

ASSESSMENTS FOR FAMILIES

Collated by Dr Eleanor Baggott (Clinical Psychologist)

Of the many assessments for families affected by psychosis, few are specifically for first-episode psychosis (FEP) families, and some are now out dated as they often use illness-focused language or are cumbersome in nature. A number of assessments which have been used with FEP families, across a range of domains, are presented in the table below. The domains reflect some of the issues that families affected by FEP can face, and provide some ideas for measuring the effectiveness of family interventions (FIs) delivered to target these different areas.

Measure	Authors	Description
The impact of the caring role (caregiver burden)		
Experience of Caregiving Inventory (ECI)	Szmukler et al, 1996	66-item self-report measure of 10 positive and negative aspects of caregiving (e.g. difficult behaviours, negative symptoms, stigma, dependency, loss, rewarding personal experiences, good aspects of relationships). Used in many FEP studies (see review by Jansen et al, 2015 and Claxton et al, 2017).
Caregiver Burden Inventory (CBI)	Novak and Guest, 1989	24-item scale covering 5 dimensions of burden (time dependence, developmental, physical, social and emotional). Used with FEP carers (e.g. Patel et al, 2014; Sagut and Duman, 2016).
Involvement Evaluation Questionnaire (IEQ-EU)	van Wijngaarden et al, 2000	81-item self-rated questionnaire completed by the caregiver. Scales include tension, supervision, worrying and urging. Used with FEP carers (e.g. Ruggeri et al, 2017).
Family Burden Interview Schedule (FBIS)	Pai and Kapur, 1981	5 domains of perceived burden (e.g. family finance, leisure, interaction, and physical/mental health). Used with FEP carers (e.g. Chien et al, 2016).
Family environment and functioning		
Family Adaptability and Cohesion Scale (FACES-IV)	Olson, 2008	62-item package including a measure of family cohesion and flexibility, communication and satisfaction. Used with FEP families (e.g. Koutra et al, 2014).
Social-Problem-Solving Inventory-Revised: Short-version (SPSI-R:S)	D'Zurilla et al, 2002	25-item inventory with 2 domains (problem-solving style and problem-solving orientation). Used with FEP carers (e.g. Chien et al, 2016, McCann et al, 2015).
SCORE-15	Stratton et al, 2010	15-item measure of family functioning and captures therapeutic change.

Expressed Emotion / communication

Camberwell Family Interview (CFI)	Vaughn and Leff, 1976	Semi-structured interview assessing family relationships and functioning. Captures elements of EE (critical comments, emotional-overinvolvement, hostility, positive remarks and warmth). Used in many FEP studies (see review by Claxton et al, 2017).
The Family Questionnaire (FQ)	Wiedmann et al, 2002	20-item self-report questionnaire assessing Expressed Emotion (EE). 2 sub-scales measuring critical comments and emotional over-involvement. Validated against the Camberwell Family Interview. Used in many FEP studies (see review by Claxton et al, 2017).
Family Attitude Scale (FAS)	Kavanagh et al, 1997	30-item instrument measuring relationship stress and expressed anger. Used in FEP (e.g. Kavanagh et al, 2008; Hamaie, 2016) but not as sensitive to predicting relapse as the CFI.
Five-Minute Speech Sample (FMSS)	Magana et al, 1986	Brief method to assess EE by rating 5 minutes of speech from a relative talking about the person. Used in FEP (e.g. Bachmann et al, 2002).

Wellbeing / stress/ symptomatology

General Health Questionnaire (GHQ)	Goldberg, 1978	Used to assess caregiver distress with different item numbers available. Used in many studies of FEP carers/families (see review by Claxton et al, 2017)
Symptom Checklist-90-R (SCL-90-R)	Derogatis and Cleary, 1977	90-item measure of 9 symptom dimensions (e.g. depression, anxiety, hostility, somatisation etc.). Used with FEP (e.g. Domínguez-Martínez et al, 2017).
Psychological General Wellbeing Index (PGWI)	Dupuy, 1977	24-items covering concerns about psychical and psychological wellbeing. Used with FEP carers (e.g. Addington et al, 2003; McCleary et al, 2007).
Perceived Stress Scale (PSS)	Cohen et al, 1983	10-item scale measures perceived stress over the preceding month. Used with FEP carers (e.g. Sadath et al, 2017).
The Kessler Psychological Distress Scale (K-10)	Kessler et al, 2002	10-item self-report questionnaire assessing psychological distress in the general population. Used with FEP carers (e.g. McCann et al, 2013; see review by Claxton et al, 2017).
WHO Quality of Life (WHOQOL-BREF)	World Health Organisation, 1998	26-item self-report measure with 4 domains of QOL (physical, psychological, social and environmental). Used with FEP families (e.g. Bowman et al, 2017)

Texas Inventory of Grief (TIG)	Faschingbauer, 1981	2-part questionnaire measuring initial reactions to loss and ongoing grieving. Used in FEP (e.g. Patterson et al, 2000) and adapted to create EI-specific version (Mulligan et al, 2012).
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Coping

Carver's Coping Orientations to Problems Experienced (COPE)	Carver et al, 1989	Questionnaire with 14 sub-scales to assess coping. Has been adapted to make it relevant to coping with a relative's mental illness and used in FEP (e.g. Gerson et al, 2011)
Ways of Coping scale (WOC)	Folkman and Lazarus, 1985	Identifies the coping responses people use to deal with a stressful event and has been used with FEP families (e.g. Cotton et al, 2013).
Multidimensional Scale of Perceived Social Support (MSPSS)	Zimet et al, 1988	Self-report measure assessing perceived social support. Used with FEP carers (e.g. Sadath et al, 2017).
Family Inventory of Resources of Management (FIRM)	McCubbin et al, 1991	Subscales of Extended Family Social Support, the Family Crisis-Oriented Personal Evaluation scale (F-COPES) and Acquiring Social Support. Used in FEP (e.g. Mo'tamedi et al, 2014).

Knowledge / perceptions of illness

Illness Perceptions Questionnaire for Schizophrenia-Relatives' version (IPQS-R)	Lobban et al, 2005	Assesses relatives' beliefs about psychosis including subscales of causes, consequences, control, blame, treatment, coherence and emotions. Used with FEP relatives (e.g. Domínguez-Martínez et al, 2017).
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Stigma

Opinions about Mental Illness scale (OMI)	Cohen and Struening, 1962	Covers different aspects of stigma e.g. linking mental illness to stereotypes, difference, and status loss/discrimination. It has been adapted to use with FEP families (Wong et al, 2009).
Family Experiences Interview Schedule (FEIS)	Tessler and Gamach, 1995	Primarily assesses family burden but includes a stigma subscale assessing 'associative stigma', which has been used with FEP families (e.g. Wong et al, 2009).

Satisfaction with services

Verona Service Satisfaction Scale Relatives version (VSSS-R)	Ruggeri and Dall-Agnola, 1993	Measures satisfaction of relatives with services and has been used with FEP (e.g. Ruggeri et al, 2017).
Qualitative analysis of carers' views	Lavis, et al, 2015;	Interviewing families individually and through focus groups can help to explore their

of EIP	Woolley, 2012	satisfaction with EIP (e.g. Lavis et al, 2015; Woolley, 2012).
Family needs assessments / care planning tools		
Carers Star – Outcomes Star for People Caring for Others	Burns et al, 2017	Carers’ version of the Mental Health Recovery Star which has been helpful for FEP clients.
Relatives' Urgent Needs Schedule – Early Intervention version (RUNS-EI)	Mulligan et al, 2012	Measure to assess the level of ‘urgent need’ for families affected by FEP.
Siblings		
The Adult Sibling Relationship Questionnaire (ASRQ)	Stocker et al, 1997	81-items covering areas of warmth, conflict and rivalry. Used with FEP siblings (Bowman et al, 2017).

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