

Y-BOCS

The Yale-Brown obsessive-compulsive symptom checklist (Y-BOCS) is widely used by professionals to assess obsessions and compulsions. Below is a shortened version. Rate your current obsessions on a scale from '0' to '100' as to how much discomfort they cause, where '0' represents no discomfort and '100' represents extreme panic. You can also add any details that you think are relevant, such as the specific nature of a fear or obsession.

1. Aggressive obsessions	Rating
Fear of harming yourself	
Fear of harming others	
Trouble with violent or horrific images	
Fear of blurting out obscenities or insults	
Fear of doing something else embarrassing	
Fear that you will act on unwanted impulses (e.g. to stab a loved one)	
Fear that you will harm others by not being careful enough (e.g. driving over someone in a road traffic accident)	
Fear that you will be responsible for something terrible happening (e.g. fire, burglary, gas explosion)	
Fear that you will steal things	
Other aggressive or injurious obsessions ...	
2. Contamination obsessions	Rating
Concern or disgust with bodily waste or secretions (e.g. urine, faeces, saliva, semen)	
Concern with dirt or germs	

Excessive concern with environmental contaminants (e.g. asbestos, radiation, toxic waste)	
Excessive concern with household chemicals or cleansing agents	
Excessive concern with animals or insects	
Fear of sticky substances or residues	
Concern that you will get ill because of a contaminant	
Concern that you will get others ill by spreading contaminants	
Concern with disease (e.g. AIDS, hepatitis, VD)	
No concern with consequences of contamination other than how it might feel	
Other contamination obsessions ...	
3. Sexual obsessions	Rating
Forbidden or perverse thoughts, images or impulses	
Thoughts or impulses involving children or incest	
Thoughts or impulses involving homosexuality	
Inappropriate or aggressive sexual behaviour towards others	
Other sexual obsessions ...	
4. Hoarding / saving obsessions	Rating
Excessive hoarding or saving of objects (e.g. magazines, papers, rubbish)	
5. Religious obsessions	Rating
Concern with sacrilege, blasphemy or sinfulness	
Excessive concern with right and wrong or morality	
Other religious images or thoughts about the Devil	
Other religious obsessions ...	
6. Obsession with need for symmetry	Rating

Need to have objects placed symmetrically or 'just so'	
7. Miscellaneous obsessions	Rating
Need to know or remember	
Fear of saying certain things	
Fear of not saying just the right thing	
Fear of losing things	
Intrusive (non-violent or neutral) images	
Intrusive nonsense sounds, words or music	
Bothered by certain sounds or noises	
Lucky or unlucky numbers	
Colours with special significance	
Superstitious fears	
Concern with certain numbers	
Fear of making mistakes	
Other obsessions ...	
8. Somatic obsessions	Rating
Concern with illness or disease	
Excessive concern with body parts or aspect of appearance	

Avoidance

What objects, activities or situations do you avoid because of your obsessions? Rate each item on a scale from '0' to '100' as to how comfortable it would be to confront it, where '0' represents no discomfort and '100' represents extreme panic.

Object, activity, or situation avoided	Rating

Compulsions

Compulsions (or rituals) are actions repeated to reduce discomfort (e.g. anxiety or guilt) which one feels driven to perform. Rate your current compulsions on a scale from '0' to '100' as to how much discomfort would occur if you were unable to perform them, where '0' represents no discomfort, and '100' is extreme panic.

9. Cleaning / washing compulsions	Rating
Excessive or ritualised hand washing	
Excessive or ritualised showering or bathing	
Excessive tooth brushing	
Excessive grooming or shaving	
Excessive toilet routine	
Excessive cleaning of household items or other objects	

Use of special cleansers to remove 'contamination'	
Use of other measures to prevent contact with or remove 'contamination'	
Other cleaning compulsions ...	
10. Checking compulsions	Rating
Need to check electricity switches / appliances	
Need to check gas taps	
Need to check locks	
Need to check water taps	
Need to check that you did not, or will not, harm others	
Need to check that you did not, or will not, harm yourself	
Need to check that nothing terrible did, or will, happen	
Need to check that you did not make a mistake	
Need to check your body because of somatic obsessions (e.g. checking body parts)	
Other checking compulsions ...	
11. Repeating rituals	Rating
Need to re-read or re-write	
Need to repeat routine activities (e.g. crossing thresholds, going in / out, up / down from chair, tying shoes, dressing / undressing)	
Other repeating compulsions ...	
12. Counting compulsions	Rating
Counting a set number of times	
13. Ordering	Rating
Keep objects in order or arranged 'just so'	
14. Hoarding / collecting compulsions	Rating

Collecting newspapers or useless objects or sorting through rubbish (not including hobbies or collection of objects for monetary or sentimental value)	
15. Miscellaneous compulsions	Rating
Mental rituals to neutralise obsessional thoughts (other than checking or counting)	
Excessive list making	
Need to tell, ask or confess	
Need to touch, tap or rub	
Measures (other than checking) to prevent harm to yourself	
Measures (other than checking) to prevent harm to others	
Measures to prevent terrible consequences	
Rituals involving blinking or staring	
Ritualised eating behaviours	
Superstitious behaviours	
Pulling hairs (from scalp, eyebrows, eyelashes, pubic hair)	
Acts of self-damage or self-mutilation (such as picking skin)	
Repeated requests for reassurance from others	
Other compulsions ...	