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| Class | Assessment tool | Symptoms |
| Contamination | **VOCI**  **OCI**  **Y-BOCS**  DY-BOCS  **CY-BOCS-||**  **FOCI** | * I feel dirty after ltouching money. * [Use excessive amount of disinfectants] to [keep my home or myself safe from germs ] * [Touching the bottom of my shoes makes me very anxious] * [difficult to touch garbage or garbage bins]. * [excessively concerned about [germs] and [disease]] * [avoid using public telephones] because of [possible contamination] * [[feel very contaminated] if I [touch an animal]]. * [afraid of having contact with bodily secretions(blood, urine, sweat, etc.)]. * [afraid to use public toilets] [concerned about germs]. I am afraid to use even well kept public toilets because I am so concerned about germs. * [concerned about cleanliness]. * [difficult to touch an object when I know it has been touched by strangers or certain people] * [wash or clean myself simply because I feel contaminated] * Excessive concern with contaminants or chemicals. Examples:household cleansers, gasoline, radiation, pesticides and chemicals. * Concern will harm others by spreading germs or contaminants. Examples: transfer germs from one object to another. * [Concerns or disgust with bodily waste or secretions (eg, urine, feces, saliva)]\* * [Concern with dirt or germ] * [Excessive concern with environmental contaminants (eg, asbestos, radiation, toxic waste)] * [Excessive concern with household items (eg, cleansers, solvents)] * [Excessive concern with animals (eg, insects)] * [Bothered by sticky substances or residues] * [Concerned will get ill because of contaminant] * [Concerned will get others ill by spreading contaminant (Aggressive)] * No concern with consequences of contamination other than how it might feel * Fear of contracting AIDS, cancer, or other diseases from public rest rooms; fears of your own saliva, urine, feces, semen, or vaginal secretions. * Fear of picking up germs from sitting in certain chairs, shaking hands, or toughing door handles. * Fear of being contaminated by asbestos or radon, fear of radioactive substances, fear of things associated with towns containing toxic waste sights * Fear of poisonous kitchen or bathroom cleansers, solvents, Insect spray or turpentine. * Fear of being contaminated by touching an insect, dog, cat, or other animal. * Fear of adhesive tape or other sticky substances that may trap contaminants. * Fear of getting ill as a direct result of being contaminated (beliefs vary about how long the disease will take to appear. * Fear of touching other people or preparing their food after you touch poisonous substances (like gasoline) or after you touch your own body. * excessive fear that you will contract an illness from door handles, other people, or objects * excessive fear that you will be poisoned or contract cancer from household cleaners, asbestos, radiation, pesticides, or toxic waste * you are excessively concerned that you will make someone else sick because you transferred germs or chemical residue from yourself or an object you touch. * excessive fear or disgust for contact with urine, feces, saliva or blood. * Excessively bothered by adhesive residual chalk dust or grease * you will refuse to shake hands with strangers, or will avoid going near someone who has a cut * **Actively taking measures to avoid contact with contaminants or other feared objects** * **Avoiding contact with dirty or contaminated objects or people** * Concerns with contamination (dirt, germs, chemicals, radiation) or acquiring a serious illness such as AIDS |
| Aggressive (obsession) |  | * I am often upset by my unwanted thoughts of using a sharp weapon. * I repeatedly experience the same unwanted thought or image about an accident. * I find that almost every day I am upset by unpleasant thoughts that come into my mind against my will. * I repeatedly experience the same upsetting thought or image about death * I am often upset by unwanted thoughts or images of blurting out obscenities or insults in public. * I worry far too much that I might upset other people. * I am often frightened by unwanted urges to drive or run into oncoming traffic. * I am often very upset by my unwanted impulses to harm other people. * I often experience upsetting and unwanted thoughts about illness. * I am often upset by unwanted urges to harm myself. * Fear of being responsible for terrible events. Examples: fire, burglary, flooding house, parents divorcing, caregiver dying. * I am upset by unpleasant thoughts that come into my mind against my will * I frequently get nasty thoughts and have difficulty to getting rid of them   - I have to review mentally past events, conversations and actions to make sure  that I didn’t do something w  rong   * Might harm others intentionally * Might harm others unintentionally   - Might act on other unwanted aggressive impulses   * Fear might harm self * Fear might harm others * Violent or horrific images * Fear of blurting out obscenities or insults * Fear of doing something else * Fear will act on unwanted impulses (eg, to stab friend) * Fear will steal things * Fear will harm others because not careful enough (eg, hit / run motor vehicle accident) * Fear will be responsible for something else terrible happening (eg, fire, burglary) * Fear of eating with a knife or fork, fear of handling sharp objects, fear of walking near glass windows. * 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 bad advice * Images of murders, dismembered bodies, or other disgusting scenes. * Fear of shouting obscenities in public situations like church, fear of writing obscenities * Fear of appearing foolish in social situations * Fear of driving a car into a tree, fear of running someone over, fear of stabbing a friend. * Fear of “cheating” a cashier, fear of shoplifting inexpensive items. * Fear of causing an accident without being aware of it (such as a hit-and-run automobile accident). * Fear of causing an accident without being aware of it (such as a hit-and-run automobile accident). * Fear of causing a fire or burglary because of not being careful enough in checking the house before leaving. * when driving, you are afraid you might hit a pedestrian because of not paying enough attention. You are afraid a customer might get injured because you gave them the wrong materials or information. * you are afraid you might impulsively stab a loved one or drive your car into oncoming traffic for no reason. * you are afraid that something terrible like a fire, natural disaster, or burglary was or will be your fault * you are afraid you might shout blasphemies in church, yell “fire!” in a movie theater, or write obscenities in a business email for no good reason * disturbing images of car accidents disfigured people port corpses enter your thoughts for no apparent reason * **Avoiding handling sharp or dangerous objects, or operating vehicles or machinery, out of concern that you might harm others** * intrusive and disturbing images of car crashes or disfigured people * shouting blasphemies in church, yelling fire in the movie theatre, writing obscenities in a school paper * Fear of being responsible for terrible events fire, burglary, flooding house, parents divorcing, caregiver dying * Physically harming loved ones, stabbing or poisoning parents pushing sibling in front of a car * Irrational fear that if do not pick up toys that caregiver will trip on them and get seriously injured * Images of death or other horrible events * Accidentally hitting a pedestrian with your car or letting it roll down a hill? * Spreading an illness (giving someone AIDS)? * Harm coming to a loved one because you weren't careful enough * Physically harming a loved one, pushing a stranger in front of a bus, steering your car into oncoming traffic; inappropriate sexual contact; or poisoning dinner guests? |
| Sexual (obsession) |  | * I am often upset by my unwanted thoughts or images of sexual acts. * Forbidden or perverse sexual thoughts, images, or impulses * Content involves children or incest * Content involves homosexuality\* * Sexual behaviour towards others (Aggressive)\* * Unwanted sexual thoughts about strangers, family, or friends * Unwanted thoughts about sexually molesting either your own children or other children. * Worries like “Am I a homosexual?” or “What if I suddenly become gay?” when there is no basis for these thoughts. * Unwanted images of violent sexual behavior toward adult strangers, friends, or family members. * You have intrusive, unwanted sexual thoughts about family members or experience unwanted images of forbidden sexual acts * You are concern you might snap and commit a sexual violation * You repeatedly wonder if you are gay even though you have every reason to believe you are heterosexual * concerned that might “snap” and commit inappropriate sexual behavior such as grab someone. * child repeatedly wonders if s/he is gay even though there is every reason to believes s/he is heterosexual. Distinguish from realistic issues around sexual or gender identity. * **Excessive** concerns about sexual orientation or gender identity * unwanted sexual thoughts about family members or others; images of unacceptable acts; repetitive thoughts of sexual words/content. \*Distinguish from paraphilias by asking about fantasy life. (This question may not be relevant for younger children) * Personally unacceptable religious or sexual thoughts? * Content involves sacrilege or blasphemy   - Excessive concern with what is morally  right/wrong  - I am often upset by my unwanted thoughts or images of sexual acts. |
| Religiose (obsession) |  | * I repeatedly experience upsetting and unacceptable thoughts of a religious nature. * I repeatedly experience upsetting and unwanted immoral thoughts. * Concerned with sacrilege and blasphemy * Excess concern with right / wrong, morality * Worries about having blasphemous thoughts, saying blasphemous things, or being punished for such things. * Worries about always doing “the right thing”, having told a lie, or having cheated someone * Unfounded worries that you might or might have lied or cheated or preyed incorrectly * Have unacceptable unwanted thoughts about god or religion, concern about degree of devotion to god * intrusive unacceptable thoughts or images about God or religion. Concerns about adherence to religious principles exceeding those of religious peer group. * worries about always doing “the right thing”, unfounded worries about lying or cheating (e.g., on a test), didn’t say prayers perfectly * Personally unacceptable religious or sexual thoughts? |
| Miscellaneous Obsession |  | - Need to know or remember  - Fear of saying certain things  - Fear of not saying just the right thing  - Fear of losing things  - Intrusive (nonviolent) images  - Intrusive nonsense sounds, words, or music  - Bothered by certain sounds/noises\*  - Lucky/unlucky numbers  Colors with special significance  - 3 superstitious  fears   * Content involves illness or disease (\*)   - Superstitious fears  - Intrusive nonsense sounds, words or music   * Intrusive (nonviolent) images * Content involves bodily appearance * content involves food or eating * Content concerns the urge to pluck hair   - Concerns about Separation  - Concerns about becoming  another person/thing  - Urge to repeat  something that I or someone else said |
| Doubt obsession |  | - Even when I do something very carefully I feel that it is not quite right  - After I have done things, I have persistent doubts about whether I really did them  - After doing something carefully, I still have the impression I haven’t finished it  - |
| Somatic obsession |  | * Excessive concern with illness or disease \* - Excessive concern with body part or aspect of appearance (e.g., dysmorphophobia) \*   - **Concerned with having an illness or disease or getting sick.**\*Examples: getting the flu or a disease. It is not always clear where to draw the line between somatic obsessions and the somatic preoccupations of \*hypochondriasis . Factors that point to OCD are the presence of compulsions not limited to seeking |
| Hoarding obsession |  |  |
| cleaning |  | * I spend far too much time washing my hands * I wash my hands more often and linger than necessary   - I wash and clean obsessively   * Excessive or ritualized handwashing * Excessive or ritualized showering, bathing, toothbrushing, grooming, or toilet routine * Involves cleaning of household items or other inanimate objects * Other measures 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 or 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. * excessive handwashing or cleaning rituals * you vacuum your floors several times per day. * Excessive or ritualized washing, cleaning or grooming? |
| Checking |  | * I repeatedly check and recheck things like taps and switches after turning them off. * I repeatedly check that my doors or windows are locked, even though I try to resist the urge to do so. * One of my major problems is repeated checking. * I repeatedly check that my stove is turned off, even though I resist the urge to do so. * I spend a lot of time every day checking things over and over again. * I frequently have to check things like switches, faucets, appliances, and doors several times. * I check things more often than necessary * I repeatidly check doors, windows, drawers. * I repeatidly check gas and water taps and light switches after turning them off * Checking locks, stove, appliances, etc. * Checking that did not / will not harm others * Checking that did not / will not harm self * Checking that nothing terrible did / will not happen * Checking that did not make mistake * Checking tied to somatic obsessions * 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. * Checking that you haven’t hurt someone without knowing it. You may ask other for reassurance or telephone to make sure that everything is all right * Looking for injuries or bleeding after handling sharp or breakable objects. You may frequently go to doctors to ask for reassurance that you haven’t hurt yourself. * 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. * 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). * 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. * you have to check several times that your doors are locked before leaving the house. You have returned home after leaving to make sure that you remembered to turn the stove off. * you will circle back around the block to make sure you have not run over a pedestrian. * you will excessively check over homework, writing, or answers on forms before turning them in. * you spend excessive time scrutinizing your body for moles or signs of skin cancer. * You have to turn your car on and off several times before you feel comfortable. * you will repeat prayers or passages from a religious text an excessive number of times * Checking light switches, water faucets, the stove, door locks or the emergency brake |
| Counting |  | - I almost always count when doing a routine task.  - I am strongly compelled to count things.  - I feel compelled to count while I am doing things  -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.  you spend excessive time counting ceiling or floor tiles, books in a bookcase, or words in a sentence.  Counting, arranging; evening-up behaviors (making sure socks are at same height)? |
| Symmetry |  | * I feel compelled to be absolutely perfect. * I often have trouble getting things done because I try to do everything exactly right. * I feel compelled to follow a very strict routine when doing ordinary things. * I feel upset if my furniture or other possessions are not always in exactly the same position. * I get very upset if I can’t complete my bedtime routine in exactly the same way every night. * I spend far too long getting ready to leave home each day because I have to do everything exactly right * I get upset if objects are not arranged properly * I get upset if others change the way I have arranged things * I need things to be arranged in a particular way * Accompanied by magical thinking (eg, concerned that another will have accident unless things are in the right place) * Not accompanied by magical thinking * Worries about papers and books being properly aligned, worries about calculations or handwriting being perfect. * Excessively concerned with certain things being toughed or moved or are excessively bothered when things are not lined up perfectly straight * you need to adjust the lengths of your shoe laces so that they are exactly the same * you adjust your car seat, straighten pictures, or arrange papers on a desk until you feel an internal signal that it’s OK or ‘just right.’ * readjusting stereo system until it sounds "just right"; asks family members to say things in just the right way, excessively bothered by visual, auditory or somatic sensations of not being ‘just right.’ * certain things can’t be touched or moved, toys or books organized in particular manner, bothered if pictures are not straight or toys not lined up * Overconcern with keeping objects (clothing, tools, etc) in perfect order or arranged exactly? |
| Hoarding |  | * I have trouble carrying out normal household activities because my home is so cluttered with things I have collected. * I become very tense or upset when I think about throwing anything away. * I am embarrassed to invite people to my home because it is full of piles of worthless things I have saved. * find it almost impossible to decide what to keep and what to throw away. * I have great trouble throwing anything away because I am very afraid of being wasteful * I feel compelled to keep far too many things like old magazines, newspapers, and receipts because I am afraid I might need them in the future. * Although I try to resist, I feel compelled to collect a large quantity of things I never actually use. * I have saved up so many things that they get in the way * I collect things I don’t need * I avoid throwing things away because I am afraid I might need them later * distinguish from hobbies and concern with objects of monetary or sentimental value (eg, carefully reads junk mail, piles up old newspapers, sorts through garbage, collects useless objects) * distinguish from hobbies and concern with objects of monetary or sentimental value * Worries about throwing away seemingly unimportant things that you might need in the future, urges to pick up and collect useless 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 the garbage can. * You are afraid something valuable might be discarded with recycled newspapers even though all of your valuable are locked up elsewhere * you pile up old newspapers or collect objects you do not have a use for, or that have no monetary value * you sift through your own garbage or will hesitate to throw away used items to ensure you don’t accidentally throw away something of value * Afraid that something valuable might be discarded with recycled newspapers even though all valuables are locked up in the safe. Also may be concerned over loss of valuable piece of information if papers/items are discarded. \*Distinguish from hobbies and concern with objects of monetary or sentimental value * Collecting useless objects or inspecting the garbage before it is thrown out? |

The Y-BOCS provides five rating dimensions for obsessions and compulsions: time spent or occupied;

interference with functioning or relationships; degree of distress; resistance; and contro

l (i.e., success in resistance).

The 10 Y-BOCS items are each scored on a four-point scale from 0 = "no symptoms" to 4 = "extreme symptoms."

The sum of the first five items is a severity index for obsessions, and the sum of the last five an index for compulsions.

A translation of total score into an approximate index of overall severity is: