

Do I accommodate OCD?

What does family accommodation look like?



Family Accommodation

- Provide Reassurance
- Participate in compulsions (wash own hands, checking)
- Assist in compulsions (fostering avoidance- pump soap)
- Facilitate compulsions (buying supplies)
- Modify personal routine (not using certain products, work)
- Modify family routine (shower enter house, food preparation)
- Modify leisure activities (no amusement parks, pools, friends)
- Not saying certain things (apostrophes, associations with devil)
- Take on extra responsibilities (chores, childcare, bills)
- Tolerating unusual living conditions (hoarding, “off limit” areas)

How is FA measured?

- Several validated FA Scales: FAS-IR, FAS-SR, FAS-PV

<https://publichealth.yale.edu/familyaccommodationocd/>

Behavioral Contracting

1. Patient is given responsibility to select exposure challenge
 2. Clear and direct discussion about ERP homework and the role of family- how family changes behavior to reduce FA yet be supportive
 3. Limits of responsibility are clarified
 4. Consequences and expectations are defined
 5. What is meant as family “support” is negotiated between pt and relative
- * Gradual withdrawal of FA. Negotiate with person ahead of time, not in the situation!