

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

PC	20. For me, things are not right if they are not perfect.	1	2	3	4	5	6	7
ICT	21. Having nasty thoughts means I am a terrible person.	1	2	3	4	5	6	7
RT	22. If I do not take extra precautions, I am more likely than others to have or cause a serious disaster.	1	2	3	4	5	6	7
RT	23. In order to feel safe, I have to be as prepared as possible for anything that could go wrong.	1	2	3	4	5	6	7
ICT	24. I should not have bizarre or disgusting thoughts.	1	2	3	4	5	6	7
PC	25. For me, making a mistake is as bad as failing completely.	1	2	3	4	5	6	7
PC	26. It is essential for everything to be clear cut, even in minor matters.	1	2	3	4	5	6	7
ICT	27. Having a blasphemous thought is as sinful as committing a sacrilegious act.	1	2	3	4	5	6	7
ICT	28. I should be able to rid my mind of unwanted thoughts.	1	2	3	4	5	6	7
RT	29. I am more likely than other people to accidentally cause harm to myself or to others.	1	2	3	4	5	6	7
ICT	30. Having bad thoughts means I am weird or abnormal.	1	2	3	4	5	6	7
PC	31. I must be the best at things that are important to me.	1	2	3	4	5	6	7
ICT	32. Having an unwanted sexual thought or image means I really want to do it.	1	2	3	4	5	6	7
RT	33. If my actions could have even a small effect on a potential misfortune, I am responsible for the outcome.	1	2	3	4	5	6	7
RT	34. Even when I am careful, I often think that bad things will happen.	1	2	3	4	5	6	7
ICT	35. Having intrusive thoughts means I'm out of control.	1	2	3	4	5	6	7
RT	36. Harmful events will happen unless I am very careful.	1	2	3	4	5	6	7
PC	37. I must keep working at something until it's done exactly right.	1	2	3	4	5	6	7
ICT	38. Having violent thoughts means I will lose control and become violent.	1	2	3	4	5	6	7
RT	39. To me, failing to prevent a disaster is as bad as causing it.	1	2	3	4	5	6	7

PC	40. If I don't do a job perfectly, people won't respect me.	1	2	3	4	5	6	7
RT	41. Even ordinary experiences in my life are full of risk.	1	2	3	4	5	6	7
ICT	42. Having a bad thought is morally no different than doing a bad deed.	1	2	3	4	5	6	7
PC	43. No matter what I do, it won't be good enough.	1	2	3	4	5	6	7
ICT	44. If I don't control my thoughts, I'll be punished.	1	2	3	4	5	6	7

RT = Responsibility/Threat estimation

PC = Perfectionism/Certainty

ICT = Importance/Control of Thoughts