



Building The Void

Guidebook

Contents

Detailed explanation	
Display station and wall card	09
Animation	10
Inner wall and writing	11
Equipment	12
3D view	13
Classification	19

What is the Void?	01
Rationale	02
Measurements	03
Materials	
The structure	05
Display station	06
Wall display card	07
Inside-wall writing	08

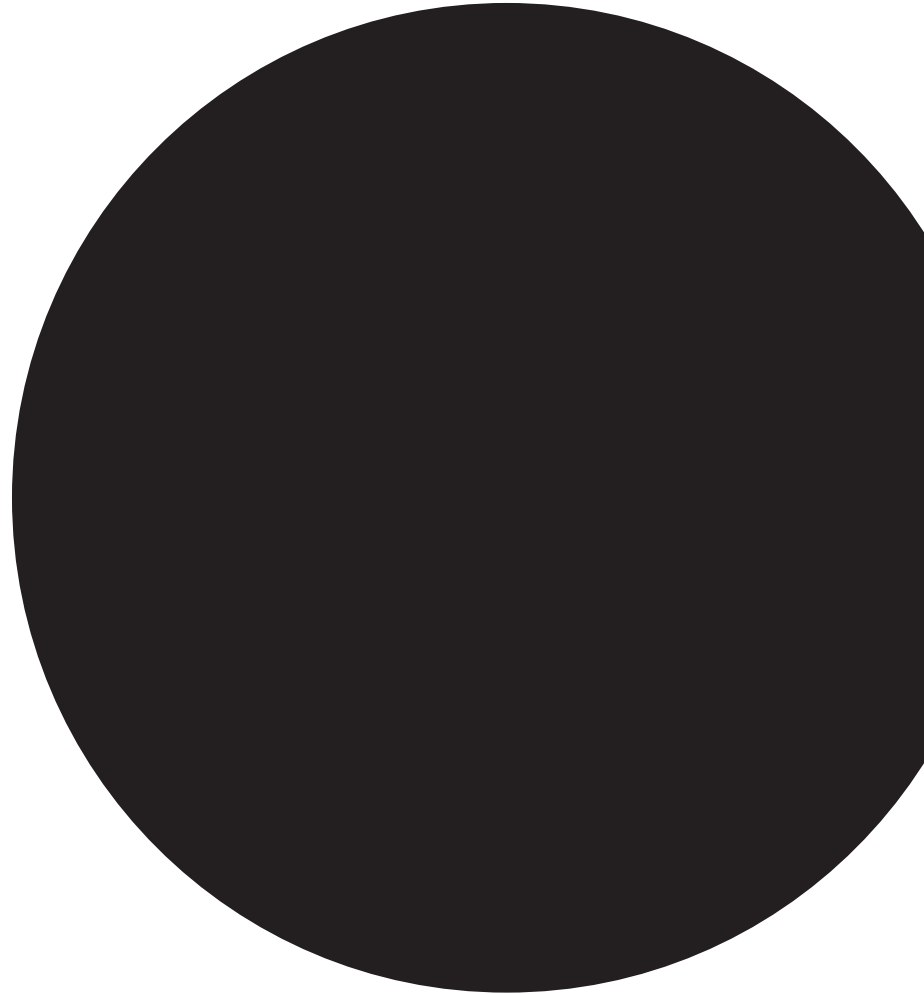
What is the Void?

The void is a simple construct or rather an installation to reflect and portray a human condition in either physical, emotional and behavioural manifestation.

The term “void” can either be an empty space in a visually clouded world - an isolation or it can be a place of visual stimuli in an otherwise dull environment.

This guidebook is concerned with a rather common human condition, which manifests itself in various forms. The condition itself is explained in detail at the end of the guidebook.

The following pages provide a detailed description of how the void is actually built, what materials are used and how it ultimately looks.

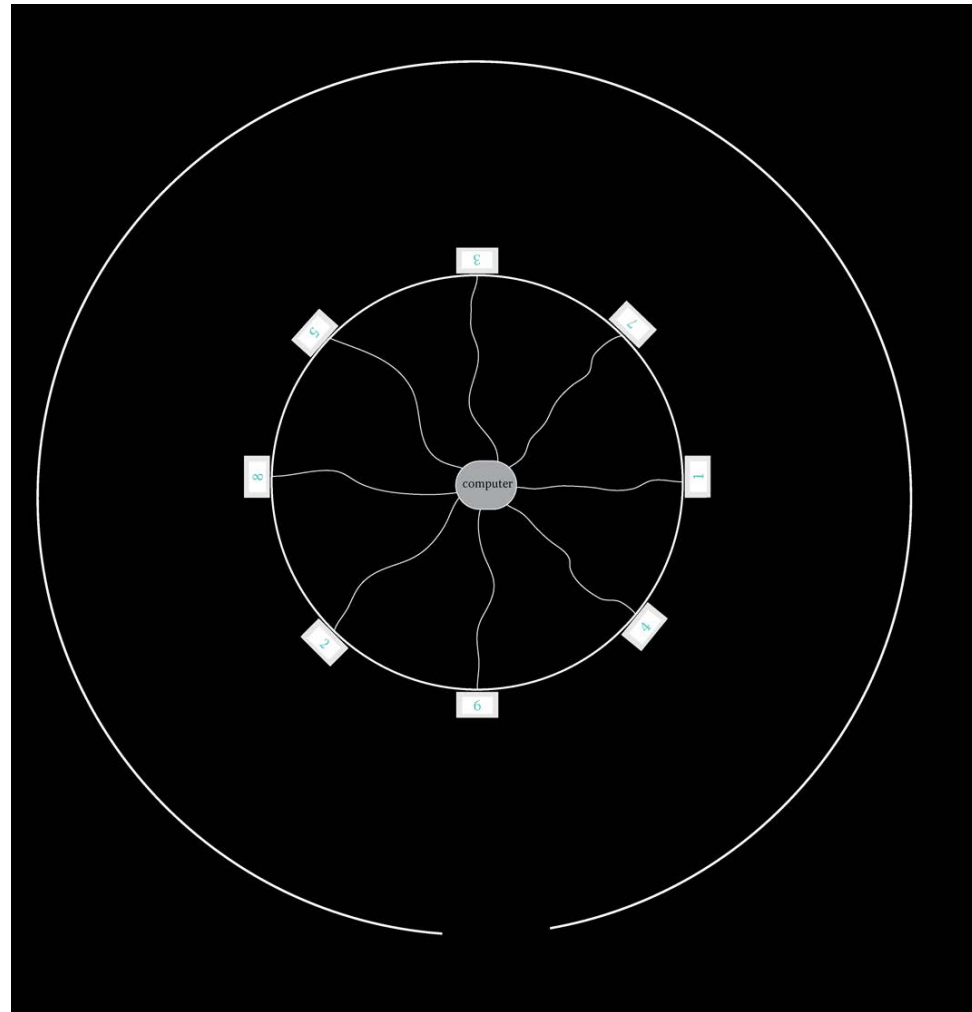


Rationale

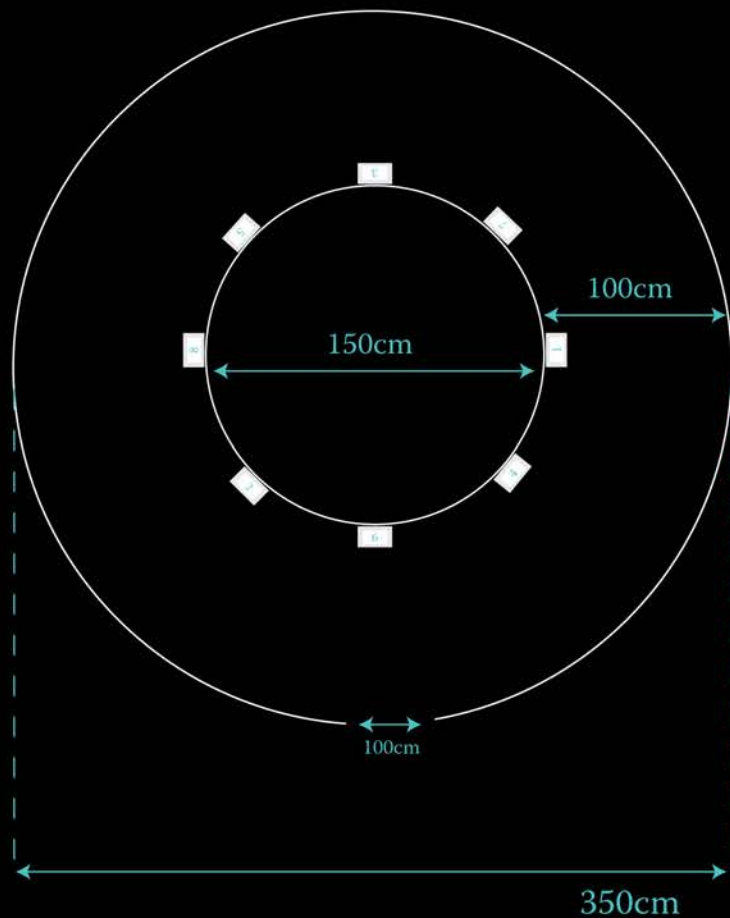
Research shows that every human condition has a certain pattern of behaviour. In the case of Obsessive-Compulsive Disorder one of the patterns includes repetitive activities or procedures. When it comes to the visual depiction of repetition nothing is more representative than a circle.

A circle has no clear beginning and no clear end - rather it goes round and round much like certain types of OCD. People who suffer from these forms of OCD tend to do activities again and again, because they are not sure/satisfied with the previous.

The principle idea of this installation is to have an open-roof circular structure/ corridor with one entrance and exit. In the corridor there will be six display stations, displaying numbers on their screens. These numbers will be randomised by a computer. Above each display station will be a number. The assumption is that those who have a tendency towards OCD or those who suffer from OCD will feel the need to match the numbers. Having a circular structure enables participants to go round and round and satisfy their needs.



Measurements



The entire installation will be 3.5 meters in width. The 1 meter wide corridor offers enough space for a person to move around. The 1.5 meter space in the middle is reserved for the computer, electricity cables, data cables, plugs and any other hardware required.

The installation will be 2 meters high - enough so that the average person will not be able to see over. To avoid claustrophobic situations as well as above average height, the structure has no roof. With these measurements the structure takes up approx 20 cubic meters or space.



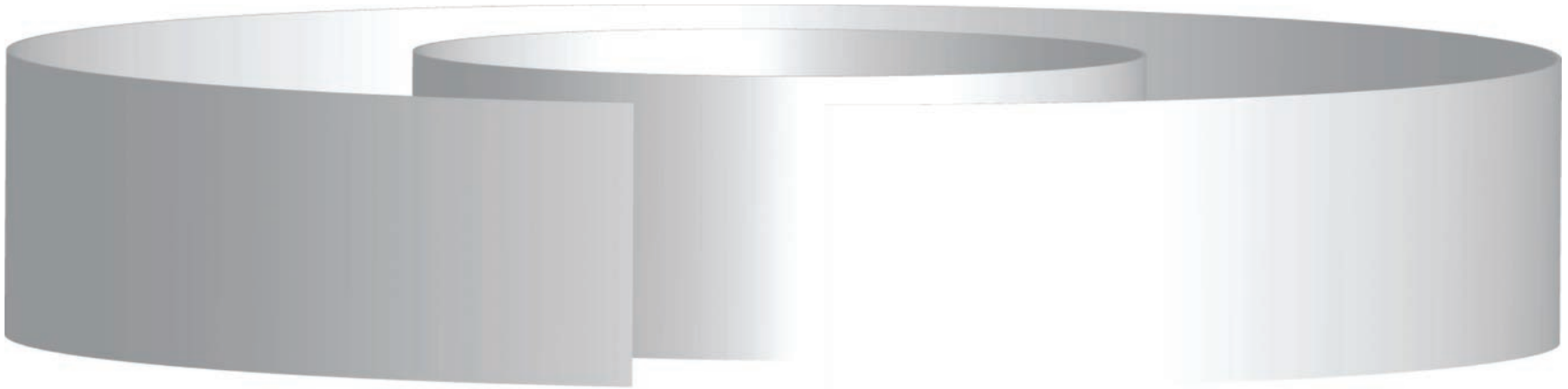


2m



Materials

The structure



The structure will be constructed from two single 2cm thick sheets of **plastic**. Reasons why:

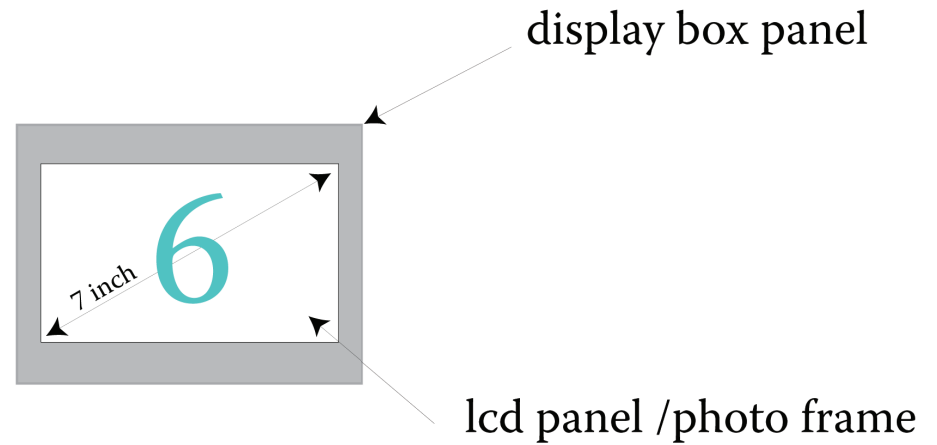
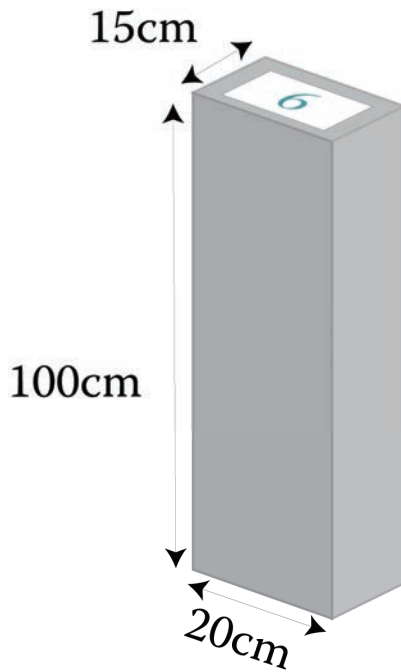
- > very flexible but at the same time rigid
- > easy to colour
- > has no sharp edges

The outer wall of the structure will be **white**. Not having the roof eliminates the need for additional illumination - ambient light is enough. The width of the material offers enough support so that the structure will not fall over.





Materials

Display station



material: plastic 2mm

colours:  C=63 M=0 Y=27 K=0 1

 K=31 1


typography: Warnock Pro Regular




Materials

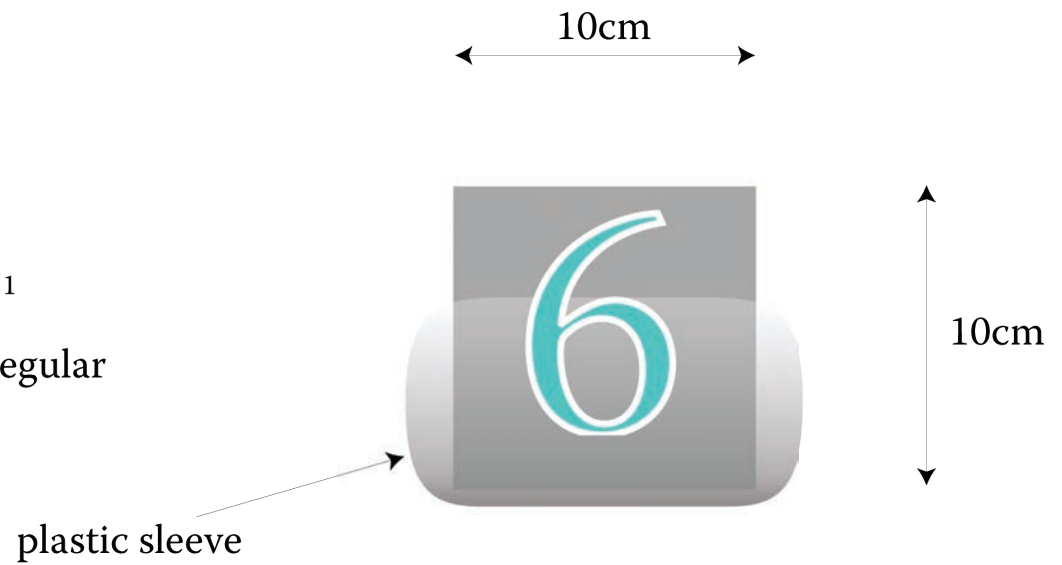
Wall display card

material: cardboard 2mm

colours:  C=63 M=0 Y=27 K=0 1

 C=36 M=29 Y=30 K=0 1

typography: Warnock Pro Regular



Materials

Inside-wall writing


take a step **further** and you`re heading towards anxiety / compulsion


further

material: vinyl +glue

production: laser cut

typography: Warnock Pro Light

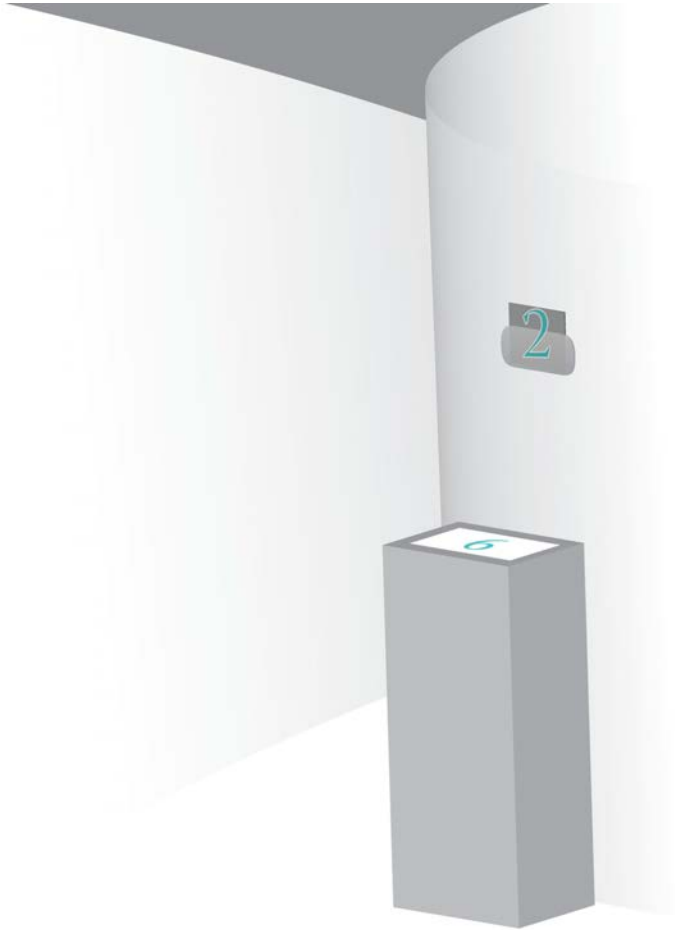
colours:  C=63 M=0 Y=27 K=0 1

 C=0 M=0 Y=0 K=100



Detailed explanation

Display station and wall card

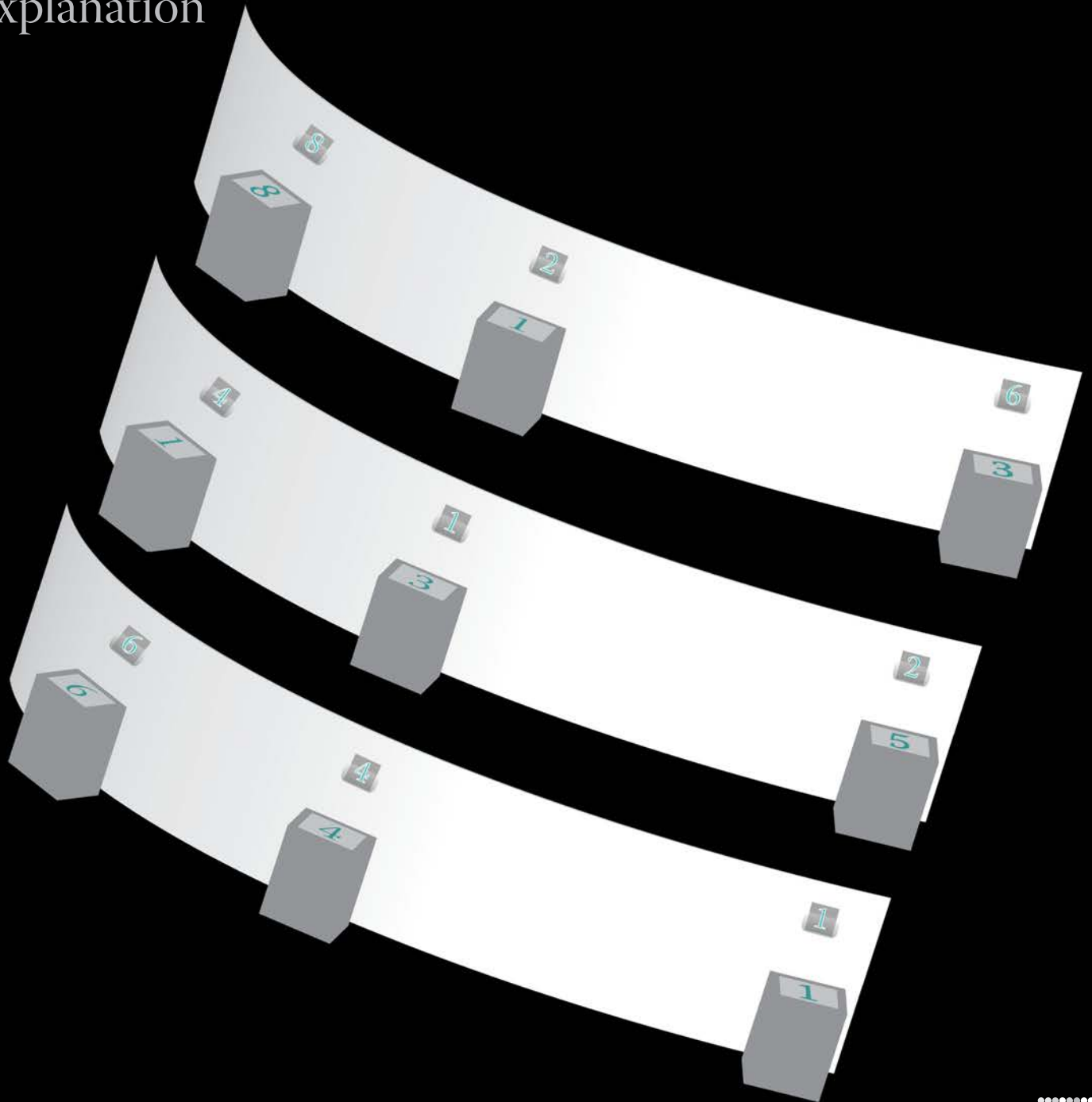


This is an insitu visual of the display station and the wall display card. The way this works is that the computer displays a random number on the 7 inch display built in the station. When visitors step up to the display they will noticed that the numbers do not match. If they have the tendancy towards OCD they will take the card of the wall and find a station that has the same number the display. Then they will replace the card and take that one to the next station and so on until all the numbers match.

If the numbers on the lcd display were static then this would only work once. That is why each display is connected to a computer with randomises the numbers every 5 minutes.

Detailed explanation

Animation



Detailed explanation

Inner wall and writing

The inner wall of the structure, opposite the display stations will start of white. Gradually, a grey fill will start from top left at an angle, taking up more and more of the wall (image below). When it reaches the floor it will continue across the floor and then up the opposite wall until it finishes at the entrance/exit. The ever diminishing white surface and the taking-over of the dark is to represent the emotion and inner feelings of those affected, as well as provide a visual guide for visitors (not that it is imperative).

The text “take a step further and you`re heading towards anxiety / compulsion” serves two functions.

Firstly it gives the visitors some clue to what this installation is all about, but not necessarily give everything away.

Secondly it also serves as a visual guide.



take a step further and you`re heading towards anxiety / compulsion



Detailed explanation

Equipment

In order to have a fully built and functional installation the following equipment is required:

1x computer - running Microsoft Windows OS and a image randomization software (available as open source)

1x USB hub - to connect all 6 displays to the computer

8x 2m USB cable and 1x 1m USB cable

8x 7 inch LCD display. This can be taken from an inexpensive photo frame. It is powered through usb.

1x 1000ml super adhesive to assemble the display station, fit the plastic sleeves for display cards and glue the writing on the wall

1x 1000ml grey paint to paint the wall and part of the floor

1x brush

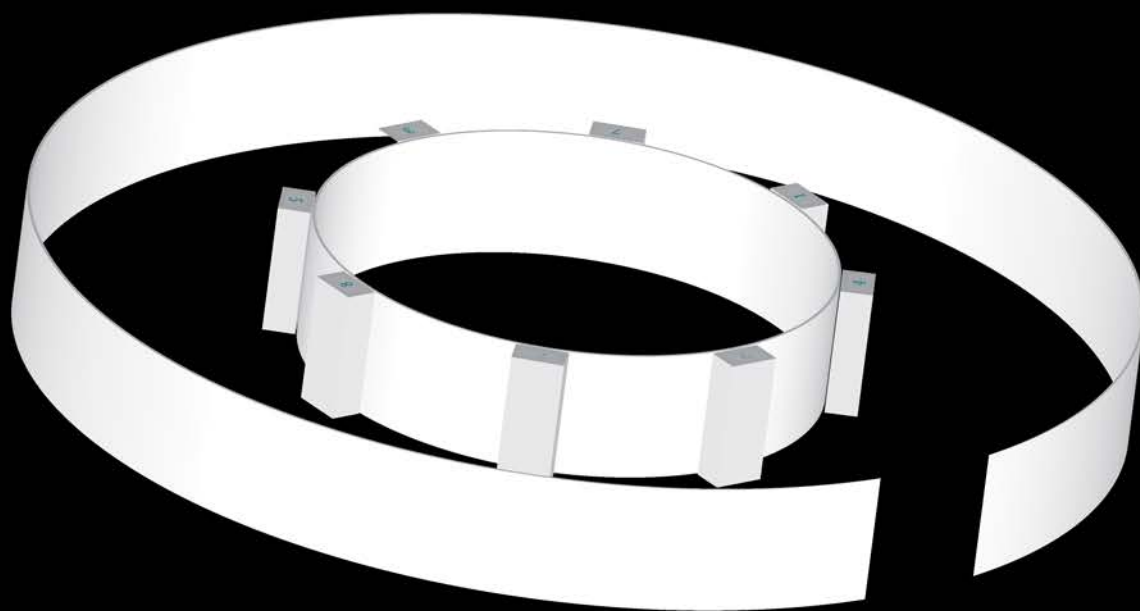
1x 2m ruler

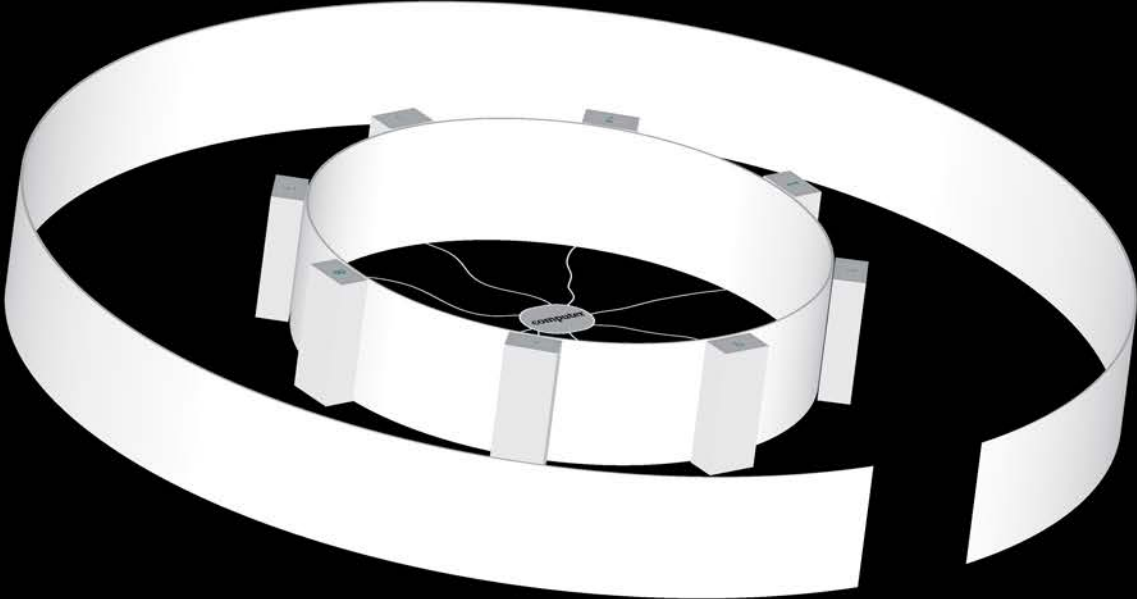
1x electrical extension and socket to power the computer

This instalaltion is very easy to assemble and dismantle. It requires a very small budget and should take less than 4 people to assemble it. All the materials and equipment can be purchased at DIY shops and compuer stores.

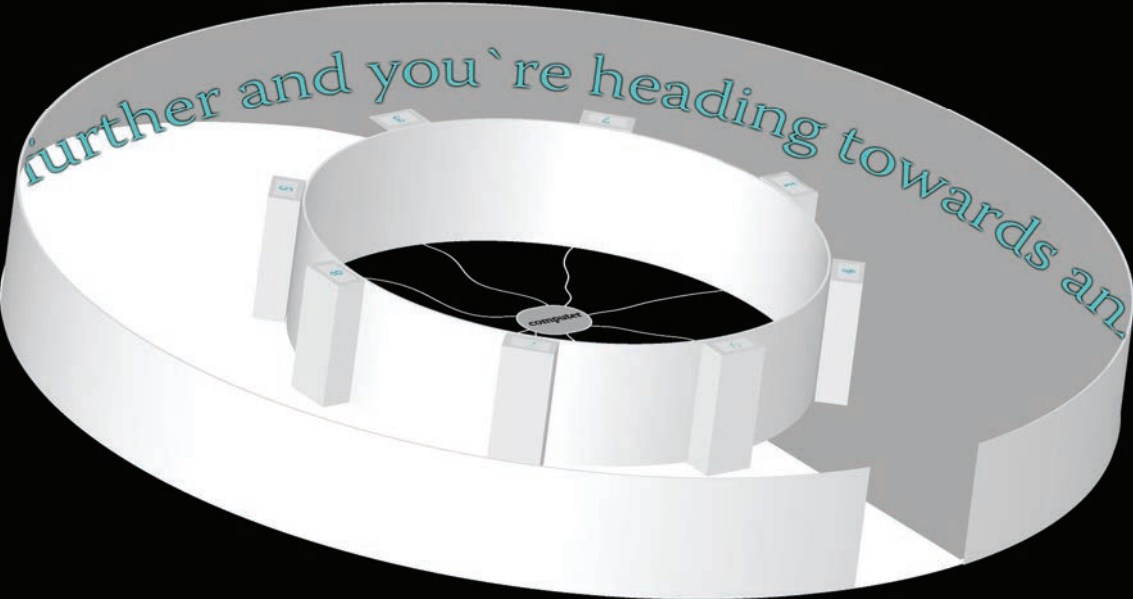


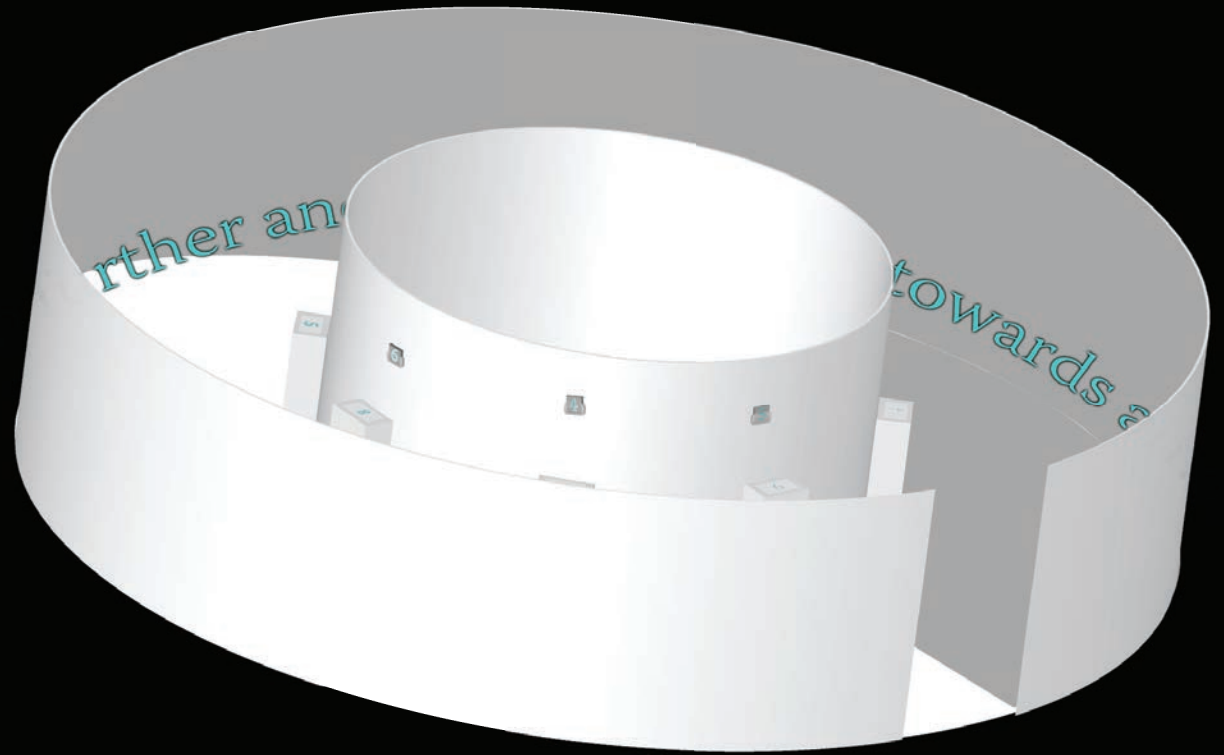
3D view



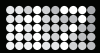


3D view





3D view



This is the 3D view of the final build. Clockwise from the entrance, the wall and floor will be white, Gradually the grey fill will start from top left, continuing on the floor and end up covering the inner wall at the exit.



Classification

Obsessive-Compulsive Disorder (OCD) is a serious anxiety-related condition that affects as many as three in a hundred people. To some degree OCD-type symptoms are probably experienced at one time or another by most people, especially in times of stress.

OCD can take many forms, but, in general, sufferers experience repetitive, intrusive and unwelcome thoughts, images, impulses and doubts which they find hard to ignore. These thoughts form the obsessional part of 'Obsessive-Compulsive' and they usually (but not always) cause the person to perform repetitive compulsions in a vain attempt to relieve themselves of the obsessions and neutralise the fear. Some sufferers will have the obsessions but no physical outward compulsions – a form of OCD often called 'Pure O'.

Common obsessions include contamination and germs, causing harm to oneself or to others, upsetting sexual, violent or blasphemous thoughts, the ordering or arrangement of objects and worries about throwing things away.

Compulsions or compulsive acts can be defined as repetitious, purposeful actions in which the individual feels compelled to engage according to their own rules or in a stereotyped manner. Typically, the individual experiences a sense of resistance to the act but this is overridden by the strong, subjective drive to perform the action. Most often the principal aim behind the compulsive act is to generate temporary relief from the anxiety caused by a preceding 'obsession'.

Compulsions can be **overt** or **covert**.

Overt compulsions typically include checking, washing, hoarding or a symmetry of certain motor actions.

Covert compulsions, or 'cognitive compulsions', as they are sometimes referred to, are mental actions performed, as opposed to physical actions. Examples include mental counting, compulsive visualisation and substitution of distressing mental images or ideas with neutralising alternatives.

Practical examples would be a sufferer who feels compelled to silently repeat a string of words over and over on experiencing a negative or violent thought or the need of a sufferer to transpose negative words or images which may intrude into consciousness with positive ones e.g. feeling compelled to mentally



substitute the word 'hell' that pops up, either as a thought or as a mental visual image, with the word 'well'.

It is also sometimes misdiagnosed as depression, the depression often a result of the OCD.

The treatment found to be the most effective in successfully treating OCD is Cognitive Behavioural Therapy (CBT), although some people find they also need the additional support of medications to help them through the therapy, these will usually be SSRI medications (Selective Serotonin Re-uptake Inhibitor Medications).

The Different Types of OCD

There are five main types of OCD based on the symptoms that most commonly appear in sufferers. Over 6 million Americans are likely to experience any of these five types of OCD in their lifetimes, or if not the disorder itself, its symptoms.

These types of OCD are not exclusive; that is, a person may suffer from a combination of these traits.

Types of OCD – Washers & Cleaners

Sufferers of this type of OCD have an obsession with contamination. Their irrational fear of being contaminated by germs leads them to compulsively avoid or remove all possible contaminants.

Their obsessions have to do with germs, viruses, and dirt that put them in danger of getting some disease. As such, they're in constant fear of becoming infected and infecting others.

While washers may repeatedly wash their hands and/or shower, cleaners wash and rewash their clothes and repeatedly clean their houses several times each day. They repeatedly clean surfaces and objects in their home, never feeling safe or clean enough from contaminants.

Types of OCD – Checkers

These OCD sufferers are compelled to repeatedly check locks and switches around the house or office. They live in constant fear that door or window locks or switches on appliances haven't been closed or turned off.

The irrational fear that their failure to lock or switch something off will cause harm to themselves and others leads them to constantly check and recheck the objects of their obsession.



Checkers often picture terrifying catastrophes taking place in which they're to blame. This leads them to come up with elaborate rituals, which are time-consuming and hinder them from completing daily tasks.

Types of OCD – Orderers

These OCD sufferers are obsessed with fixing things a certain “correct” way. Before even beginning a daily task, they must organize things to “perfect” order. They simply can't focus or begin unless they give in to the impulse to fix things the “right” way.

If someone else tries to touch, move, rearrange, or disarrange the things they fixed, orderers feel extreme distress.

Types of OCD – Hoarders

The objects that hoarders collect are mostly useless items that most people would consider as garbage. Or they can hoard relatively useful items, like matchbooks and sugar packets, but to the point where they can never hope to use all of it in their lifetime. Hoarding often results in chaotic living conditions.

Types of OCD – Obsessers

Obsessers often experience thoughts and images that are intrusive and show them causing others harm. They deal with these obsessions by repeated counting

or saying certain words. Sufferers of this type of OCD may experience obsessions sans any observable rituals or compulsions.

Sources

National Institute of Mental Health - <http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>

OCD UK - <http://www.ocduk.org/>

Fear and Anxiety - http://www.phobias-help.com/ocd_obsessive_compulsive_disorder/types-of-ocd.html

eHOW - http://www.ehow.com/how_2331069_identify-symptoms-ocd.html

