

# Obsessive-Compulsive Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The following list of symptoms will help us determine your level of OCD. Please indicate the frequency of each listed symptom.

Symptom	Never	Seldom	Sometimes	Often	Always
I avoid touching certain things because of contamination.					
I have difficulty picking up things I have dropped on the floor.					
I keep my home extremely clean.					
I wash my hands excessively.					
I take very long baths or showers.					
I check some things over and over.					
I count things.					
I repeat actions so much that I don't complete things.					
I repeat actions to prevent something bad from happening					
I worry that I have or will harm someone.					
I worry about mistakes – even small ones.					
I "order" and "arrange" things.					
I make sure things are in their right places.					
I notice when things have changed.					
I get upset when certain things are rearranged.					
I have difficulty discarding unneeded items.					
I bring home useless things.					
My home is cluttered					
I don't like people to touch my things.					
Unpleasant thoughts come into my mind against my will.					
I have doubts about even everyday and ordinary things.					
I have no control of my thoughts.					
Shameful, frightening, or violent things just "pop" into my mind.					
I'm afraid that my bad thoughts will come true.					
I can't stop my worry.					
I worry about things that other people would think were insignificant or irrational.					

If you are a "checker", what do you check? \_\_\_\_\_

If you are a "hoarder", what is your specialty? \_\_\_\_\_

If you are a "counter", what and when do you count? \_\_\_\_\_

If you are an "arranger - orderer", what do you arrange or order? \_\_\_\_\_

If you are a "washer", what do you wash excessively? \_\_\_\_\_

If you are a "doubter", what are the doubts that interrupt your life? \_\_\_\_\_

**This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.**

*Developed by Deborah Christensen Ph.D., M.S.C.P. (2010)*