

Yale-Brown Obsessive Compulsive Symptom Checklist (Y-BOCS)

- current past **AGGRESSIVE OBSESSIONS**
- 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 MVA)
 - Fear of being responsible for something else terrible happening (e.g., fire, burglary)
 - Other _____
- current past **CONTAMINATION OBSESSIONS**
- Concerns or disgust with bodily waste or secretions (e.g., urine, feces, saliva)
 - Concern with dirt or germs
 - Excessive concern with of environmental contaminants (e.g., asbestos, radiation, toxic waste)
 - Excessive concern with household items (e.g., cleansers, solvents)
 - Excessive concern animals (e.g., insects)
 - Bothered by sticky substances or residues
 - Concerned will get ill because of contaminant
 - Concerned will get others ill by spreading contamination
 - No concern with consequences of contamination other than how it might feel
 - Other _____
- current past **SEXUAL OBSESSIONS**
- Forbidden or unacceptable sexual thoughts/images/impulses
 - Content involves children or incest
 - Content involves homosexuality
 - Sexual behavior toward others (Aggressive)
 - Other _____
- current past **HOARDING/SAVING OBSESSIONS**
- [distinguish from hobbies and concern with objects with monetary or sentimental value]
 - Fears of mistakenly discarding important things along with unimportant items
- current past **RELIGIOUS OBSESSIONS (SCRUPULOSITY)**
- Excessive concern with sacrilege or blasphemy
 - Excessive concern with right/wrong, morality
 - Other _____
- current past **OBSESSION WITH NEED FOR SYMMETRY/EXACTNESS**
- Accompanied by magical thinking (e.g., concerned that mother will have accident unless things are in the right place).
 - Not accompanied by magical thinking (just feels uncomfortable)
- current past **SOMATIC OBSESSIONS**
- Concern with illness or disease
 - Excessive concern with body part or aspect of appearance (e.g., body dysmorphic disorder)
 - Other _____
- current past **MISCELLANEOUS OBSESSIONS**
- 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
- Colors with special significance
- Superstitious fears
- Other _____

- current past **WASHING/CLEANING COMPULSIONS**
- Excessive or ritualized handwashing
 - Excessive or ritualized showering, bathing, tooth brushing, grooming, or toilet routine
 - Excessive cleaning of household items or other inanimate objects
 - Other measures to prevent or remove contact with contaminants
 - Other _____

- current past **CHECKING COMPULSIONS**
- Checking locks, stoves, appliances, etc.
 - Checking that did/will not harm others
 - Checking that did/will not harm self
 - Checking that nothing terrible did/will happen
 - Checking that did not make mistakes
 - Checking tied to somatic obsessions
 - Other _____

- current past **REPEATING RITUALS**
- Re-reading or re-writing
 - Need to repeat routine activities (in/out door, up/down chair)
 - Other _____

- current past **COUNTING COMPULSIONS**
- _____

- current past **ORDERING/ARRANGING COMPULSIONS**
- _____

- current past **MENTAL COMPULSIONS**
- Special words, images, numbers, repeated mentally to neutralize (e.g., lucky numbers)
 - Special prayers (short and long) repeated in a set manner (e.g. "God is good")
 - Mental counting
 - Mentally listmaking
 - Mental reviewing (e.g., reviewing conversations)
 - Other _____

- current past **MISCELLANEOUS COMPULSIONS**
- Excessive listmaking (writing or verbalizing aloud)
 - Urges to ask, tell, or confess
 - Urges to touch, tap, or rub
 - Rituals involving blinking or staring
 - Other measures (not checking) to prevent harm to self or others, or to prevent terrible consequences
 - Ritualized eating behaviors
 - Superstitious behaviors
 - Trichotillomania (hair pulling)
 - Other self-damaging or self-mutilating behaviors (skin picking)
 - Other _____

Yale-Brown Obsessive Compulsive Severity Scale (Y-BOCS)

Y-BOCS TOTAL SCORE (add 1-10)

OBSESSIONS

Time: how much time do obsessions occupy per day; how frequently do they occur	None 0	< 1 hr./rarely 1	1-3 hr./occasionally 2	3-8 hr./frequently 3	> 8 hr./constantly 4
Interference: How much do obsessions keep you from doing activities (e.g., work/school, social)	None 0	slight interference 1	definite, but manageable 2	substantial interference 3	Incapacitating 4
Distress: How much distress do the obsessive thoughts cause you?	None 0	mild 1	disturbing but manageable 2	very disturbing 3	disabling 4
Resistance: How much effort do you make to resist thoughts? How often do you try to turn focus away?	always (100%) 0	usually 1	sometimes 2	rarely 3	never (0%) 4
Control: How successful are you in stopping obsessive thoughts? How often can you beat the thought vs. the thought beating you?	always (100%) 0	usually 1	sometimes 2	rarely 3	never (100%) 4
Obsessions Total					

COMPULSIONS

Time: how much time do you spend performing compulsions per day; how frequently?	none 0	< 1 hr./rarely 1	1-3 hr./occasionally 2	3-8 hr./frequently 3	> 8 hr./constantly 4
Interference: How much do compulsions keep you from doing activities (e.g., work/school, social)	none 0	slight interference 1	definite, but manageable 2	substantial interference 3	unmanageable 4
Distress: If you were prevented from performing compulsive rituals, how distressed would you become?	none 0	mild 1	disturbing but manageable 2	very disturbing 3	disabling 4
Resistance: How much effort do you make to resist performing rituals? How hard do you try?	always (100%) 0	usually 1	sometimes 2	rarely 3	never (0%) 4
Control: How successful are you in stopping rituals yourself?	always (100%) 0	usually 1	sometimes 2	rarely 3	never (100%) 4
Compulsions Total					