

## Questionnaire for Obsessions and Compulsions.

The following questionnaire will help you identify the types of problems that most trouble you. Read through the statements listed and check the ones that are true for you. If you check two or more items in any group, this is an indication that you should specifically address those concerns in your self-help program. Don't be surprised if you check more than one type of OCD symptoms.

Understanding your problem

a. *What symptoms bother you?*

Place a check by each item that has troubled you in the last Month.

### Washing and cleaning.

- 1. I avoid touching certain things because of possible contamination.
- 2. I have difficulty picking up items that have dropped on the floor.
- 3. I clean my household excessively.
- 4. I wash my hands excessively.
- 5. I often take extremely long showers or baths.
- 6. I am overly concerned with germs and diseases.

### Checking and repeating.

- 1. I frequently have to check things over and over again.
- 2. I have difficulty finishing things because I repeat actions.
- 3. I often repeat actions in order to prevent something bad from happening.
- 4. I worry excessively about making mistakes.
- 5. I worry excessively that someone will get harmed because of me.
- 6. Certain thoughts that come into my mind make me do things over and over again.

### Ordering.

- 1. I must have certain things around me set in specific order.
- 2. I spend much time making sure that things are in the right place.
- 3. I notice immediately when my things are out of place.
- 4. It is important that my bed is straightened out impeccably.
- 5. I need to arrange certain things in special patterns.
- 6. When my things get rearranged by others, I get extremely upset.

### Hoarding.

- 1. I have difficulty throwing things away.
- 2. I find myself bringing home seemingly useless materials.
- 3. Over the years my home has become cluttered with collections.
- 4. I do not like other people to touch my possessions.
- 5. I find myself unable to get rid of things.
- 6. Other people think my collections are useless.

### Thinking rituals.

- 1. Repeating certain words or numbers in my head makes me feel good.
- 2. I often have to say certain things to myself again and again in order to feel safe.
- 3. I find myself spending a lot of time praying for non religious purposes.
- 4. "Bad" thoughts force me to think about "good" thoughts.
- 5. I try to remember events in detail or make mental lists to prevent unpleasant consequences.
- 6. The only way I can stay calm at times is by thinking the "right" things.

## Worries and pure obsessions.

While I do not engage in any behavioural or thinking rituals:

- \_\_\_ 1. I often get upset by unpleasant thoughts that come into my mind against my will.
- \_\_\_ 2. I usually have doubts about the simple every day things I do.
- \_\_\_ 3. I have no control over my thoughts.
- \_\_\_ 4. Frequently the things that pop into my mind are shameful, frightening, violent or bizarre.
- \_\_\_ 5. I am afraid that my bad thoughts will come true.
- \_\_\_ 6. When I start to worry I cannot easily stop.
- \_\_\_ 7. Little, insignificant events make me worry excessively.

*b .In the past Month, how much time have you spent, on an average day, engaged in these symptoms?*

	Hours	Minutes
Washing and cleaning	_____	_____
Checking and repeating	_____	_____
Ordering	_____	_____
Hoarding	_____	_____
Thinking rituals	_____	_____
Worrying and obsessing	_____	_____

Now total up the number of hours and minutes you listed in part b. If you spend more than two hours each day obsessing or ritualising in any type of symptoms, you may need professional help.

Ref: Stop obsessing. Edna B. Foa, PhD. and Reid Wilson, PhD