

## OCI-R

The following statements refer to experiences that many people have in their everyday lives. Circle the number that best describes **HOW MUCH** that experience has **DISTRESSED** or **BOTHERED** you **during the PAST MONTH**. The numbers refer to the following verbal labels:

0	1	2	3	4
Not at all	A little	Moderately	A lot	Extremely

1. I have saved up so many things that they get in the way. (h)	0	1	2	3	4
2. I check things more often than necessary. (ch)	0	1	2	3	4
3. I get upset if objects are not arranged properly. (or)	0	1	2	3	4
4. I feel compelled to count while I am doing things. (n)	0	1	2	3	4
5. I find it difficult to touch an object when I know it has been touched by strangers or certain people. (w)	0	1	2	3	4
6. I find it difficult to control my own thoughts. (ob)	0	1	2	3	4
7. I collect things I don't need. (h)	0	1	2	3	4
8. I repeatedly check doors, windows, drawers, etc. (ch)	0	1	2	3	4
9. I get upset if others change the way I have arranged things. (or)	0	1	2	3	4
10. I feel I have to repeat certain numbers. (n)	0	1	2	3	4
11. I sometimes have to wash or clean myself simply because I feel contaminated. (w)	0	1	2	3	4
12. I am upset by unpleasant thoughts that come into my mind against my will. (ob)	0	1	2	3	4
13. I avoid throwing things away because I am afraid I might need them later. (h)	0	1	2	3	4
14. I repeatedly check gas and water taps and light switches after turning them off. (ch)	0	1	2	3	4
15. I need things to be arranged in a particular way. (or)	0	1	2	3	4
16. I feel that there are good and bad numbers. (n)	0	1	2	3	4
17. I wash my hands more often and longer than necessary. (w)	0	1	2	3	4
18. I frequently get nasty thoughts and have difficulty in getting rid of them. (ob)	0	1	2	3	4

washing = 5, 11, 17  
checking = 2, 8, 14  
ordering = 3, 19, 15

obsessions = 6, 12, 18  
hoarding = 1, 7, 13  
neutralising = 4, 10, 16

## **Obsessive-Compulsive Inventory – Revised (OCI-R)**

### **Administration & Scoring**

The OCI-R is a short version of the OCD (Foa, Kozak, Salkovskis, Coles, & Amir, 1998) and is a self-report scale for assessing symptoms of Obsessive-Compulsive Disorder (OCD). It consists of 18 questions that a person endorses on a 5-point Likert scale.

Scores are generated by adding the item scores. The possible range of scores is 0-72. Mean score for persons with OCD is 28.0 ( $SD = 13.53$ ). Recommended cutoff score is 21, with scores at or above this level indicating the likely presence of OCD.

### **Reference:**

Foa, E.B., Huppert, J.D., Leiberg, S., Hajcak, G., Langner, R., et al. (2002). The Obsessive-Compulsive Inventory: Development and validation of a short version. *Psychological Assessment*, 14, 485-496.