

BIJLAGE 1: **FAMILY ACCOMMODATION SCALE – ANXIETY (FASA)⁷**

Ontwikkeld door

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De FASA is een aangepaste versie van de Family Accommodation Scale die is ontwikkeld door Calvocoressi et al. (1995,1999) en is aangepast met toestemming van de auteur.

⁷ Gezinsaanpassingsschaal bij angst.

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Je naam:			Naam van het kind:			
Relatie tot het kind:			Leeftijd van het kind:			
Deelname aan symptoomgerelateerd gedrag in de afgelopen maanden						
		Nooit	1-3 keer per maand	1-2 keer per week	3-6 keer per week	Dagelijks
1	Hoe vaak stelde je je kind gerust?	0	1	2	3	4
2	Hoe vaak stelde je dingen ter beschikking vanwege angst?	0	1	2	3	4
3	Hoe vaak nam je deel aan gedrag dat verband hield met de angst van je kind?	0	1	2	3	4
4	Hoe vaak hielp je je kind dingen te vermijden die het angstiger zouden kunnen maken?	0	1	2	3	4
5	Heb je vermeden dingen te doen, ergens heen te gaan of met mensen te zijn in verband met de angst van je kind?	0	1	2	3	4
Verandering van het functioneren gedurende de afgelopen maand						
		Nooit	1-3 keer per maand	1-2 keer per week	3-6 keer per week	Dagelijks
6	Heb je de gezinsroutine veranderd in verband met de symptomen van je kind?	0	1	2	3	4
7	Heb je dingen moeten doen die normaliter de verantwoordelijkheid van je kind zouden zijn?	0	1	2	3	4
8	Heb je je werkschema veranderd vanwege de angst van je kind?	0	1	2	3	4

9	Heb je je vrijetijdsbesteding gewijzigd in verband met de angst van je kind?	0	1	2	3	4
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Zorgen en gevolgen	Nee	Mild	Gemiddeld	Ernstig	Extreem
Veroorzaakt het op deze manier helpen van je kind zorgen bij jou?	0	1	2	3	4
Is je kind van streek geraakt als je het niet hielp? In welke mate?	0	1	2	3	4
Is je kind boos/grof geworden als je het niet hielp? In welke mate?	0	1	2	3	4
Werd de angst van je kind erger toen je het niet hielp? Hoeveel erger?	0	1	2	3	4

BIJLAGE 2: COERCIVE DISRUPTIVE BEHAVIOR SCALE FOR PEDIATRIC OCD⁸

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Coercive Disruptive Behavior Scale for Pediatric OCD (vragenlijst naar dwingend ontwrichtend gedrag bij kinderen met OCD)						
Scoor de mate waarin de volgende gedragingen je kind karakteriseren.						
		Nooit	Zelden	Soms	Vaak	Vrijwel steeds
1	Verbiedt je kind je bepaalde dingen te doen omdat het daar extreem van walgt (bijvoorbeeld verbiedt het hoesten aan tafel)?	0	1	2	3	4
2	Wil je kind steeds dat je dichtbij blijft of gedraagt het zich overdreven afhankelijkheid (bijvoorbeeld het wil geen normale afstand houden, stelt aldoor vragen)?	0	1	2	3	4
3	Legt je kind strakke regels over zindelijkheid of orde op aan andere gezinsleden (bijvoorbeeld vraagt het om herhaald schoonmaken of een speciaal (kleding) wasschema)?	0	1	2	3	4

⁸ Vragenlijst naar dwingend ontwrichtend gedrag bij kinderen met OCD.

4	Verwaarloost je kind zijn persoonlijke hygiëne op een manier die anderen afstoot (nalaten van persoonlijke zaken in publieke ruimten, weigert te douchen en stinkt)?	0	1	2	3	4
5	Dwingt je kind je op een bepaalde manier te gedragen of verbiedt het je bepaalde dingen te doen vanwege extreme kieskeurigheid (bijvoorbeeld verbiedt het dat bepaalde voedingsmiddelen in huis worden gehaald, eist het dat specifieke kleren altijd klaar liggen)?	0	1	2	3	4
6	Verbiedt je kind het gebruik van dingen als het daarbij aanwezig is in verband met gevoelens van angst of walging (bijvoorbeeld messen, scharen, crèmes)?	0	1	2	3	4
7	Verbiedt je kind je wijzigingen aan te brengen in het huishouden of reageert het met woede of geweld op aangebrachte wijzigingen (bijvoorbeeld het verplaatsen van meubels, een nieuwe auto)?	0	1	2	3	4
8	Verbiedt je kind je dat je bepaalde normale dingen doet of reageert het met geweld of woede als je ze doet (bijvoorbeeld het verbiedt je ramen te openen of tv te kijken)?	0	1	2	3	4
9	Dwingt je kind anderen beslissingen voor hem te nemen of vraagt het eindeloos om geruststelling over zijn eigen beslissingen?	0	1	2	3	4
10	Voert je kind rituelen uit die schade aan de omgeving toebrengen (bijvoorbeeld vernielt het dingen door ze eindeloos schoon te maken, laat water over de vloer klotsen tijdens schoonmaken)?	0	1	2	3	4

11	Dwingt je kind anderen om namens hem dingen te doen in verband met gevoelens van angst of walging en reageert het met woede of geweld als dat wordt geweigerd (bijvoorbeeld voor hem de deur open doen in verband met de angst om de klink aan te raken)?	0	1	2	3	4
12	Vraagt je kind om speciale 'knuffels' of geritualiseerd contact zonder dat het rekening houdt met de wil van anderen?	0	1	2	3	4
13	Verbiedt je kind dat er vreemden in huis komen of beperkt het anderen bij hun sociale activiteiten in huis?	0	1	2	3	4
14	Gedraagt je kind zich te intiem bij anderen of vertoont het provocerend gedrag (bijvoorbeeld het loopt naakt rond)?	0	1	2	3	4
15	Herhaalt je kind acties of woorden vele keren en eist het dat ernaar wordt geluisterd of vraagt het de aandacht op hem gericht te houden totdat het zelf vindt dat het genoeg is?	0	1	2	3	4
16	Dringt je kind zich lichamelijk op, op een manier die voor anderen niet plezierig is (bijvoorbeeld benadert en omhelst voor lange tijd, schreeuwt in de oren van anderen)?	0	1	2	3	4
17	Houdt je kind de ouders of anderen uit de slaap (bijvoorbeeld eist dat ze de hele nacht bij hem zijn, doet de lichten aan en uit)?	0	1	2	3	4
18	Legt je kind anderen gedragsregels op in verband met gevoeligheden die bijvoorbeeld met de zintuigen te maken hebben en reageert het met woede of geweld als ze zich er niet aan houden (bijvoorbeeld verbiedt bepaalde geluiden, vraagt om specifieke temperatuurinstellingen)	0	1	2	3	4

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