

Obsessions

An obsession is defined as a frequent and persistent thought, image, or urge that is unwanted and just pops into your mind and provokes distress, and that you cannot easily dismiss. Tick those obsessions that are most distressing and handicapping as the basis for listing your target obsessions for rating.

1 Aggression or injurious obsessions

I fear harming myself (e.g., from a knife or piece of glass)	
I fear harming other people (e.g., poisoning or hitting a baby, pushing someone in front of a train, hurting someone's feelings)	
I have violent or horrific images in my mind (e.g., murder, carnage)	
I fear blurting out or writing obscenities or insults (especially in a public situation)	

1 Reproduced with permission from W. K. Goodman et al. First published in 'The Yale-Brown Obsessive Compulsive Scale: I. Development, Use, and Reliability', *Archives of General Psychiatry*, 46 (1989), 1006–11.

OVERCOMING OBSESSIVE COMPULSIVE DISORDER

I fear doing something else embarrassing or appearing foolish in a social situation	
I fear I will act upon an unwanted impulse (e.g., drive a car into a cyclist or stab a friend)	
I fear that I will harm others by not being careful enough (e.g., hitting someone in a car accident without realising it)	
I fear I will steal things (or 'cheat' a cashier at a cash register)	
I fear I will be responsible for something else terrible happening by not being careful enough (e.g., fire, burglary, gas explosion)	

2 Contamination obsessions

I am concerned or disgusted with my own or others' bodily waste or secretions (e.g., urine, excrement, saliva, semen, vaginal fluids)	
I am concerned with dirt or germs (e.g., from shaking hands, touching door handles or sitting in a certain chair)	
I am excessively concerned with environmental contaminants (e.g., asbestos, radiation, toxic waste sites)	
I am excessively concerned with household chemicals or cleansers (e.g., kitchen or bathroom cleansers or solvents, or insect sprays)	
I am excessively concerned with contamination from touching animals (e.g., dog, cat, or other animal or insects)	
I am bothered by sticky substances or residues (e.g., tape that might trap contaminants)	
I am concerned that I will get ill following contamination	
I am concerned that I will get others ill by spreading contaminants	

APPENDIX

I am concerned with disease (e.g., AIDS, hepatitis, STDs)	
I have no concern with consequences of contamination other than how it might feel	

3 Sexual obsessions

I have forbidden or perverse sexual thoughts, images, or impulses	
I have sexual thoughts or impulses involving children or incest	
I have sexual thoughts or impulses involving homosexuality	
I have thoughts of inappropriate or aggressive sexual behaviour towards others	

4 Religious obsessions (scrupulosity)

I am concerned with sacrilege and blasphemy or sinfulness	
I am excessively concerned with right and wrong or morality	
I have other religious images or thoughts about the devil	
I have other religious obsessions	

5 Obsession with need for symmetry

I feel I have to have objects placed symmetrically or 'just so'	
---	--

6 Miscellaneous obsessions

I feel I need to know or remember certain things	
I fear saying certain words	

OVERCOMING OBSESSIVE COMPULSIVE DISORDER

I fear not saying just the right thing	
I fear losing things	
I am bothered by intrusive (neutral) mental images	
I am bothered by intrusive nonsense sounds, words, or music	
I am bothered by certain sounds or noises	
I have lucky and unlucky numbers	
Certain colours have special significance for me	
I have superstitious fears	
I fear making mistakes	

7 Somatic (body) obsessions

I am excessively concerned with illness or disease	
I am excessively concerned with a part of my body or an aspect of my appearance which I consider defective or ugly	

Compulsions

Compulsions (or rituals) are defined as acts that are repeated with the aim of reducing harm and that a person feels driven to perform. Tick those compulsions that are the most distressing and handicapping as the basis for listing your target compulsions for rating on the following scale.

8 Cleaning/washing compulsions

I wash my hands excessively or in a ritualised way	
I have excessive or ritualised showering or bathing	

APPENDIX

I excessively brush my teeth	
I excessively groom or shave	
I have an excessive toilet routine	
I excessively clean household items or other objects	
I do other things like use special cleansers to remove contact from 'contaminants'	
I use other measures to prevent or remove contact with 'contaminants'	

9 Checking compulsions

I excessively check that electricity switches/appliances are turned off	
I excessively check that gas taps are turned off	
I excessively check that doors and windows are locked	
I excessively check that water taps are off	
I excessively check that I did not or will not harm others	
I excessively check that I did not or will not harm myself	
I excessively check that nothing terrible happened	
I excessively check that I did not make a mistake	
I excessively check some aspect of my body because of my physical condition	

10 Repeating rituals

I have to reread or rewrite things	
I need to repeat routine activities (e.g., crossing thresholds, going in/out, up/down from chair, tying shoes, dressing/undressing)	

OVERCOMING OBSESSIVE COMPULSIVE DISORDER

11 *Counting compulsions*

I have to count a number of times	
-----------------------------------	--

12 *Ordering*

I have to have objects in order or arranged 'just so'	
---	--

13 *Miscellaneous compulsions*

I have mental rituals (other than checking or counting)	
I make excessive lists	
I need to tell, ask, or confess things	
I need to touch, tap, or rub	
I use measures (other than checking) to prevent harm to myself	
I use measures (other than checking) to prevent harm to others	
I use measures to prevent terrible consequences	
I have rituals involving blinking or staring	
I have ritualised eating behaviours (which are not part of OCD)	
I have superstitious behaviours	
I pull my hairs out (from scalp, eyebrows, eyelashes, pubic hair) (trichotillomania)	
I damage or mutilate myself (such as picking my face)	
I seek repeated reassurance from others	