer to this vision and enables us to provide life-changing resources, information, and expand treatments to help people with OCD and related disorders live happy, thriving lives.

STAY IN TOUCH

SIGN UP FOR EMAILS

SIGN UP FOR THE QUARTERLY OCD NEWSLETTER

SHARE YOUR STORY

ATTEND A COMMUNITY EVENT

WAYS TO GIVE