

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

Contamination Obsessions

Current Past

- ___ ___ Concerns or disgust with bodily waste or secretions
___ ___ Concerned with dirt or germs.
___ ___ Excessive concern with environmental contaminants
___ ___ Excessive concern with household items (cleaners)
___ ___ Bothered by sticky substances or residues
___ ___ Concerned with getting ill (eg, AIDS)
___ ___ Concerned will get others ill by spreading germs
___ ___ Somatic obsession
___ ___ Other _____

Sexual Obsession

Current Past

- ___ ___ Personally unacceptable sexual thoughts

Hoarding/Saving Obsessions

Current Past

- ___ ___ Collects useless items, eg, old newspapers
(distinguish from hobbies; concern with objects
of monetary or sentimental value)
___ ___ Concerned with losing or throwing out items by
mistake
___ ___ Other _____

Obsession With Need for Symmetry or Exactness

Current Past

- ___ ___ Bothered by things not lined up or being
in order
___ ___ Other _____

Aggressive Obsessions

Current Past

- ___ ___ Violent or horrific images
___ ___ Fear will act on unwanted
impulses (eg, to stab friend)
___ ___ Fear will harm others because not
careful enough (eg, hit and run motor
vehicle accident, putting poison in food)
___ ___ Fear will be responsible for something else
terrible happening (eg, fire, burglary)
___ ___ Other _____

Religious Obsessions (Scrupulosity)

Current Past

- ___ ___ Concerned with sacrilege and blasphemy
___ ___ Excess concern with right and wrong, morality

Pathological Doubt

Current Past

- ___ ___ After completing routine activities, doubts
whether performed or not (eg, whether signed
check to pay bill)
___ ___ Other _____

Other Obsessions

Current Past

- ___ ___ Superstitious fears (eg, luck or unlucky
numbers or colors)
___ ___ Other _____

Cleaning/Washing Compulsions

Current Past

- Excessive or ritualized hand washing
- Excessive or ritualized showering, bathing, tooth brushing, grooming
- Cleaning of household items or other inanimate objects
- Other measures to prevent or remove contact with contaminants
- Other _____

Checking Compulsions

Current Past

- Checking locks, stove, appliances, water faucets, emergency brake
- Checking that did not harm others
- Checking that did not make mistake (eg, balancing checkbooks over and over)
- Checking tied to somatic obsessions (eg, self for signs of cancer)
- Other _____

Repeating Rituals

Current Past

- Rereading or rewriting
- Repeats same questions
- Need to repeat routine activities (eg, in and outdoor)
- Other _____

Hoarding/Collecting Compulsions

Current Past

- Inspecting household trash and accumulating useless objects

Ordering/Arranging Compulsions

Current Past

- Lines up clothes, canned goods, shoes in fixed order
- Need for symmetry (eg, shoelaces must be at same tension, socks at same height)
- Can't complete activity until just right

Other Compulsions

Current Past

- Mental rituals (eg, silently reciting prayers to neutralize a bad thought)
- Counting compulsions (eg, count ceiling tiles)
- Excessive list making
- Pathological slowness (pervades most routine activities)
- Need to tell, ask, confess
- Superstitious behaviors (eg, stepping on cracks, bedtime rituals)
- Asking for reassurance over and over
- Self-damaging behaviors
- Rituals involving blinking or staring
- Need to touch, tap, or rub
- Other _____

Comments

Individuals with any current symptoms warrant further assessment.