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For parents

Family accommodation assessment form for children and young people with OCD

Assessment form for parents and relatives

Completed by

Name

Relationship to the child

Child's age

Date

Period being assessed

Brief instructions

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

In this form, the word "child" refers to both children and young people.

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 1-6

1	I have provided repeated reassurance, comfort or confirmation when the child sought certainty.	0 1 2 3 4
2	I have confirmed that a check, wash, repetition, review or ritual was done well enough.	0 1 2 3 4
3	I have waited for the child to finish rituals, checks, repetitions or mental review.	0 1 2 3 4
4	I have taken part directly in the child's 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 child to carry out a compulsion.	0 1 2 3 4
6	I have obtained, removed or adapted things that were used for rituals, checking, washing, avoidance or other safety behaviours.	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 7-12

7	I have helped the child avoid places, things, words, topics, people, food, schoolwork or situations.	0 1 2 3 4
8	I have avoided saying or doing particular things so as not to trigger the child's OCD-related distress.	0 1 2 3 4
9	I have changed family routines because of OCD, for example bedtimes, meals, baths, cleaning, transport, morning routines or screen time.	0 1 2 3 4
10	I have helped the child with decisions that became difficult because of doubt, distress or a need for certainty.	0 1 2 3 4
11	I have taken over tasks that the child would normally be able to carry out or practise doing.	0 1 2 3 4
12	I have covered for, explained or excused absence, lateness or non-participation in school, leisure activities or social activities because of OCD.	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 13-17

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 my own sleep, leisure time, work, social activities or time with other family members because of the child's OCD.	0	1	2	3	4
15	Siblings or other family members have had to adapt to the child's OCD.	0	1	2	3	4
16	There has been pressure, conflict, anger, crying or distress when I have not accommodated OCD.	0	1	2	3	4
17	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 adult 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: Family agreement

We will begin by working on this form of accommodation

The previous response was

The new response will be

The adult will continue to provide support by

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Section 4: Family agreement (continued)

The adult will no longer

The child can ask for support in this way

Agreed supportive phrase

Example

"I can see that OCD is pressing right now. I will stay with you, but I will not help OCD by answering again."

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Section 4: Family agreement (continued)

When OCD presses, we will do this

If the distress becomes very intense, we will do this

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

If siblings or other family members are affected, we will do this

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Section 5: Review

To be reviewed next time

What went well?

What was difficult?

Which accommodation was reduced?

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Section 5: Review (continued)

Which accommodation increased?

How did the child respond?

How did the agreement affect the rest of the family?

Should the agreement continue, be adjusted or be extended?

Next small step

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