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BFRBS: TREATMENT ISSUES, OUTCOMES AND FAMILY IMPACTS

FAMILY IMPACT

Increased Anxiety?

Increased Family
Dysfunction?

More Severe Pulling
or Picking Behavior?

ANXIETY IN BFRB FAMILIES

Children who had comorbid diagnoses of HP and OCD experienced more anxiety and depression than those with HP alone.

Increased expressed emotion contributed to more pulling behaviors.

Keuthen, et al. 2014

FAMILY
DYSFUNCTION

Family impairment trended toward a higher level of dysfunction, but was not statistically significant.

Moore, Franklin, Keuthen 2009.

INCREASED
SEVERITY

Those subjects who had a first degree relative with substance abuse disorder had higher level of severity of BFRB.

Grant, 2016

HOW CAN FAMILIES HELP

- **Parents need support first**
 - Need help managing their own emotions
 - Need guidance as to how to support their child with a BFRB
- **Parents would benefit from psycho-education about developmental stages.**
 - What is appropriate at different ages and stages
 - What is reasonable and unreasonable to expect

HEALTHY FAMILY DYNAMICS

Encourage parents to focus on
the positive aspects of the child

Support effort, not outcome

Explore different ways to help

Role model positive self care