

YALE BROWN OBSESSIVE-COMPULSIVE SCALE
 SYMPTOM CHECKLIST
 (GOODMAN, RASMUSSEN, ET AL.)

Check only those symptoms that are bothering you right now. Items marked with an asterisk (*) may or may not be OCD symptoms. To decide whether you have a particular symptom, refer to the description or examples of each item in the right-hand column.

OBSESSIONS

Aggressive Obsessions

* = have unwarmed in toilet flushed of ...

Past Current

1. I ~~fear~~ I might harm myself.

Examples
 Fear of eating with a knife or fork, fear of handling sharp objects, fear of walking near glass windows.

2. I fear I might harm other people.

Fear of poisoning other people's food, fear of harming babies, fear of pushing someone in front of a train, fear of hurting someone's feelings, fear of being responsible by not providing assistance for some imagined catastrophe, fear of causing harm by giving bad advice.

3. I have violent or horrific images in my mind.

Images of murders, dismembered bodies, or other disgusting scenes.

4. I fear I will blurt out obscenities in class.

Fear of shouting obscenities in public situations like church, fear of writing obscenities.

5. I fear doing something else embarrassing.

Fear of appearing foolish in social situations.

6. I fear I will act on an unwanted impulse.

Fear of driving a car into a tree, fear of running someone over, fear of stabbing a friend.

7. I fear I will steal things.

Fear of "cheating" a cashier, fear of shoplifting inexpensive items.

8. I fear that I'll harm others because I'm not careful enough.

Fear of causing an accident without being aware of it (such as a hit-and-run automobile accident).

9. I fear I'll be responsible for something else terrible happening.

Fear of causing a fire or burglary because of not being careful enough in checking the house before leaving.

Contamination Obsessions

10. I am concerned or disgusted with bodily waste or secretions.

Fear of contracting AIDS, cancer, or other diseases from public rest rooms; fears of your own saliva, urine, feces, semen, or vaginal secretions.

11. I am concerned with dirt or germs.

Fear of picking up germs from sitting in certain chairs, shaking hands, or touching door handles.

12. I am excessively concerned with environmental contaminants.

Fear of being contaminated by asbestos or radon, fear of radioactive substances, fear of things associated with towns containing toxic waste sights.

COMPULSIONS

Cleaning/Washing Compulsions

- 38. I wash my hands excessively or in a ritualized way.
- 39. I have excessive or ritualized showering, bathing, tooth brushing, grooming, or toilet routines.
- 40. I have compulsions that involve cleaning household items or other inanimate objects.
- 41. I do other things to prevent or remove contact with contaminants.

Washing your hands many times a day or for long periods of time after touching, or thinking that you have touched, a contaminated object. This may include washing the entire length of your arms.

Taking showers of baths or performing other bathroom routines that may last for several hours. If the sequence is interrupted, the entire process may have to be restarted.

Excessive cleaning of faucets, toilets, floors, kitchen counters, or kitchen utensils.

Asking family members to handle or remove insecticides, garbage, gasoline cans, raw meat, paints, varnish, drugs in the medicine cabinet, or kitty litter. If you can't avoid these things, you may wear gloves to handle them, such as when using a self-service gasoline pump.

Checking Compulsions

—	42. I check that I did not harm others.	Checking that you haven't hurt someone without knowing it. You may ask others for reassurance or telephone to make sure that everything is all right.
—	43. I check that I did not harm myself.	Looking for injuries of bleeding after handling sharp or breakable objects. You may frequently go to doctors to ask for reassurance that you haven't hurt yourself.
—	44. I check that nothing terrible happened.	Searching the newspaper or listening to the radio or television for news about some catastrophe that you believe you caused. You may also ask people for reassurance that you didn't cause an accident.
—	45. I check that I did not make a mistake.	Repeated checking of door locks, stoves, electrical outlets, before leaving home; repeated checking while reading, writing, or doing simple calculations to make sure that you didn't make a mistake (you can't be certain that you didn't).
—	46. I check some aspect of my physical condition tied to my obsessions about my body.	Seeking reassurance from friends or doctors that you aren't having a heart attack or getting cancer; repeatedly taking your pulse, blood pressure, or temperature; checking yourself for body odors; checking your appearance in a mirror, looking for ugly features.

Repeating Rituals

47. I reread or rewrite things.

Taking hours to read a few pages in a book or to write a short letter because you get caught in a cycle of reading and rereading; worrying that you didn't understand something you just read; searching for a "perfect" word or phrase; having obsessive thoughts about the shape of certain printed letters in a book.

48. I need to repeat routine activities.

Repeating activities like turning appliances on and off, combing your hair, going in and out of a doorway, or looking in a particular direction; not feeling comfortable unless you do these things the "right" number of times.

Counting Compulsions

49. I have counting compulsions.

Counting objects like ceiling or floor tiles, books in a bookcase, nails in a wall, or even grains of sand on a beach; counting when you repeat certain activities, like washing.

Ordering/Arranging Compulsions

50. I have ordering or arranging compulsions.

Straightening paper and pens on a desktop or books in a bookcase, washing hours arranging things in your house in "order" and then becoming very upset if this order is disturbed.

Hoarding/Collecting Compulsions

51. I have compulsions to hoard or collect things.

Saving old newspapers, notes, cans, paper towels, wrappers, and empty bottles for fear that if you throw them away you may one day need them; picking up useless objects from the street or from garbage cans.

Miscellaneous Compulsions

52. I have mental rituals (other than checking/counting).

Performing rituals in your head, like saying prayers or thinking a "good" thought to undo a "bad" thought. These are different from obsessions, because you perform them intentionally to reduce anxiety or feel better.

53. I need to tell, ask, or confess things.

Asking other people to reassure you, confessing to wrong behaviors you never even did, believing that you have to tell other people certain words to feel better.

Past Current

Examples

54. I need to touch, tap, or rub things. Giving in to the urge to touch rough surfaces, like wood, or hot surfaces, like a stove top; giving in to the urge to lightly touch other people; believing you need to touch an object like a telephone to prevent an illness in your family.
55. I take measures (other than checking) to prevent harm or terrible consequences to myself or others. Staying away from sharp or breakable objects, such as knives, scissors, and fragile glass.
56. I have ritualized eating behaviors. Arranging your food, knife, and fork in a particular order before being able to eat, eating according to a strict ritual, not being able to eat until the hands of a clock point exactly at a certain time.
57. I have superstitious behaviors. Not taking a bus or train if its number contains an "unlucky" number (like thirteen), staying in your house on the thirteenth of the month, throwing away clothes you wore while passing a funeral home or cemetery.
58. I pull my hair out (trichotillomania). Pulling hair from your scalp, eyelids, eyelashes, or pubic areas, using your fingers or tweezers. You may produce bald spots that require you to wear a wig, or you may pluck your eyebrows or eyelids smooth.

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