

Family-Centered Care Resources and Exemplars

Books & Book Chapters

- McDaniel, S., Campbell, T. L., Hepworth, J., & Lorenz, A. (2005). McDaniel, S. H., Campbell, T. L., Hepworth, J., & Lorenz, A. (2005). *Family-oriented primary care* (2nd ed.). Springer.
- Mendenhall, T., Lamson, A., Hodgson, J., & Baird, M. (Eds.). (2018). *Clinical methods in medical family therapy*. New York, NY: Springer. doi: 10.1007/978-3-319-68834-3
- Pratt, K. J., Van Fossen, C. A., Utržan, D. S., & Berge, J. M. (2020). Family-based prevention and intervention for child physical health conditions. In K. S. Wampler, R. B. Miller, & R. B. Seedall (Eds.), *The handbook of systemic family therapy* (Vol. 2, pp. 217–239). Wiley-Blackwell. doi: 10.1002/9781119438519.ch42
- Priest, J. B. (2025). *The Science of Family Systems Theory: Foundations for Effective Clinical Practice*. Routledge.
- Robinson, S. K. (2021). Person-centered, family-centered, and community-oriented primary care (Chapter 4). In *Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care*. National Academies Press.
- Ruddy, N. B., & McDaniel, S. H. (2024). *A systemic approach to behavioral healthcare integration: Context matters*. American Psychological Association.
- Shajan, Z., & Snell, D. (2023). *Wright & Leahey's nurses and families: A guide to family assessment and intervention* (8th ed.). FA Davis.

Implementation Resources

- [AHRQ: Engaging Patients and Families in Their Healthcare](#)
- [Institute for Patient- and Family-Centered Care](#)
- Family Interviewing Skills training module: [FCOF](#)
- Family Nursing Practice Scale
 - Simpson, P. & Tarrant, M. (2006). Development of the Family Nursing Practice Scale. *Journal of Family Nursing*, 12(4), 413-425. doi: 10.1177/1074840706290806
- [Family Voices Family-Centered Care Self-Assessment Tool](#)
 - Wells, N., Bronheim, S., Zyzanski, S., & Hoover, C. (2015). Psychometric evaluation of a consumer-developed family-centered care assessment tool. *Matern Child Health J*, 19, 1899-1909. doi: 10.1007/s10995-015-1709-y
- Feinberg, L. (2012). *Moving toward person and family-centered care*. AARP Public Policy Institute: <https://collections.nlm.nih.gov/catalog/nlm:nlmuid-101585624-pdf>.
- Institute for Healthcare Improvement [Patient- and Family-Centered Care Organizational Self-Assessment Tool](#)
- Lamson, A. L., Hodgson, J. L., Limon, F., & Feng, C. (2022). Medical family therapy in rural community health: A longitudinal "Peek" into integrated care successes. *Contemporary Family Therapy*, 44(1), 29–43. doi: 10.1007/s10591-021-09626-1

- National Academies of Sciences, Engineering, and Medicine. (2021). *Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care*.

Policy Resources

- American Association for Marriage and Family Therapy. (2019). [*Systemic Family Therapists Within Healthcare Settings*](#). Alexandria, VA.
- Barnes, M. D., Hanson, C. L., Novilla, L. B., Magnusson, B. M., Crandall, A. C., & Bradford, G. (2020). Family-centered health promotion: Perspectives for engaging families and achieving better health outcomes. *Inquiry*, 57, 46958020923537. doi: 10.1177/0046958020923537
- Hodgson, J., & Lamson, A. L. (2020). The importance of policy and advocacy in systemic family therapy. In K. S. Wampler, R. B. Miller, & R. B. Seedall (Eds.), *The handbook of systemic family therapy (Volume 1): The profession of systemic family therapy* (pp. 729–751). Wiley Blackwell.
- Law, D.D., Crane, D.R., & Berge, J.M. (2003). The influence of individual, marital, and family therapy on high utilizers of health care. *Journal of Marital and Family Therapy*, 29(3), 353-363. doi: 10.1111/j.1752-0606.2003.tb01212.x
- Roberts, K. M., & Trejo, A. N. (2022). Provider, health system: An examination of institutionally racist healthcare regulatory practices and structures. *Contemporary Family Therapy*, 44(1), 4–15. doi: 10.1007/s10591-021-09630-5

Screening Tools

- Brief Assessment of Family Functioning Scale: *3-item measure derived from the Family Assessment Device*
 - Mansfield, A. K., Keitner, G. I., & Sheeran, T. (2019). The Brief Assessment of Family Functioning Scale (BAFFS): A three-item version of the general functioning scale of the Family Assessment Device. *Psychotherapy Research*, 29(6), 824–831. doi: 10.1080/10503307.2017.1422213
- Caregiver Checklist
 - Riffin, C., Wolff, J. L., & Pillemer, K. A. (2025). Development and evaluation of a caregiver checklist for primary care. *Families, Systems, & Health*, 43(2), 277-288. doi: 10.1037/fsh0000937
- [Emotionally Close Relationships Scale \(ECR-RS\)](#)
 - Fraley, R. C., Heffernan, M. E., Vicary, A. M., & Brumbaugh, C. C. (2011). The Experiences in Close Relationships - Relationship Structures Questionnaire: A method for assessing attachment orientations across relationships. *Psychological Assessment*, 23(3), 615.
 - Pratt, K. J., Ferriby, M., Brown, C. L., Noria, S., Needleman, B., & Skelton, J. A. (2019). Adult weight management patients' perceptions of family dynamics and weight status. *Clinical Obesity*, 9, e12326. doi: 10.1111/cob.12326
- [Family Assessment Device](#)
 - Byles, J., Byrne, C., Boyle, M. H., & Offord, D. R. (1988). Ontario child health study: Reliability and validity of the general functioning subscale of the McMaster Family Assessment Device. *Family Process*, 27(1), 97–104. doi: 10.1111/j.1545-5300.1988.00097.x

- Pratt, K. J., Ferriby, M., Brown, C. L., Noria, S., Needleman, B., & Skelton, J. A. (2019). Adult weight management patients' perceptions of family dynamics and weight status. *Clinical Obesity*, 9, e12326. doi: 10.1111/cob.12326
- [Family Health Scale](#)
 - Crandall, A., Weiss-Laxer, N. S., Broadbent, E., Holmes, E. K., Magnusson, B. M., Okano, L., ... & Novilla, L. B. (2020). The Family Health Scale: Reliability and validity of a short- and long-form. *Frontiers in Public Health*, 8, 587125. doi: 10.3389/fpubh.2020.587125
 - Weiss-Laxer, N., Platt, R., Crandall, A., Berge, J. M., Wahler, A., Russ, S. A., & Kuo, D. Z. (2025). Provider, staff, and parent perspectives on the feasibility, utility, and implementation of the Family Health Scale in primary care pediatrics. *Families, Systems, & Health*, 43(2), 248-266. doi: [10.1037/fsh0000944](https://doi.org/10.1037/fsh0000944)
- [Holmes-Rahe Life Stress Inventory](#)
 - Noone, P.A. (2017). The Holmes-Rahe Stress Inventory. *Occupational Medicine*, 67, 581-582. doi: 10.1093/occmed/kqx099
- [Social Support for Diet and Exercise Surveys](#)
 - Pratt, K. J., Ferriby, M., Noria, S., Skelton, J., Taylor, C., & Needleman, B. (2020). Perceived child weight status, family structure and functioning, and support for health behaviors in a sample of bariatric surgery patients. *Families, Systems, & Health*, 38(3), 300-309. doi: 10.1037/fsh0000317
 - Sallis, J. F., Grossman, R. M., Pinski, R. B., Patterson, T. L., & Nader, P. R. (1987). The development of scales to measure social support for diet and exercise behaviors. *Preventive Medicine*, 16, 825-836. doi: 10.1016/0091-7435(87)90022-3

Selected Research Exemplars

Chronic Pain

- Woods, S. B., Roberson, P. N., Booker, Q., Wood, B. L., & Booker, S. Q. (2024). Longitudinal associations of family relationship quality with chronic pain incidence and persistence among aging African Americans. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 79(7), gbae064. doi: 10.1093/geronb/gbae064

Diabetes

- Hiefner, A. R., Raman, S., & Woods, S. B. (2024). Family support and type 2 diabetes self-management behaviors in underserved Latino/a/x patients. *Annals of Behavioral Medicine*, 58(7), 477-487. doi: 10.1093/abm/kaae023
- Mayberry, L. S., Rothman, R. L., & Osborn, C. Y. (2014). Family members' obstructive behaviors appear to be more harmful among adults with type 2 diabetes and limited health literacy. *Journal of Health Communication*, 19(2), 132-143. doi: 10.1080/10810730.2014.938840
- Roberson, P. N., Woods, S. B., Mitchell, E., & Tasman, J. (2025). I just need a little support: Marital support and strain link to A1C for people with diabetes. *Personal Relationships*, 32(1), e12586. doi: 10.1111/pere.12586

Family Engagement

- Andrades, M., Kausar, S., & Ambreen, A. (2013). Role and influence of the patient's companion in family medicine consultations: "The Patient's Perspective." *Journal of Family Medicine and Primary Care*, 2(3), 283–287. doi: 10.4103/2249-4863.120767
- Cené, C. W., Haymore, L. B., Lin, F. C., Laux, J., Jones, C. D., Wu, J. R., DeWalt, D., Pignone, M., & Corbie-Smith, G. (2015). Family member accompaniment to routine medical visits is associated with better self-care in heart failure patients. *Chronic Illness*, 11(1), 21–32. doi: 10.1177/1742395314532142
- Ong, H. S., Fernandez, P. A., & Lim, H. K. (2021). Family engagement as part of managing patients with mental illness in primary care. *Singapore Medical Journal*, 62(5), 213–219. doi: 10.11622/smedj.2021057
- Rosland, A. M., Piette, J. D., Choi, H., & Heisler, M. (2011). Family and friend participation in primary care visits of patients with diabetes or heart failure: patient and physician determinants and experiences. *Medical Care*, 49(1), 37–45. doi: 10.1097/MLR.0b013e3181f37d28
- Skundberg-Kletthagen, H., Gonzalez, M. T., Schröder, A., & Moen, Ø. L. (2020). Mental health professionals' experiences with applying a family-centred care focus in their clinical work. *Issues in Mental Health Nursing*, 41(9), 815–823. doi: 10.1080/01612840.2020.1731028
- Wolff, J. L., Clayman, M. L., Rabins, P., Cook, M. A., & Roter, D. L. (2012). An exploration of patient and family engagement in routine primary care visits. *Health Expectations*, 18, 188–198. doi: 10.1111/hex.12019

Healthcare Utilization

- Law, D.D., Crane, D.R., & Berge, J.M. (2003). The influence of individual, marital, and family therapy on high utilizers of health care. *Journal of Marital and Family Therapy*, 29(3), 353–363. doi: 10.1111/j.1752-0606.2003.tb01212.x

Hypertension

- Woods, S. B., Hiefner, A. R., Udezi, V., Slaughter, G., Moore, R., & Arnold, E. M. (2023). 'They should walk with you': the perspectives of African Americans living with hypertension and their family members on disease self-management. *Ethnicity & Health*, 28(3), 373–398. doi: 10.1080/13557858.2022.2040958
- Woods, S. B., Roberson, P. N., Pryor, J. B., Obregon, S. D., Nesbitt, S., & Udezi, V. (2025). A Community-based participatory approach to evaluating and adapting an innovative family-based hypertension self-management intervention for African American primary care patients. *Journal of Racial and Ethnic Health Disparities*, 1–19. doi: 10.1007/s40615-025-02534-2

Inpatient

- Abukari, A.S. & Schmollgruber, S. (2025). Developing conceptual guidelines for family-centered care for standard ICU practice: A constructivist grounded theory. *Journal of Pediatric Nursing*, 80, e95–e103. doi: 10.1016/j.pedn.2024.11.025
- Dokken, D. L., Abraham, M. R., & Johnson, B. H. (2024). Patient- and family-centered rounds: Partnering to improve care. *Pediatrics*, 153(3), e2023063619. doi: 10.1542/peds.2023-063619

- Lee, H. W., Park, Y., Jang, E. J., & Lee, Y. J. (2019). Intensive care unit length of stay is reduced by protocolized family support intervention: a systematic review and meta-analysis. *Intensive care medicine*, 45(8), 1072-1081. doi: 10.1007/s00134-019-05802-y.

Older Adults

- Hodgson, J. H., Garcia, K., & Tyndall, L. (2004). Parkinson's disease and the couple relationship: A qualitative analysis. *Families, Systems, & Health*, 22(1), 101-118. doi: 10.1037/1091-7527.22.1.101
- Welch, M. L., Hodgson, J. L., Didericksen, K. W., Lamson, A. L., & Forbes, T. H. (2022). Family-centered primary care for older adults with cognitive impairment. *Contemporary Family Therapy*, 44(1), 67-87. doi: 10.1007/s10591-021-09617-2

Pediatrics

- Kuo, D. Z., Houtrow, A. J., Arango, P., Kuhlthau, K. A., Simmons, J. M., & Neff, J. M. (2012). Family-centered care: Current applications and future directions in pediatric health care. *Maternal and Child Health Journal*, 16(2), 297-305. doi: 10.1007/s10995-011-0751-7
- Lisanti, A. J., Min, J., Golfenshtein, N., Marino, B. S., Curley, M. A., & Medoff-Cooper, B. (2024). Perceived family-centered care and post-traumatic stress in parents of infants cared for in the paediatric cardiac intensive care unit. *Nursing in critical care*, 29(5), 1059-1066. doi: 10.1111/nicc.13094
- Pratt, K.J., Van Fossen, C.A., Berge, J.M., Murray, R., & Skelton, J.A. (2019). Youth weight status and family functioning in pediatric primary care. *Clinical Obesity*, 9(4). doi: 10.1111/cob.12314

Research Methods & Theory

- Berge, J.M., Mendenhall, T.J., & Doherty, W.J. (2009). Using Community-Based Participatory Research (CBPR) to target health disparities in families. *Family Relations*, 58(4), 475-488. doi: 10.1111/j.1741-3729.2009.00567.x
- Feinberg, M., Hotez, E., Roy, K., Ledford, C.J.W., Lewin, A.B., Perez-Brena, N., Childress, S., & Berge, J.M. (2022). Family health development: A theoretical framework. *Pediatrics*, 149(5). doi: 10.1542/peds.2021-053509I.

Weight

- Berge, J.M., MacLehose, R., Eisenberg, M.E., Laska, M.N., & Neumark-Sztainer, D. (2012). How significant is the 'significant other'? Associations between significant others' health behaviors and young adults' health outcomes. *International Journal of Behavioral Nutrition and Physical Activity*, 9(1), 35-41. doi: 10.1186/1479-5868-9-35.

Systematic & Scoping Reviews

Overview of Family-Centered Approaches

- Hriberšek, M., Eibensteiner, F., Bukowski, N., Yeung, A. W. K., Atanasov, A. G., & Schaden, E. (2024). Research areas and trends in family-centered care in the 21st century: A bibliometric review. *Frontiers in Medicine*, 11, 1401577. doi: 10.3389/fmed.2024.1401577

- Kokorelias, K. M., Gignac, M. A. M., Naglie, G., & Cameron, J. I. (2019). Towards a universal model of family centered care: A scoping review. *BMC Health Services Research*, 19, 564. doi: 10.1186/s12913-019-4394-5
- Novak, J.R, Pratt, K., Hernandez, D.C., & Berge, J.M. (2022). Family systems and obesity: A review of key concepts and influences within and between family subsystems and a call for family-informed interventions. *Journal of Family Theory and Review*, 15(1), 38-56. doi: 10.1111/jftr.12474

Implementation

- Benbelkheir, B., Canga-Armayor, A., Alfaro-Diaz, C., Canga-Armayor, N., Pueyo-Garrigues, M., Svavarsdottir, E. K., & Esandi, N. (2026). Instruments to assess family focused care in nursing clinical practice: A systematic review of psychometric properties. *Journal of Clinical Nursing*, 35(1), 7–32. doi: 10.1111/jocn.70016
- Lamson, A. L., Hodgson, J. L., Pratt, K. J., Mendenhall, T. J., Wong, A. G., Sesemann, E. M., ... & Martin, M. P. (2022). Couple and family interventions for high mortality health conditions: A strategic review (2010–2019). *Journal of Marital and Family Therapy*, 48(1), 307-345. doi: 10.1111/jmft.12564
- Park, M., Giap, T. T. T., Lee, M., Jeong, H., Jeong, M., & Go, Y. (2018). Patient- and family-centered care interventions for improving the quality of health care: A review of systematic reviews. *International Journal of Nursing Studies*, 87, 69–83. doi: 10.1016/j.ijnurstu.2018.07.006
- Rosland, A. M., Heisler, M., & Piette, J. D. (2012). The impact of family behaviors and communication patterns on chronic illness outcomes: a systematic review. *Journal of Behavioral Medicine*, 35(2), 221-239. doi: 10.1007/s10865-011-9354-4
- Woldring, J. M., Luttik, M. L., Paans, W., & Gans, R. O. (2023). The added value of family-centered rounds in the hospital setting: A systematic review of systematic reviews. *PLoS One*, 18(1), e0280142. doi: 10.1371/journal.pone.0280142
- Yeomans, E., Butler, A. E., Hunt, R. W., & Copnell, B. (2026). Interventions to enhance family-centred care in the neonatal intensive care unit: A scoping review. *Intensive & Critical Care Nursing*, 93(104313). doi: 10.1016/j.iccn.2025.104313

Teaching Resources

- [AAMFT Competencies for Family Therapists in Healthcare](#)
- [ACEC Family-Centered Communication Strategies Teaching Strategy](#)
- [AMA Journal of Ethics: Teaching PFCC](#)
- [Family-Centered Observation Form](#)
- [Family-Centered Rounds Toolkit](#)
- Feinberg, M., Hotez, E., Roy, K., Ledford, C.J.W., Lewin, A.B., Perez-Brena, N., Childress, S., & Berge, J.M. (2022). Family health development: A theoretical framework. *Pediatrics*, 149(5). doi: 10.1542/peds.2021-053509I.
- Genograms
 - Butler, J. F. (2008). The family diagram and genogram: Comparisons and contrasts. *The American Journal of Family Therapy*, 36(3), 169-180. doi: 10.1080/01926180701291055

- Rohrbaugh, M., Rogers, J. C., & McGoldrick, M. (1992). How do experts read family genograms?. *Family Systems Medicine*, 10(1), 79. doi: 10.1037/h0084972
- Philibert, I., Patow, C., & Cichon, J. (2011). Incorporating patient-and family-centered care into resident education: Approaches, benefits, and challenges. *Journal of Graduate Medical Education*, 3(2), 272-278. doi: 10.4300/JGME-D-10-00084.1
- Telehealth:
 - [Family Voices Telehealth Academy](#)
 - [Telehealth Family Resource Guide](#)
 - [Understanding Telehealth: Working with Children and Families](#)
- Tyndall, L., Hodgson, J., Lamson, A., White, M., & Knight, S. (2014). Medical family therapy: Charting a course in competencies. *Contemp Fam Ther*, 34, 171-186. doi: 10.1007/s10591-012-9191-9
- [USF Health Mother-Focused Care Toolbox](#)