

PART II: REPORT OF FAMILY MEMBER'S RESPONSES TO OCD

INSTRUCTIONS: Keeping in mind your relative's OCD symptoms that you identified in Part I, the next set of items describe possible ways that you may have responded to those symptoms during the past week. For each item, please indicate the **number of days during the past week** that you responded to your relative in the way specified. For each item, fill in a circle in the NUMBER OF DAYS column. If an item refers to something you did not do at all in the last week, fill in the circle for “none/never happened.”

	NUMBER OF DAYS THIS PAST WEEK				
	None/ Never	1 day	2-3 days	4-6 days	Every day
1. I reassured my relative that there were no grounds for his/her OCD-related worries. <i>Examples: reassuring my relative that s/he is not contaminated or that s/he is not terminally ill.</i>	①	②	③	④	⑤
2. I reassured my relative that the rituals he/she already performed took care of the OCD-related concern. <i>Examples: reassuring my relative that s/he did enough ritualized cleaning or checking.</i>	①	②	③	④	⑤
3. I waited for my relative while s/he completed compulsive behaviors.	①	②	③	④	⑤
4. I directly participated in my relative's compulsions. <i>Examples: doing repeated washing or checking at my relative's request.</i>	①	②	③	④	⑤
5. I did things that made it possible for my relative to complete compulsions. <i>Examples: driving back home so my relative can check if the doors are locked; creating extra space in the house for my relative's saved items.</i>	①	②	③	④	⑤
6. I provided my relative with OCD with items s/he needs to perform rituals or compulsions. <i>Examples: shopping for excessive quantities of soap or cleaning products for my relative.</i>	①	②	③	④	⑤
7. I did things that allowed my relative to avoid situations that might trigger obsessions or compulsions. <i>Examples: touching public door knobs for my relative so s/he wouldn't have to.</i>	①	②	③	④	⑤

	NUMBER OF DAYS THIS PAST WEEK				
	None/ Never	1 day	2-3 Days	4-6 Days	Every day
8. I helped my relative make simple decisions when s/he couldn't do so because of OCD. <i>Examples: deciding which clothes my relative should put on in the morning or what brand of cereal s/he should buy.</i>	①	②	③	④	⑤
9. I helped my relative with personal tasks, such as washing, grooming, toileting, or dressing, when his/her ability to function was impaired by OCD.	①	②	③	④	⑤
10. I helped my relative prepare food when s/he couldn't do so because of OCD.	①	②	③	④	⑤
11. I took on family or household responsibilities that my relative couldn't adequately perform due to OCD. <i>Examples: doing bills, shopping, and/or taking care of children for my relative (when, except for OCD, I wouldn't have done so).</i>	①	②	③	④	⑤
12. I avoided talking about things that might trigger my relative's obsessions or compulsions.	①	②	③	④	⑤
13. I stopped myself from doing things that could have led my relative to have obsessions or compulsions. <i>Examples: not moving items that my relative has carefully lined up.</i>	①	②	③	④	⑤
14. I made excuses or lied for my relative when s/he missed work or a social activity because of his/her OCD.	①	②	③	④	⑤
15. I didn't do anything to stop unusual OCD-related behaviors by my relative. <i>Examples: tolerating my relative's repetitive actions such as going in and out of a doorway or touching/tapping objects a certain number of times.</i>	①	②	③	④	⑤
16. I put up with unusual conditions in my home because of my relative's OCD. <i>Examples: leaving the home cluttered with papers that my relative won't throw away.</i>	①	②	③	④	⑤
17. I cut back on leisure activities because of my relative's OCD. <i>Examples: spending less time socializing, doing hobbies, exercising.</i>	①	②	③	④	⑤
18. I changed my work or school schedule because of my relative's OCD.	①	②	③	④	⑤
19. I put off some of my family responsibilities because of my relative's OCD. <i>Examples: I spent less time than I would have liked with other relatives; I neglected my household chores.</i>	①	②	③	④	⑤
TOTAL SCORE (sum of responses to items 1-19)					