



## Yale-Brown Obsessive Compulsive Scale Symptom Checklist

Generate a *Target Symptoms List* by asking the patient about specific obsessions and compulsions. Circle all that apply. Distinguish between current and past symptoms. Mark principal symptoms with a “p”. These will form the basis of the *Target Symptoms List*. Items marked “\*” may or may not be an OCD phenomena.

### AGGRESSIVE OBSESSIONS

- |         |      |   |
|---------|------|---|
| Current | Past | Fear might harm self  |
| Current | Past | Fear might harm others  |
| Current | Past | Violent or horrific images  |
| Current | Past | Fear of blurting out obscenities or insults   |
| Current | Past | Fear of doing something else embarrassing*  |
| Current | Past | Fear will act on unwanted impulses (e.g., to stab friend)                               |
| Current | Past | Fear will steal things  |
| Current | Past | Fear will harm others because not careful enough (e.g., hit/run motor vehicle accident) |
| Current | Past | Fear will be responsible for something else terrible happening (e.g., fire, burglary)   |
| Current | Past | Other:  |

### CONTAMINATION OBSESSIONS

- |         |      |  |
|---------|------|--|
| Current | Past | Concern or disgust with bodily waste or secretions (e.g., urine, feces, saliva)*           |
| Current | Past | Concern with dirt or germs   |
| Current | Past | Excessive concern with environmental contaminants (e.g., asbestos, radiation, toxic waste) |
| Current | Past | Excessive concern with household items (e.g., insects)                                     |
| Current | Past | Bothered by sticky substances or residues  |
| Current | Past | Concerned will get others ill by spreading contaminant (aggressive)                        |
| Current | Past | No concern with consequences other than how it might feel                                  |
| Current | Past | Other:   |

### HOARDING/SAVING OBSESSIONS (distinguish from hobbies and concerns with objects of monetary or sentimental value)

- |         |      |        |
|---------|------|--------|
| Current | Past | Other: |
|---------|------|--------|

### RELIGIOUS OBSESSIONS (scrupulosity)

- |         |      |   |
|---------|------|---|
| Current | Past | Concerned with sacrilege and blasphemy    |
| Current | Past | Excess concern with right/wrong, morality |
| Current | Past | Other:                                    |



### **OBSESSION WITH NEED FOR SYMMETRY OR EXACTNESS**

- Current Past Accompanied by magical thinking (e.g., concerned another will have an accident unless things are in the right place)
- Current Past Not accompanied by magical thinking

### **SOMATIC OBSESSIONS**

- Current Past Concern with illness or disease\*
- Current Past Excessive concern with body part or aspect of appearance (e.g., dysmorphophobia)\*
- Current Past Other:

### **CLEANING/WASHING COMPULSIONS**

- Current Past Excessive or ritualized handwashing
- Current Past Excessive or ritualized showering, bathing, toothbrushing, grooming, or toilet routine
- Current Past Involves cleaning of household items or other inanimate objects
- Current Past Other measures to prevent or remove contact with contaminants
- Current Past Other:

### **CHECKING OBSESSIONS**

- Current Past Checking locks, stove, appliances, etc.
- Current Past Checking that did not/will not harm others
- Current Past Checking that did not/will not harm self
- Current Past Checking that nothing terrible did/will not happen
- Current Past Checking that did not make mistake
- Current Past Checking tied to somatic obsessions
- Current Past Other:

### **MISCELLANEOUS OBSESSIONS**

- Current Past Need to know or remember
- Current Past Fear of saying certain things
- Current Past Fear of not saying just the right thing
- Current Past Fear of losing things
- Current Past Intrusive nonsense sounds, words, or music
- Current Past Bothered by certain sounds/noises\*
- Current Past Lucky/unlucky numbers
- Current Past Colors with special significance
- Current Past Superstitious fears
- Current Past Other:



### **REPEATING RITUALS**

Current Past Rereading or rewriting  
Current Past Need to repeat routine activities (e.g., in/out door, up/down from chair)  
Current Past Other:

### **COUNTING COMPULSIONS**

Current Past Other:

### **ORDERING/ARRANGING COMPULSIONS**

Current Past Other:

### **HOARDING/COLLECTING COMPULSIONS** (distinguish from hobbies & concerns with objects of monetary/sentimental value)

Current Past Other: (e.g. carefully reads junk mail, piles up old newspapers, sorts through garbage, collects useless objects)

### **MISCELLANEOUS COMPULSIONS**

Current Past Mental rituals (other than checking/counting)  
Current Past Excessive list making  
Current Past Need to tell, ask, or confess  
Current Past Need to touch, tap, or rub\*  
Current Past Rituals involving blinking or staring\*  
Current Past Measures (not checking) to prevent harm to self \_\_\_\_\_; harm to others \_\_\_\_\_; terrible consequences \_\_\_\_\_  
Current Past Ritualized eating behaviors\*  
Current Past Superstitious behaviors  
Current Past Trichotillomania  
Current Past Other self-damaging, or self-mutilating behaviors\*  
Current Past Other: