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For relatives

Family accommodation assessment form for adults with OCD

Assessment form for relatives

Completed by

Name

Relationship to the person with OCD

Date

Period being assessed

Brief instructions

Use the OCD patterns already identified in treatment as your starting point.

Think about the past 7 days and give each item one score from 0 to 4. Use the form to identify situations in which well-intentioned help may come to provide OCD with certainty, control or avoidance.

Response scale

Think about the past 7 days.

0	never	1	1 day	2	2 to 3 days	3	4 to 6 days	4	every day or almost every day

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Section 1: Relatives' responses to OCD

Give each item one score from 0 to 4. Think about the past 7 days.

Items 1-8

1	I have provided repeated reassurance, comfort or confirmation when the person with OCD sought certainty.	0 1 2 3 4
2	I have confirmed that a check, wash, review or ritual was done well enough.	0 1 2 3 4
3	I have waited for the person with OCD to finish rituals, checks, repetitions or mental review.	0 1 2 3 4
4	I have taken part directly in rituals, for example by checking, washing, repeating, answering in particular ways or doing things in a particular order.	0 1 2 3 4
5	I have done something that made it easier for the person with OCD to carry out a compulsion.	0 1 2 3 4
6	I have obtained or adapted things that were used for rituals or safety behaviours.	0 1 2 3 4
7	I have helped the person with OCD avoid places, things, words, topics, people or situations.	0 1 2 3 4
8	I have avoided saying or doing particular things so as not to trigger OCD-related distress.	0 1 2 3 4

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Section 1: Relatives' responses to OCD

Give each item one score from 0 to 4. Think about the past 7 days.

Items 9-16

9	I have changed routines at home because of OCD.	0	1	2	3	4
10	I have helped with decisions that the person with OCD found difficult because of doubt, distress or a need for certainty.	0	1	2	3	4
11	I have taken over practical tasks or responsibilities that the person would normally be able to carry out.	0	1	2	3	4
12	I have covered for, explained or excused the person's absence, lateness or difficulties functioning because of OCD.	0	1	2	3	4
13	I have accepted particular rules, restrictions or unusual arrangements at home because of OCD.	0	1	2	3	4
14	I have cut back on leisure time, sleep, social activities, work or other commitments because of the person's OCD.	0	1	2	3	4
15	There has been pressure, conflict, anger, crying or distress when I have not accommodated OCD.	0	1	2	3	4
16	I have felt burdened, stuck or exhausted by having to deal with the OCD pattern.	0	1	2	3	4

Total score: _____

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Section 2: Prioritisation

List the items with a score of 3 or 4

List the three items that have the greatest impact on everyday life

1. _____
2. _____
3. _____

Which form of accommodation seems most important to change first?

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Section 3: Functional analysis

Choose one specific situation to explore in more detail.

Situation

What is OCD pressing for?

What does the relative typically do?

What happens shortly afterwards?

What short-term relief follows?

How might the pattern maintain OCD in the longer term?

What might support without accommodation look like?

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Section 4: Treatment agreement

We will begin by working on this form of accommodation

The previous response was

The new response will be

The relative will continue to provide support by

The relative will no longer

Agreed supportive phrase

Example

"I can see that this feels difficult right now. I will stay here with you, but I will not help OCD by providing more certainty."

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Section 4: Treatment agreement (continued)

When OCD presses, we will do this

If the person with OCD becomes very distressed, we will do this

If the relative accommodates OCD after all, we will do this afterwards

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Section 5: Review

To be reviewed next time

What went well?

What was difficult?

Which accommodation was reduced?

Which accommodation increased?

Should the agreement continue, be adjusted or be extended?

Next small step

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