

Name: _____ **Date :** _____

Age: _____ **Sex:** _____

Instructions: Rate each activity on the scale below according to how much impairment is present due to obsessive-compulsive symptoms. Impairment can be the result of how long it takes to complete an activity, how often you repeat the activity or how much you avoid the activity.

- 1 - No problem with activity: takes about same time as most people; no need to repeat it, and/or avoids it.
- 2 - Minor problems with activity: takes a little longer than most people, may repeat it a few times, and/or sometimes avoids it.
- 3 - Moderate problems with activity: takes moderately longer than most people, often repeats it numerous times, and/or often avoids it.
- 4 - Very often has problems with activity: takes much longer than most people; frequently repeats it many times, and/or frequently avoids it.
- 5 - Almost constant problems with activity: takes very long compared to most people or unable to complete it; almost always repeats it an extreme number of times or almost always avoids it.

I. DECONTAMINATION COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Washing your hands ritually and/or excessively |
| ① ② ③ ④ ⑤ | 2. Bathing, or showering ritually and/or excessively |
| ① ② ③ ④ ⑤ | 3. Disinfecting yourself |
| ① ② ③ ④ ⑤ | 4. Brushing your teeth to remove contamination |
| ① ② ③ ④ ⑤ | 5. Disinfecting others or having them disinfect themselves |
| ① ② ③ ④ ⑤ | 6. Disinfecting and/or cleaning your environment or your possessions |
| ① ② ③ ④ ⑤ | 7. Washing or cleaning items before they can be used or allowed in the house |
| ① ② ③ ④ ⑤ | 8. Changing or having others change clothing frequently to avoid contamination |
| ① ② ③ ④ ⑤ | 9. Discarding or destroying potentially contaminated items |
| ① ② ③ ④ ⑤ | 10. Wiping, blowing on, or shaking out items before using them |
| ① ② ③ ④ ⑤ | 11. Avoidance of certain foods which may be contaminated |
| ① ② ③ ④ ⑤ | 12. Avoidance of specific persons, places, or objects which might be contaminated |
| ① ② ③ ④ ⑤ | 13. Using gloves, paper, etc. to touch things |
| ① ② ③ ④ ⑤ | 14. Having family or friends perform any of the above on your behalf |
| ① ② ③ ④ ⑤ | 15. Performing, reciting, or thinking ritually to avoid or remove contamination |
| ① ② ③ ④ ⑤ | 16. Excessive questioning of others about contamination |

¹ From *Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Berkely/Penguin Press. NY. 2014. Adapted and Modified from *Obsessive-Compulsive Disorders: A Complete Guide to Getting Well And Staying Well* by Fred Penzel.

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| ① ② ③ ④ ⑤ | 17. Using public telephones |
| ① ② ③ ④ ⑤ | 18. Touching door handles in public places |
| ① ② ③ ④ ⑤ | 19. Handling or cooking food |
| ① ② ③ ④ ⑤ | 20. Washing dishes |
| ① ② ③ ④ ⑤ | 21. Washing clothing |
| ① ② ③ ④ ⑤ | 22. Handling money |
| ① ② ③ ④ ⑤ | 23. Handling garbage or waste baskets |
| ① ② ③ ④ ⑤ | 24. Traveling on public transportation (buses, trains, taxis, etc.) |
| ① ② ③ ④ ⑤ | 25. Using toilet to urinate |
| ① ② ③ ④ ⑤ | 26. Using toilet to defecate |
| ① ② ③ ④ ⑤ | 27. Using public restrooms |
| ① ② ③ ④ ⑤ | 28. Visiting a hospital |
| ① ② ③ ④ ⑤ | 29. Eating in restaurants |
| ① ② ③ ④ ⑤ | 30. Going to movies |
| ① ② ③ ④ ⑤ | 31. Other: _____ |

II. CHECKING COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Doors and windows |
| ① ② ③ ④ ⑤ | 2. Water taps |
| ① ② ③ ④ ⑤ | 3. Electrical appliances |
| ① ② ③ ④ ⑤ | 4. Stoves |
| ① ② ③ ④ ⑤ | 5. Light switches |
| ① ② ③ ④ ⑤ | 6. Car doors, windows, headlights, etc. |
| ① ② ③ ④ ⑤ | 7. Items to be mailed or mailboxes |
| ① ② ③ ④ ⑤ | 8. Whereabouts of sharp objects |
| ① ② ③ ④ ⑤ | 9. Extinguished cigarettes or matches |
| ① ② ③ ④ ⑤ | 10. The arrangement of objects for symmetry or perfection |
| ① ② ③ ④ ⑤ | 11. Surfaces or objects for marks or damage |
| ① ② ③ ④ ⑤ | 12. Objects, surfaces, or your own body parts for contamination |
| ① ② ③ ④ ⑤ | 13. Repetitive praying or crossing yourself |
| ① ② ③ ④ ⑤ | 14. What you have read |
| ① ② ③ ④ ⑤ | 15. Your paperwork or writing for errors |
| ① ② ③ ④ ⑤ | 16. Your writing for obscenities or errors |
| ① ② ③ ④ ⑤ | 17. Filling out forms |
| ① ② ③ ④ ⑤ | 18. Doing arithmetic |

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| ① ② ③ ④ ⑤ | 19. Counting money and/or making change |
| ① ② ③ ④ ⑤ | 20. Driving situations (to verify that you did not hit someone or something with a vehicle) |
| ① ② ③ ④ ⑤ | 21. Your own or another's vital signs or body (for signs of illness) |
| ① ② ③ ④ ⑤ | 22. For possible hazards to children |
| ① ② ③ ④ ⑤ | 23. The possibility that unspecified harm will occur to yourself or others |
| ① ② ③ ④ ⑤ | 24. Frequent phone calls to family and loved one's to insure they are safe |
| ① ② ③ ④ ⑤ | 25. The possibility that you may have harmed yourself or others accidentally or through negligence |
| ① ② ③ ④ ⑤ | 26. Whether or not someone has acted sexually toward you |
| ① ② ③ ④ ⑤ | 27. Whether or not you have acted sexually toward someone else |
| ① ② ③ ④ ⑤ | 28. For prowlers (in closets, under bed, etc.) |
| ① ② ③ ④ ⑤ | 29. For objects dropped accidentally |
| ① ② ③ ④ ⑤ | 30. That valuable items were not accidentally thrown away |
| ① ② ③ ④ ⑤ | 31. That you haven't left anything behind when you leave any place |
| ① ② ③ ④ ⑤ | 32. Container tops or lids for closure |
| ① ② ③ ④ ⑤ | 33. That one did not injure another through negligence |
| ① ② ③ ④ ⑤ | 34. Your own words or actions (to verify that you did not act inappropriately) |
| ① ② ③ ④ ⑤ | 35. Your own memory (by asking yourself or others) |
| ① ② ③ ④ ⑤ | 36. That you have made the perfect decision |
| ① ② ③ ④ ⑤ | 37. Repetitively apologizing or asking for forgiveness |
| ① ② ③ ④ ⑤ | 38. That you have not touched something hazardous or contaminated |
| ① ② ③ ④ ⑤ | 39. Yourself or your environment for signs of contamination |
| ① ② ③ ④ ⑤ | 40. For sources of dangerous gases or fumes |
| ① ② ③ ④ ⑤ | 41. That you have not ingested foods which are unhealthy or forbidden |
| ① ② ③ ④ ⑤ | 42. Your food or drink for drugs or chemicals put there by others or by accident |
| ① ② ③ ④ ⑤ | 43. Your phone for eavesdroppers |
| ① ② ③ ④ ⑤ | 44. Following your spouse or lover to make sure they are being faithful |
| ① ② ③ ④ ⑤ | 45. The mail or phone usage of your spouse or lover to make sure they are being faithful |
| ① ② ③ ④ ⑤ | 46. Questioning the whereabouts of your spouse or lover to make sure they are being faithful |
| ① ② ③ ④ ⑤ | 47. Watching who your spouse or lover looks at (in public or in movies, TV, and magazines) to make sure they are not being unfaithful |
| ① ② ③ ④ ⑤ | 48. Other: _____ |

III. MAGICAL/UNDOING COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Reciting or thinking of certain words, names, sounds, phrases, numbers, or images |
| ① ② ③ ④ ⑤ | 2. Moving your body or gesturing in a special way |

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| ① ② ③ ④ ⑤ | 3. Having to mentally arrange certain images numbers, words, names, etc. |
| ① ② ③ ④ ⑤ | 4. Having to physically arrange objects in your environment in special ways |
| ① ② ③ ④ ⑤ | 5. Stepping in special ways or on special spots when walking |
| ① ② ③ ④ ⑤ | 6. Repeating an activity with a good thought or image in mind |
| ① ② ③ ④ ⑤ | 7. Performing actions or movements in reverse |
| ① ② ③ ④ ⑤ | 8. Washing off ideas or thoughts |
| ① ② ③ ④ ⑤ | 9. Rethinking thoughts |
| ① ② ③ ④ ⑤ | 10. Thinking thoughts in reverse |
| ① ② ③ ④ ⑤ | 11. Having to eat or not eat certain foods |
| ① ② ③ ④ ⑤ | 12. Gazing at or thinking of certain numbers or words to cancel others out |
| ① ② ③ ④ ⑤ | 13. Gazing at objects in a special way |
| ① ② ③ ④ ⑤ | 14. Touching certain things in a special way |
| ① ② ③ ④ ⑤ | 15. Other: _____ |

IV. PERFECTIONISTIC COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Arrange objects or possessions in special or symmetrical ways |
| ① ② ③ ④ ⑤ | 2. Keep new possessions unused and in perfect condition |
| ① ② ③ ④ ⑤ | 3. Buy only items which are perfect |
| ① ② ③ ④ ⑤ | 4. Keep your home or living space perfectly clean and orderly |
| ① ② ③ ④ ⑤ | 5. Putting laundry away |
| ① ② ③ ④ ⑤ | 6. Avoid using rooms, closets, drawers, etc.) once they have been arranged perfectly |
| ① ② ③ ④ ⑤ | 7. Keep your possessions perfectly neat and clean |
| ① ② ③ ④ ⑤ | 8. Having items in drawers, closets or cabinets perfectly and neatly arranged |
| ① ② ③ ④ ⑤ | 9. Say things perfectly |
| ① ② ③ ④ ⑤ | 10. Remember or memorize things perfectly or in a special order |
| ① ② ③ ④ ⑤ | 11. Read or reread every word in a document to avoid missing anything |
| ① ② ③ ④ ⑤ | 12. Know or learn everything about a particular subject |
| ① ② ③ ④ ⑤ | 13. Keep remaking decisions to ensure picking the perfect one |
| ① ② ③ ④ ⑤ | 14. Rewrite or write over numbers or letters to make them perfect |
| ① ② ③ ④ ⑤ | 15. Perform ordinary activities extra slowly to get them done perfectly |
| ① ② ③ ④ ⑤ | 16. Think of certain things perfectly or exactly |
| ① ② ③ ④ ⑤ | 17. Be perfectly religious |
| ① ② ③ ④ ⑤ | 18. Punish or penalize yourself when you do not behave perfectly |
| ① ② ③ ④ ⑤ | 19. Be perfectly self-denying |
| ① ② ③ ④ ⑤ | 20. Look at certain things in the environment in a special or perfect way (visually tracing or lining them up, etc.) |

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| ① ② ③ ④ ⑤ | 21. Be perfectly aware of everything going on around you in your environment |
| ① ② ③ ④ ⑤ | 22. Tell the truth or be perfectly honest |
| ① ② ③ ④ ⑤ | 23. Perfectly confess about all your thoughts or behaviors to others |
| ① ② ③ ④ ⑤ | 24. Confess to having done wrongful things whether you have done them or not |
| ① ② ③ ④ ⑤ | 25. Make one's appearance perfect (e.g. hair, nails, clothes, makeup, etc.) |
| ① ② ③ ④ ⑤ | 26. Cut your hair (to make it perfect or symmetrical |
| ① ② ③ ④ ⑤ | 27. Perform activities until they feel just right |
| ① ② ③ ④ ⑤ | 28. Keep extensive lists or records of certain things |
| ① ② ③ ④ ⑤ | 29. Only perform certain activities at perfect times |
| ① ② ③ ④ ⑤ | 30. Other: _____ |

V. COUNTING COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. While performing certain activities |
| ① ② ③ ④ ⑤ | 2. Repeating behaviors a special number of times |
| ① ② ③ ④ ⑤ | 3. Performing behaviors an odd or even number of times |
| ① ② ③ ④ ⑤ | 4. To ensure an activity has been done a certain number of times or for a long enough duration |
| ① ② ③ ④ ⑤ | 5. To ensure that an activity has been done an odd or even number of times |
| ① ② ③ ④ ⑤ | 6. The numbers of objects or occurrences of certain things in the environment |
| ① ② ③ ④ ⑤ | 7. Up to or beyond certain numbers |
| ① ② ③ ④ ⑤ | 8. Simply to count (unconnected with any special idea or activity) |
| ① ② ③ ④ ⑤ | 9. The occurrences of certain body functions (e.g., breathing, steps, etc.) |
| ① ② ③ ④ ⑤ | 10. Other: _____ |

VI. TOUCHING OR MOVEMENT COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Gesture or pose in a special way |
| ① ② ③ ④ ⑤ | 2. Look or glance at something in a special way |
| ① ② ③ ④ ⑤ | 3. Move in symmetrical or special ways |
| ① ② ③ ④ ⑤ | 4. Having to step in special ways or on special spots when walking |
| ① ② ③ ④ ⑤ | 5. Tic, twitch, or grimace in a special way |
| ① ② ③ ④ ⑤ | 6. Move in special ways while carrying out certain activities |
| ① ② ③ ④ ⑤ | 7. Reverse movements you have just made |
| ① ② ③ ④ ⑤ | 8. Repeat certain activities (e.g., sitting down, getting up, passing through doorways) or by certain locations) a special number of times, or until they feel right |
| ① ② ③ ④ ⑤ | 9. Touch furniture before sitting down or standing up |

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| ① ② ③ ④ ⑤ | 10. Touch doors or drawers before opening or closing them |
| ① ② ③ ④ ⑤ | 11. Touch the edges or certain parts of things |
| ① ② ③ ④ ⑤ | 12. Touch doorways before walking through them |
| ① ② ③ ④ ⑤ | 13. Touch things a certain number of times |
| ① ② ③ ④ ⑤ | 14. Touch things in special patterns |
| ① ② ③ ④ ⑤ | 15. Touch, move, or handle possessions a certain way before using them |
| ① ② ③ ④ ⑤ | 16. Other: _____ |

VII. MENTAL COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Make mental maps of places |
| ① ② ③ ④ ⑤ | 2. Memorize facts or information |
| ① ② ③ ④ ⑤ | 3. Make mental lists or arrangements |
| ① ② ③ ④ ⑤ | 4. Know or learn everything about a particular subject |
| ① ② ③ ④ ⑤ | 5. Keep reviewing past situations to try to remember or understand them |
| ① ② ③ ④ ⑤ | 6. Think specific thoughts in special ways |
| ① ② ③ ④ ⑤ | 7. Think about specific topics |
| ① ② ③ ④ ⑤ | 8. Create specific mental images or pictures |
| ① ② ③ ④ ⑤ | 9. Repeat your own or someone else's words in your mind |
| ① ② ③ ④ ⑤ | 10. Think of sequences of special numbers or words |
| ① ② ③ ④ ⑤ | 11. Rethink specific thoughts |
| ① ② ③ ④ ⑤ | 12. Think certain thoughts in reverse |
| ① ② ③ ④ ⑤ | 13. Analyzing your thoughts to determine if they are (or were) appropriate |
| ① ② ③ ④ ⑤ | 14. Analyzing your thoughts to determine if they are really obsessions or not |
| ① ② ③ ④ ⑤ | 15. Checking your own memory to determine if you came to harm in the past |
| ① ② ③ ④ ⑤ | 16. Whether your own thoughts or reactions indicate that you are sexually attracted to others in ways which are inappropriate to you |
| ① ② ③ ④ ⑤ | 17. Other: _____ |

VIII. PROTECTIVE COMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Questioning others, or your own memory, to determine if you have harmed or insulted someone (recently or in the past) |
| ① ② ③ ④ ⑤ | 2. Recording and collecting information about past events to help in determining if harm occurred to yourself or others in the past |
| ① ② ③ ④ ⑤ | 3. Collecting and removing objects from the environment that could harm others (i.e., tacks, razor blades, nails, matches, lit cigarettes, glass, etc.) |
| ① ② ③ ④ ⑤ | 4. Difficulty using sharp instruments (knives, scissors, etc.) |

- ① ② ③ ④ ⑤ 5. Checking on the whereabouts of others to be certain that harm has not occurred to them
- ① ② ③ ④ ⑤ 6. Trying to limit the activities of others to prevent harm from happening to them
- ① ② ③ ④ ⑤ 7. Warning others repeatedly of potential harm or danger
- ① ② ③ ④ ⑤ 8. Asking others if you will be safe or if things will turn out well for you
- ① ② ③ ④ ⑤ 9. Asking others if they will be safe or if things will turn out well for them
- ① ② ③ ④ ⑤ 10. Confessing to having done things you believe may have harmed others
- ① ② ③ ④ ⑤ 11. List making
- ① ② ③ ④ ⑤ 12. Other: _____

IX. BODY-FOCUSED COMPULSIONS

- ① ② ③ ④ ⑤ 1. Checking your appearance in the mirror for problems or imperfections
- ① ② ③ ④ ⑤ 2. Checking your appearance or physical reaction to assure yourself about yoursexual identity
- ① ② ③ ④ ⑤ 3. Choosing what clothes to wear
- ① ② ③ ④ ⑤ 4. Questioning others directly or indirectly about your appearance
- ① ② ③ ④ ⑤ 5. Seeking frequent medical consultations to check on your appearance
- ① ② ③ ④ ⑤ 6. Having to have your appearance improved surgically
- ① ② ③ ④ ⑤ 7. Your body for symmetry or perfection
- ① ② ③ ④ ⑤ 8. Your appearance or grooming for symmetry or perfection
- ① ② ③ ④ ⑤ 9. Cutting your hair to excess or for long periods of time to make it perfect
- ① ② ③ ④ ⑤ 10. Washing your hair to make it perfect
- ① ② ③ ④ ⑤ 11. Checking your body for a bad odor (e.g. breath, genital, armpits, etc.)
- ① ② ③ ④ ⑤ 12. Picking or squeezing pimples or blemishes to make your skin perfect
- ① ② ③ ④ ⑤ 13. Checking the way your body works
- ① ② ③ ④ ⑤ 14. Seeking medical consultations for possible illnesses
- ① ② ③ ④ ⑤ 15. Reading about illnesses in books or on the internet
- ① ② ③ ④ ⑤ 16. Self examination of your body for lumps or marks that could mean you have an illness
- ① ② ③ ④ ⑤ 17. Frequent examination of current symptoms of possible illness
- ① ② ③ ④ ⑤ 18. Having family examine you for signs of possible illness
- ① ② ③ ④ ⑤ 19. Discussing symptoms of possible illness with family and friends
- ① ② ③ ④ ⑤ 20. Taking your temperature
- ① ② ③ ④ ⑤ 21. Other: _____

X. HOARDING/COLLECTING COMPULSIONS/IMPULSIONS

- ① ② ③ ④ ⑤ 1. Saving broken, irreparable, or useless items

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| ① ② ③ ④ ⑤ | 2. Buying excessive quantities of items beyond an amount needed for reasonable usage |
| ① ② ③ ④ ⑤ | 3. Retrieving from or searching through your own or other people's trash |
| ① ② ③ ④ ⑤ | 4. Inability to throw things out due to fear of accidentally throwing important items away |
| ① ② ③ ④ ⑤ | 5. Going to excessive lengths (including extreme self-denial) to save money |
| ① ② ③ ④ ⑤ | 6. Saving excessive quantities of informational matter (newspapers, old lists, magazines, junk mail, etc.) |
| ① ② ③ ④ ⑤ | 7. Saving items simply because they belong to yourself or loved ones |
| ① ② ③ ④ ⑤ | 8. Having to own complete collections of certain things, even if not important |
| ① ② ③ ④ ⑤ | 9. Keeping extensive lists or records of certain things |
| ① ② ③ ④ ⑤ | 10. Other: _____ |

XI. GROOMING IMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Hair pulling (from head, eyebrows, eyelashes, pubic area, body, etc.) |
| ① ② ③ ④ ⑤ | 2. Skin picking or biting |
| ① ② ③ ④ ⑤ | 3. Nail or cuticle biting, picking, or cutting |
| ① ② ③ ④ ⑤ | 4. Picking or squeezing pimples or blemishes for the sensation of it |
| ① ② ③ ④ ⑤ | 5. Other: _____ |

XII. SELF-MUTILATIVE IMPULSIONS

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| ① ② ③ ④ ⑤ | 1. Cutting or scratching yourself |
| ① ② ③ ④ ⑤ | 2. Burning yourself |
| ① ② ③ ④ ⑤ | 3. Poking yourself in the eyes |
| ① ② ③ ④ ⑤ | 4. Biting yourself (e.g., insides of cheeks) |
| ① ② ③ ④ ⑤ | 5. Other: _____ |