

# What to Expect During an Assessment for Anxiety or Obsessive-Compulsive Disorder (OCD)

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## What happens at the initial visit?

Our assessments typically take 2 appointments. At the initial visit, our clinicians will do a thorough assessment of all anxiety, OCD, and related concerns, including mood, behaviors, eating and sleep. Clinicians will talk to caregivers and youth together and then, often separately. We may gather questionnaires and releases of information to talk to other people who can help us fully understand the concerns.

Our interviews are based on evidence-based assessment tools that have been validated through research.

## How long are the visits?

The first visit is usually 60 to 90 minutes. Clinicians will ask you a lot of questions to gather history and information about current symptoms and functioning.

The second visit is usually a 45 to 60-minute feedback session. Clinicians give you feedback about diagnosis and evidence-based treatment recommendations for your child. They will discuss services available through Seattle Children's or the community, including the recommended level of care (for example, weekly outpatient, intensive outpatient, or inpatient levels of care).

## What can I expect from the evaluation?

Our clinicians will provide a thorough assessment of diagnosis and treatment recommendations for the best care for your family and your child. This includes treatment options within Seattle Children's or elsewhere in the community. This evaluation does not guarantee treatment will be provided at Seattle Children's.

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### To Learn More

- Psychiatry and Behavioral Medicine  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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