

“Reading Lists” for the Independent LUNA Research Project

Remember- these are just starting points, designed to give you a good foundation, but let your research go wherever interests you! And if you find anything especially good, please let us know!

Crohn’s Disease

Some places to start your research...

- The UK Charity “Crohn’s and Colitis UK” <https://www.crohnsandcolitis.org.uk/>. They also have an Instagram @crohnsandcolitisuk. This is great for a general overview and for the people side of things.
- The NHS’s information page on Crohn’s Disease <https://www.nhs.uk/conditions/crohns-disease/>
- The site “Osmosis” is geared towards supporting science and healthcare students in understanding different conditions. This is a really good video they have on the scientific side of Crohn’s. https://www.osmosis.org/learn/Crohn's_disease

Here are some of our blog posts that give an insight into what it is like to live with Crohn's...

- “Living With Crohn's Disease” by Emma Illingworth <http://onestepatatime.family.blog/2020/01/03/living-with-crohns-disease/>
- “I’m embarrassed” by Ella Crossley <http://onestepatatime.family.blog/2020/01/14/i-am-embarrassed/>
- “IBD: A siblings perspective” by Isobel Crossley <http://onestepatatime.family.blog/2020/01/16/ibd-a-siblings-perspective/>
- “Lockdown Conversations: Ableism, Eating Disorders, and Crohn’s” by Emma Illingworth <http://onestepatatime.family.blog/2020/05/18/lockdown-conversations-ableism-eating-disorders-and-crohns/>

OCD

Some places to start your research...

- <https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/>
- The charity Mind has information on OCD <https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/>
- The International OCD Foundation Website has lots of good information that is geared towards people living with OCD, families and friends, and professionals.

[https://iocdf.org/about-ocd/#:~:text=Obsessive%20compulsive%20disorder%20\(OCD\)%20is,that%20trigger%20intensely%20distressing%20feelings.](https://iocdf.org/about-ocd/#:~:text=Obsessive%20compulsive%20disorder%20(OCD)%20is,that%20trigger%20intensely%20distressing%20feelings.)

- The site “Osmosis” is geared towards supporting science and healthcare students in understanding different conditions. This is a fab video of theirs on OCD, that really focuses on the science side of OCD.

https://www.youtube.com/watch?v=l8Jofzx_8p4

Some of our blog posts that give an insight into what it’s like to live with...

- “Obsessive Compulsive Disorder: Stigma, Embarrassment, Shame” By James Adamson

<http://onestepatatime.family.blog/2020/04/05/obsessive-compulsive-disorder-stigma-embarrassment-shame/>

Epilepsy

Some places to start your research...

- This website breaks down the scientific/medical perspective of epilepsy and seizures well.

<https://emedicine.medscape.com/article/1184846-overview?fbclid=IwAR2lWjpv-U5dGa813c1Q2rB--AQftxwYzZbYzCKk0L-mWq2EOda7lXKVRuM>

- This Osmosis video on Epilepsy really dives into the science behind seizures and epilepsy: <https://www.osmosis.org/learn/Epilepsy>

- Here is the NHS overview on Epilepsy: <https://www.nhs.uk/conditions/epilepsy/>

Here is an epilepsy charities information on epilepsy, designed for people living with epilepsy, and family and friends. <https://www.epilepsy.org.uk/info/about>

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Some of our blog posts that give an insight into what it’s like to live with epilepsy...

- “Lost and Gained: Ally”. This writing reflects on the positives and negatives of Ally’s experiences with epilepsy.

<http://onestepatatime.family.blog/2020/03/26/lost-and-gained-ally/>

- “Diagnosis: A conversation between friends”. Ally, one of the people in this conversation reflects on their diagnosis experience with epilepsy.

<http://onestepatatime.family.blog/2020/04/19/diagnosis-experiences-a-conversation-between-friends/>

- “Living with epilepsy at university” looks at the social and academic impact of having epilepsy as a student.

<https://glasgowguardian.co.uk/2020/02/28/living-with-epilepsy-at-university/>

