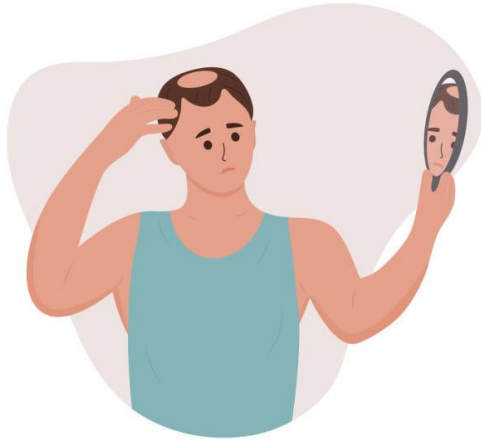


Family Accommodation and Body Focused Repetitive Behaviors

Olivia Woodson¹, Jennie M. Kuckertz^{1,2}, & Martha J. Falkenstein^{1,2}
¹McLean Hospital, ²Harvard Medical School

Body Focused Repetitive Behaviors



- Trichotillomania (TTM; hair-pulling)
- Excoriation (skin-picking disorder)



Family Accommodation (FA)

FA involves family members or caregivers engaging in a behavior to reduce an individual's psychological distress or impairment in the moment



Some form of FA
occurs for up to **97%**
of individuals

Reassurance

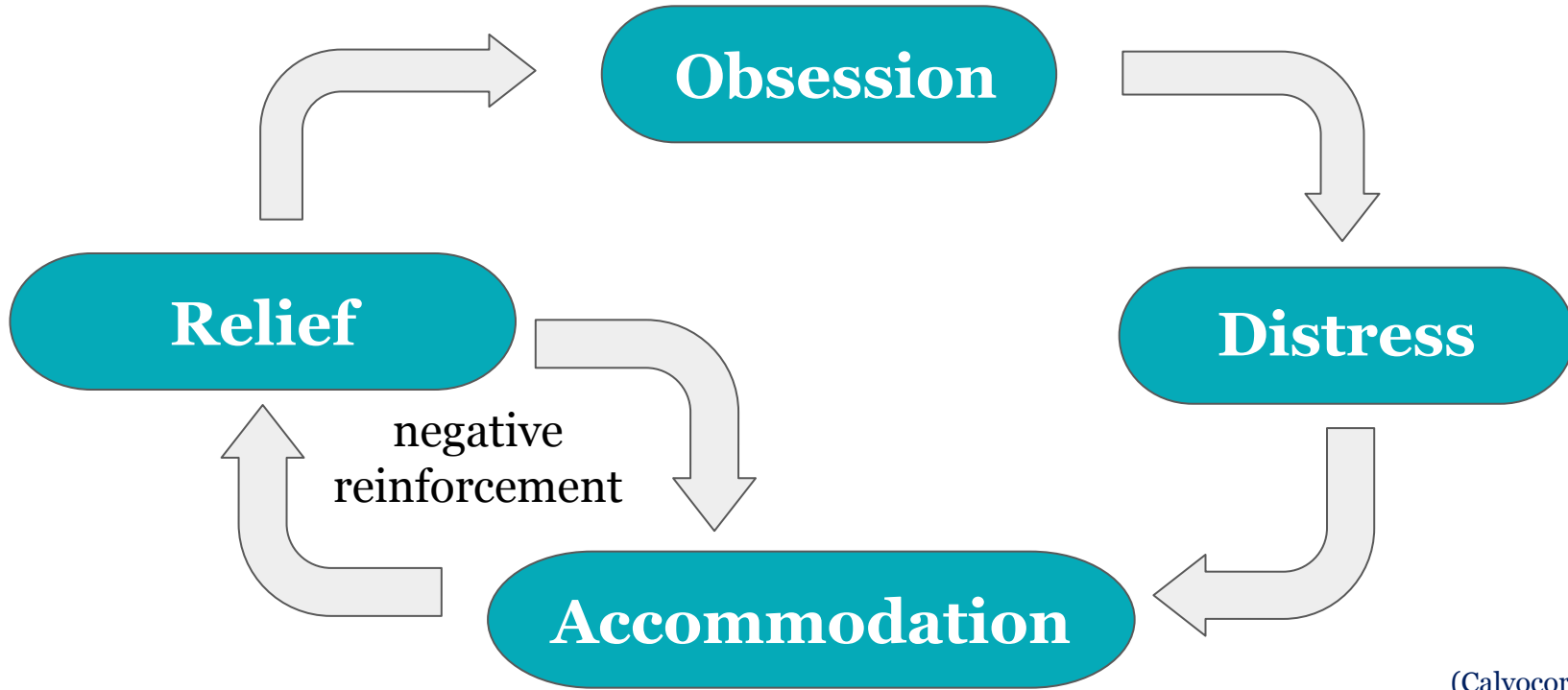
Responsibility

Providing Items

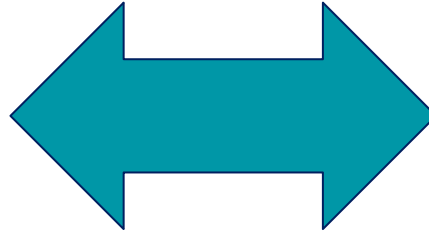
Avoidance

Participation

Change in activities



More severe OCD
symptoms



Stronger desire for
accommodation and
difficulty in resisting
accommodation

Present Study

The present study examined differences in FA across TTM and skin-picking

- Overall severity of accommodation
- Differences across accommodation types

Hypothesis

No differences in overall severity and types of FA between TTM and skin-picking

Participants



McLean Hospital OCD Institute, Belmont, MA

- o Intensive/residential (IRT) program for OCRDs
- o Average LOS: 30–90 days
- o CBT model, focus on ERP

Sample

- o N = 145
 - o TTM = 37
 - o Skin-picking = 108
- o 68% female; 86% white; 98% non-hispanic; 62% heterosexual; average age of 26.7 years (SD = 9.5)

MGH-Hairpulling Scale

- 7-items; scale of 0 - 4
- TTM group
(n = 37): $M = 16.6$, $SD = 5.2$

Skin Picking Scale -Revised

- 8-items; scale of 0 - 4
- Skin-picking group
(n = 108): $M = 12.0$, $SD = 4.3$

Family Accommodation Scale

1. My relative reassured me that there were no grounds for my OCD-related worries.

(Examples: reassuring me that I am not contaminated or that I am not terminally ill).

- None/Never
- 1 day
- 2-3 days
- 4-6 days
- Every day

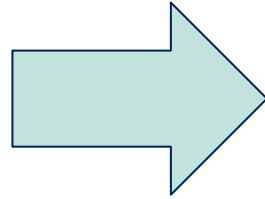
2. My relative reassured me that the rituals I already performed took care of the OCD-related concern.

(Examples: reassuring me that I did enough ritualized cleaning or checking).

- None/Never
- 1 day
- 2-3 days
- 4-6 days
- Every day

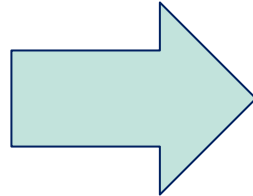
- Measures of family accommodation of OCD-related behaviors
- 19 items
- Captures behaviors within the past week

Total FA



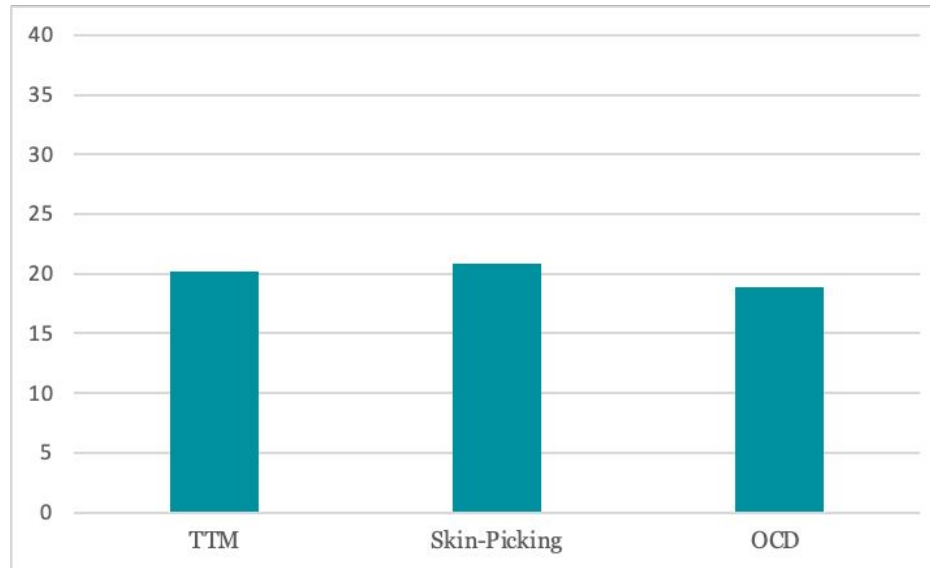
No differences between BFRBs

Individual FA Items



No differences between BFRBs

Average FAS-PV Score at Admission





Discussion

- o Results suggest that FA functions similarly across BFRBs
- o Important for understanding how to best treat BFRBs

Limitations

1. Lack diversity in sample
2. Small N; uneven groups
3. FAS-PV scale not BFRB specific
4. Self-report





Future Directions

Future research should continue to investigate how FA functions within BFRBs

Thank you!

Olivia Woodson, BS

 owoodson@mgb.org

 @liv_woodson

McLean Hospital/OCAR

Martha Falkenstein, PhD

Jennie Kuckertz, PhD

Heather Martin, BA

Junija (Judy) Xu, BA

Jacob Nota, PhD

Nathaniel Van Kirk, PhD

Diane Davey, RN, MBA

Clinical Staff at OCDI