



## Yale-Brown Obsessive Compulsive Scale

**Obsessions are unwanted ideas, images or impulses that intrude on thinking against your wishes and efforts to resist them. They usually involve themes of harm, risk and danger. Common obsessions are excessive fears of contamination; recurring doubts about danger, extreme concern with order, symmetry, or exactness; fear of losing important things.**

**Questions 1 to 5 are about your obsessive thoughts. Please answer each question by circling the appropriate number.**

1. TIME OCCUPIED BY OBSESSIVE THOUGHTS SCORE \_\_\_\_\_

How much of your time is occupied by obsessive thoughts?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

2. INTERFERENCE DUE TO OBSESSIVE THOUGHTS SCORE \_\_\_\_\_

How much do your obsessive thoughts interfere with your work, school, social, or other important role functioning? Is there anything that you don't do because of them?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

3. DISTRESS ASSOCIATED WITH OBSESSIVE THOUGHTS SCORE \_\_\_\_\_

How much distress do your obsessive thoughts cause you?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence



4. RESISTANCE AGAINST OBSESSIONS SCORE \_\_\_\_\_

How much of an effort do you make to resist the obsessive thoughts? How often do you try to disregard or turn your attention away from these thoughts as they enter your mind?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

5. DEGREE OF CONTROL OVER OBSESSIVE THOUGHTS SCORE \_\_\_\_\_

How much control do you have over your obsessive thoughts? How successful are you in stopping or diverting your obsessing thinking? Can you dismiss them?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

**The next several questions are about your compulsive behaviors. Compulsions are urges that people have to do something to lessen feelings of anxiety or other discomfort. Often they do repetitive, purposeful, intentional behaviors called rituals. The behavior itself may seem appropriate but it becomes a ritual when done to excess. Washing, checking, repeating, straightening, hoarding, and many other behaviors that can be rituals. Some rituals are mental. For example, thinking or saying things over and over under your breath.**

6. TIME SPENT PERFORMING COMPULSIVE BEHAVIORS SCORE \_\_\_\_\_

How much time do you spend performing compulsive behaviors? How much longer than most people does it take to complete routine activities because of your rituals? How frequently do you do rituals?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

7. INTERFERENCE DUE TO COMPULSIVE BEHAVIORS SCORE \_\_\_\_\_



How much do your compulsive behaviors interfere with your work, school, social, or other important role functioning? Is there anything that you don't do because of the compulsions?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

8. DISTRESS ASSOCIATED WITH COMPULSIVE BEHAVIOR SCORE \_\_\_\_\_

How would you feel if prevented from performing your compulsion(s)? How anxious would you become?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

9. RESISTANCE AGAINST COMPULSIONS SCORE \_\_\_\_\_

How much of an effort do you make to resist the compulsions?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

10. DEGREE OF CONTROL OVER COMPULSIVE BEHAVIOR SCORE \_\_\_\_\_

How strong is the drive to perform the compulsive behavior? How much control do you have over the compulsions?

- 0 = None
- 1 = Less than 1 hr/day or occasional occurrence
- 2 = 1 to 3 hrs/day or frequent
- 3 = Greater than 3 and up to 8 hrs/day or very frequent occurrence

**TOTAL SCORE** \_\_\_\_\_