

y-boc scale checklist

name: _____

date: _____

from the list of *obsessions* and *compulsions* listed below, tick all that affect you, but clearly mark the principal ones with a "p".

obsessions are repeated, intrusive thoughts and images; *compulsions* are rituals performed in response to the *obsessions*.

it is important to clarify whether reported behaviours are bona fide symptoms of OCD, and not symptoms of another disorder such as simple phobia or hypochondriasis; items marked * may or may not be OCD phenomena.

<i>obsessions</i>	current	past
<i>aggressive obsessions</i>		
fear might harm self		
fear might harm others		
violent or horrific images		
fear of blurting out obscenities or insults		
fear of doing something else embarrassing *		
fear will act on unwanted impulses (e.g. to stab friend)		
fear will steal things		
fear will harm others because not careful enough (e.g. hit & run accident)		
fear will be responsible for something else terrible happening (e.g. fire, burglary)		
other		
<i>contamination obsessions</i>		
concerns or disgust with bodily waste/secretions (e.g. urine, faeces, saliva)		
concern with dirt or germs		
excessive concern with environmental contaminants (e.g. asbestos, radiation, toxic waste)		
excessive concern with household items (e.g. cleansers, solvents)		
excessive concern with animals (e.g. insects)		
bothered by sticky substances or residues		
concerned will get ill because of contaminant		
concerned will get others ill by spreading contaminant (aggressive)		
no concern with contamination consequences other than how it might feel		
other		
<i>sexual obsessions</i>		
forbidden or perverse sexual thoughts, images, or impulses		
content involves children or incest.		
content involves homosexuality		
sexual behaviour toward others (aggressive)*		
other		

[cont.]

<i>hoarding/saving obsessions</i> [<i>distinguish from hobbies and concern with objects of monetary or sentimental value</i>]	current	past
<i>religious obsessions (scrupulosity)</i>		
concerned with sacrilege and blasphemy		
excess concern with right/wrong, morality		
other		
<i>obsession with need for symmetry or exactness</i>		
accompanied by magical thinking (e.g. concerned that mother will have accident unless things are in the right place)		
not accompanied by magical thinking		
<i>miscellaneous obsessions</i>		
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) images		
intrusive nonsense sounds, words, or music		
bothered by certain sounds/noises*		
lucky/unlucky numbers		
colours with special significance		
superstitious fears		
other		
<i>somatic obsessions</i>		
concern with illness or disease*		
excessive concern with body part or aspect of appearance (e.g. dysmorphophobia) *		
other		
<i>compulsions:</i>		
<i>cleaning/washing compulsions</i>		
excessive or ritualized handwashing		
excessive or ritualized showering, bathing, toothbrushing, grooming, or toilet routine		
involves cleaning of household items or other inanimate objects		
other measures to prevent or remove contact with contaminants		
other		
<i>checking compulsions</i>		
checking locks, stove, appliances etc.		
checking that did not/will not harm others		

[cont.]

	current	past
checking that did not/will not harm self		
checking that nothing terrible did/will happen		
checking that did not make mistake		
checking tied to somatic obsessions		
other		
<i>repeating rituals</i>		
re-reading or re-writing		
need to repeat routine activities (e.g. in/out door, up/down from chair)		
other		
<i>counting compulsions</i>		
<i>ordering/arranging compulsions</i>		
<i>hoarding/collecting compulsions</i> [<i>distinguish from hobbies and concern with objects of monetary or sentimental value, (e.g. carefully reads junk mail, piles up old newspapers, sorts through garbage, collects useless objects)</i>]		
<i>miscellaneous compulsions</i>		
mental rituals (other than checking/counting)		
excessive list-making		
need to tell, ask, or confess		
need to touch, tap, or rub*		
rituals involving blinking or staring*		
measures (not checking) to prevent:		
harm to self		
harm to others		
terrible consequences		
ritualized eating behaviours*		
superstitious behaviours		
trichotillomania* (pulling/playing with hair)		
other self-damaging or self-mutilating behaviours*		
other		

[cont.]

target symptom list

name _____ date _____

obsessions:

1. _____

2. _____

3. _____

compulsions:

1. _____

2. _____

3. _____

avoidance:

1. _____

2. _____

3. _____

