

Table S1. Description of the content of each mission

Strategy intervention	Mission	Description and content
Psychoeducation	1	Recognition of OCD. Information about OCD symptomatology (obsessions and compulsions), prevalence, interference and content heterogeneity.
	2	OCD dimensionality. Differences between a clinical obsession/compulsion and non-clinical intrusions and/or rituals.
	3	OCD development following the cognitive model. How non-clinical intrusions can develop into a clinically significant disorder. Identification of dysfunctional appraisals of intrusive thoughts.
	4	Information about evidence-based psychological treatments for OCD: cognitive-behavioral therapy goals and efficacy.
	5	Information about help-seeking: where to seek help and which healthcare professionals are involved, how to support others with OCD.
Indirect contact	6	Three patients describe their main OCD symptoms and its interference in their daily lives (video 1). The three patients narrate how long they hide their symptoms; how long it took them to seek help and whether they suffered stigmatizing attitudes from others (video 2).
	7	They describe how and to whom they first revealed that they suffered OCD and their experience when they sought help (video 3). Patients describe their experience with psychotherapy (video 4). Patients give recommendations for others suffering from OCD (video 5).
Cognitive restructuring	8	Dysfunctional beliefs about stigma towards people with OCD, rejection and social distance.
	9	Dysfunctional beliefs about obsessions, compulsions and OCD development.
	10	Dysfunctional beliefs about OCD evidence-based treatment and its efficacy.