Obsessional Beliefs Questionnaire (OBQ-44)
(Score Key)

RT 1. I often think things around me are unsafe. 1 2 3 4 5 6 7
PC 2. If I’m not absolutely sure of something, I’m bound to make a mistake 1 2 3 4 5 6 7
PC 3. Things should be perfect according to my own standards. 1 2 3 4 5 6 7
PC 4. In order to be a worthwhile person, I must be perfect at everything I do. 1 2 3 4 5 6 7
RT 5. When I see any opportunity to do so, I must act to prevent bad things from happening. 1 2 3 4 5 6 7
RT 6. Even if harm is very unlikely, I should try to prevent it at any cost. 1 2 3 4 5 6 7
ICT 7. For me, having bad urges is as bad as actually carrying them out. 1 2 3 4 5 6 7
RT 8. If I don’t act when I foresee danger, then I am to blame for any consequences. 1 2 3 4 5 6 7
PC 9. If I can’t do something perfectly, I shouldn’t do it at all. 1 2 3 4 5 6 7
PC 10. I must work to my full potential at all times. 1 2 3 4 5 6 7
PC 11. It is essential for me to consider all possible outcomes of a situation. 1 2 3 4 5 6 7
PC 12. Even minor mistakes mean a job is not complete. 1 2 3 4 5 6 7
ICT 13. If I have aggressive thoughts or impulses about my loved ones, this means I may secretly want to hurt them. 1 2 3 4 5 6 7
PC 14. I must be certain of my decisions. 1 2 3 4 5 6 7
RT 15. In all kinds of daily situations, failing to prevent harm is just as bad as deliberately causing harm. 1 2 3 4 5 6 7
RT 16. Avoiding serious problems (for example, illness or accidents) requires constant effort on my part. 1 2 3 4 5 6 7
RT 17. For me, not preventing harm is as bad as causing harm. 1 2 3 4 5 6 7
PC 18. I should be upset if I make a mistake. 1 2 3 4 5 6 7
RT 19. I should make sure others are protected from any negative consequences of my decisions or actions 1 2 3 4 5 6 7
20. For me, things are not right if they are not perfect.

21. Having nasty thoughts means I am a terrible person.

22. If I do not take extra precautions, I am more likely than others to have or cause a serious disaster.

23. In order to feel safe, I have to be as prepared as possible for anything that could go wrong.

24. I should not have bizarre or disgusting thoughts.

25. For me, making a mistake is as bad as failing completely.

26. It is essential for everything to be clear cut, even in minor matters.

27. Having a blasphemous thought is as sinful as committing a sacrilegious act.

28. I should be able to rid my mind of unwanted thoughts.

29. I am more likely than other people to accidentally cause harm to myself or to others.

30. Having bad thoughts means I am weird or abnormal.

31. I must be the best at things that are important to me.

32. Having an unwanted sexual thought or image means I really want to do it.

33. If my actions could have even a small effect on a potential misfortune, I am responsible for the outcome.

34. Even when I am careful, I often think that bad things will happen.

35. Having intrusive thoughts means I'm out of control.

36. Harmful events will happen unless I am very careful.

37. I must keep working at something until it's done exactly right.

38. Having violent thoughts means I will lose control and become violent.

39. To me, failing to prevent a disaster is as bad as causing it.
PC  40. If I don’t do a job perfectly, people won’t respect me.

RT  41. Even ordinary experiences in my life are full of risk.

ICT  42. Having a bad thought is morally no different than doing a bad deed.

PC  43. No matter what I do, it won’t be good enough.

ICT  44. If I don't control my thoughts, I'll be punished.

RT = Responsibility/Threat estimation
PC = Perfectionism/Certainty
ICT = Importance/Control of Thoughts