

What is the Family Relations Test?

The Family Relations Test (FRT) is a standardised psychological assessment that helps understand how a child or young person feels about key family members, such as parents, siblings, or carers.



Developed by psychologists and supported by a strong evidence base, the FRT offers valuable insights into a child's emotional bonds, loyalty conflicts, and internalised feelings of affection, anxiety, or hostility within family relationships.

Because it uses structured, validated materials, the FRT requires specific professional training and interpretation by qualified practitioners.



At Oakdale, we use the FRT alongside other relational and attachment measures to develop a comprehensive, multi-method understanding of each child's emotional world, ensuring that recommendations are accurate, meaningful, and rooted in evidence-based practice.