

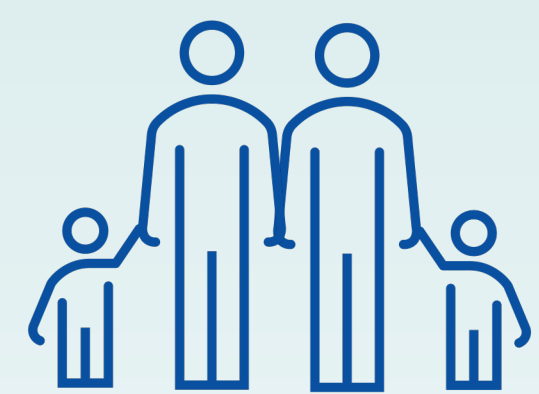
Exploring Family Factors in Pediatric Obsessive-Compulsive Disorder and Psychiatric Outpatient Controls



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Background



Consideration of **family factors** is critical in the context of pediatric psychiatric illness.

Family functioning impairment (FFI) has been well characterized in pediatric obsessive-compulsive disorder (OCD), with profound impacts on family routines, socio-occupational factors and emotional responses.



In pediatric OCD, poor **parental tolerance of child's distress (PTCD)** and accommodation behaviors are associated with increased symptom severity and treatment resistance.

Proposed Study

Rationale:

There remains a need to characterize how FFI and PTCD in OCD compare to that experienced in families coping with other youth psychiatric conditions.

Objectives:

- To compare FFI in youths referred to the OCD clinic relative to other psychiatry clinics at The British Columbia Children's Hospital (BCCH) in Vancouver, Canada
- To compare PTCD between OCD and non-OCD cohorts
- To explore correlates of mental illness-related FFI and PTCD

Methodology

Data:

- Family Input Tool at BCCH (n=1221, years 2019-2023)
- OCD registry of the Provincial OCD Program (n=192, years 2011-2020)

Predictors of Interest:

- Patient demographics, psychiatric illness (OCD vs. non-OCD), medical history
- Patient's family environment
- Family's psychiatric history

Outcome Measures:

- 21-item **Family Functioning Impairment Scale** (modified from the validated OCD Family Functioning Scale)
- 3-item **PTCD Scale** (modified from the validated Distress Tolerance Scale)

Statistical analysis:

- Multivariable linear regression models: family-related outcome score regressed on clinical predictors and covariates

This project has been approved by the UBC Research Ethics Board

Discussion & Conclusion

Our results identified the following patient populations who **experience increased family functioning impairment**:



- Youths referred to the **OCD** clinic, compared to other clinics combined
 - Highlights OCD's unique presentation with extensive family accommodation and symptom involvement
- Youths with **parental and/or sibling history of behavioral-developmental-psychiatric disorders**
- Youths with **family financial struggles**
- Youths with history of **traumatic incident(s)**



Our findings could help **inform targeted interventions, treatment strategies and social supports** that are catered to the unique circumstances of the youth patients and their families.

Results

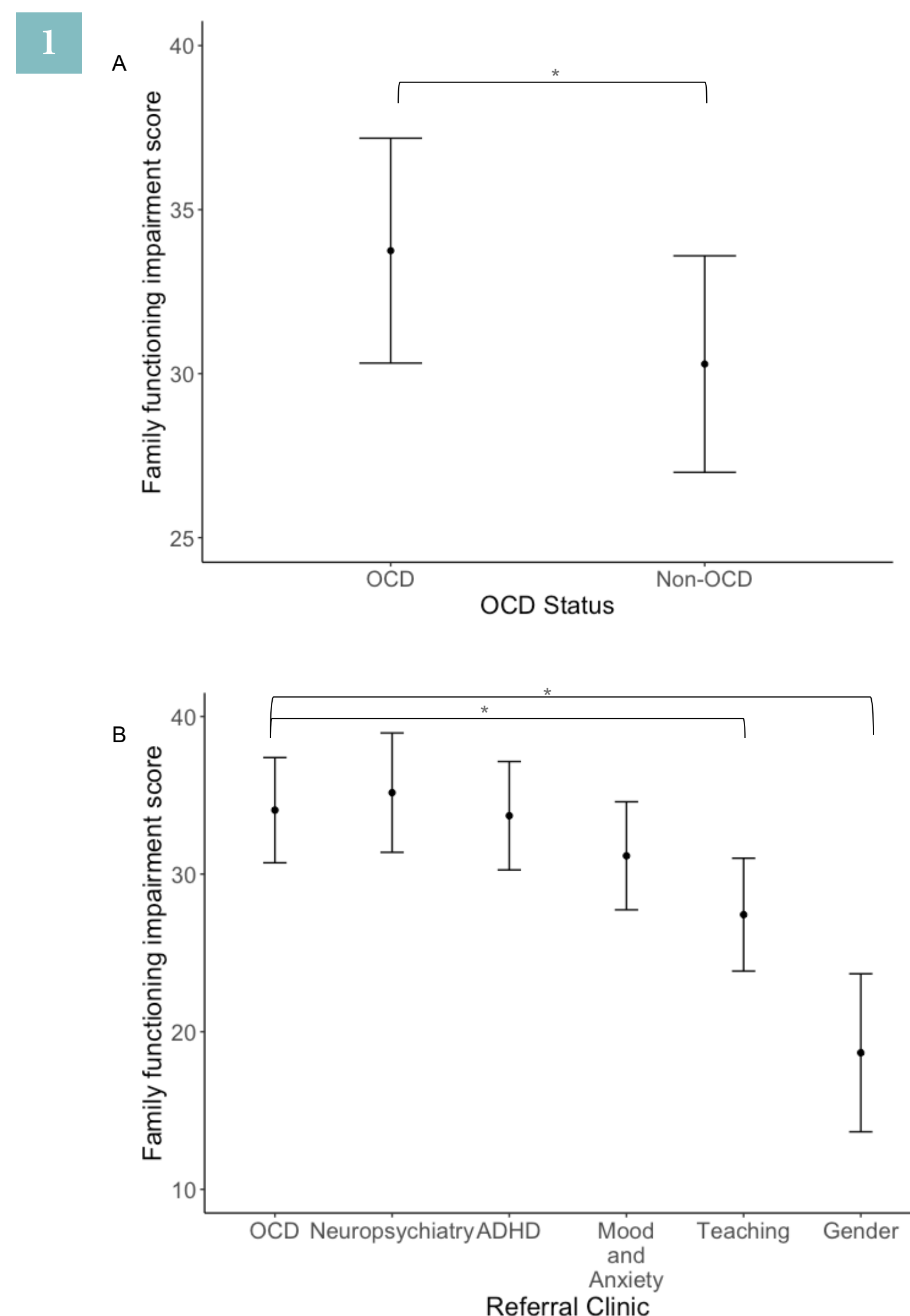


Figure 1. Family functioning impairment score by (A) OCD status and (B) referral clinic; * indicates $p < .05$

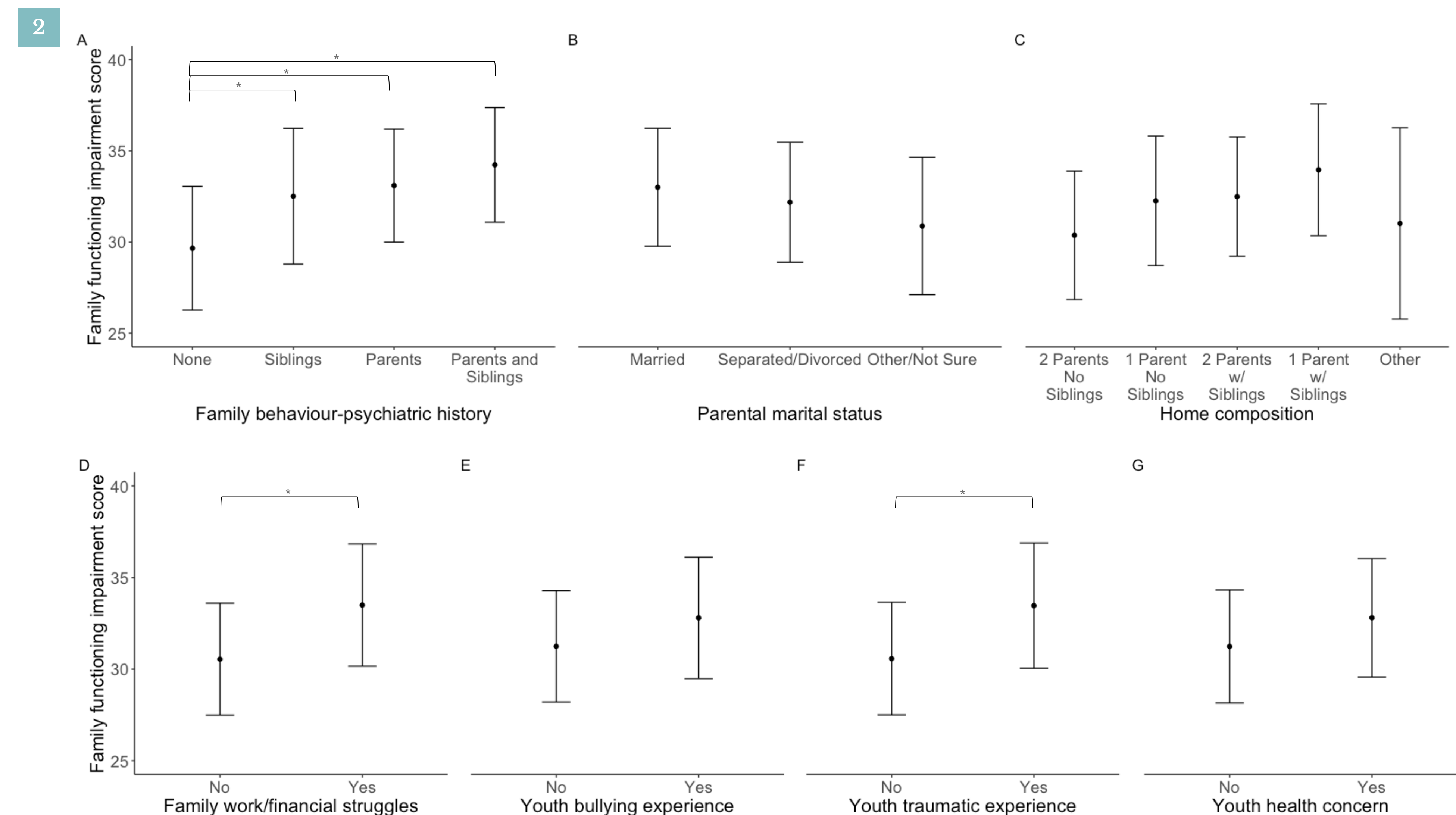


Figure 2. Family functioning impairment score by patient and family characteristics; * indicates $p < .05$