

**Name:** \_\_\_\_\_

**Date :** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

Instructions: Rate each activity on the scale below according to how much impairment is present due to obsessive-compulsive symptoms. Impairment can be the result of how long it takes to complete an activity, how often you repeat the activity or how much you avoid the activity.

- 1 - No problem with activity: takes about same time as most people; no need to repeat it, and/or avoids it.
- 2 - Minor problems with activity: takes a little longer than most people, may repeat it a few times, and/or sometimes avoids it.
- 3 - Moderate problems with activity: takes moderately longer than most people, often repeats it numerous times, and/or often avoids it.
- 4 - Very often has problems with activity: takes much longer than most people; frequently repeats it many times, and/or frequently avoids it.
- 5 - Almost constant problems with activity: takes very long compared to most people or unable to complete it; almost always repeats it an extreme number of times or almost always avoids it.

**I. DECONTAMINATION COMPULSIONS**

- |           |   |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Washing your hands ritually and/or excessively                                 |
| ① ② ③ ④ ⑤ | 2. Bathing, or showering ritually and/or excessively                              |
| ① ② ③ ④ ⑤ | 3. Disinfecting yourself  |
| ① ② ③ ④ ⑤ | 4. Brushing your teeth to remove contamination                                    |
| ① ② ③ ④ ⑤ | 5. Disinfecting others or having them disinfect themselves                        |
| ① ② ③ ④ ⑤ | 6. Disinfecting and/or cleaning your environment or your possessions              |
| ① ② ③ ④ ⑤ | 7. Washing or cleaning items before they can be used or allowed in the house      |
| ① ② ③ ④ ⑤ | 8. Changing or having others change clothing frequently to avoid contamination    |
| ① ② ③ ④ ⑤ | 9. Discarding or destroying potentially contaminated items                        |
| ① ② ③ ④ ⑤ | 10. Wiping, blowing on, or shaking out items before using them                    |
| ① ② ③ ④ ⑤ | 11. Avoidance of certain foods which may be contaminated                          |
| ① ② ③ ④ ⑤ | 12. Avoidance of specific persons, places, or objects which might be contaminated |
| ① ② ③ ④ ⑤ | 13. Using gloves, paper, etc. to touch things                                     |
| ① ② ③ ④ ⑤ | 14. Having family or friends perform any of the above on your behalf              |
| ① ② ③ ④ ⑤ | 15. Performing, reciting, or thinking ritually to avoid or remove contamination   |

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<sup>1</sup> From *Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Berkely/Penguin Press. NY. 2003. Adapted and Modified from *Obsessive-Compulsive Disorders: A Complete Guide to Getting Well And Staying Well* by Fred Penzel.

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|-----------|---|
| ① ② ③ ④ ⑤ | 16. Excessive questioning of others about contamination             |
| ① ② ③ ④ ⑤ | 17. Using public telephones   |
| ① ② ③ ④ ⑤ | 18. Touching door handles in public places                          |
| ① ② ③ ④ ⑤ | 19. Handling or cooking food  |
| ① ② ③ ④ ⑤ | 20. Washing dishes  |
| ① ② ③ ④ ⑤ | 21. Washing clothing  |
| ① ② ③ ④ ⑤ | 22. Handling money  |
| ① ② ③ ④ ⑤ | 23. Handling garbage or waste baskets                               |
| ① ② ③ ④ ⑤ | 24. Traveling on public transportation (buses, trains, taxis, etc.) |
| ① ② ③ ④ ⑤ | 25. Using toilet to urinate   |
| ① ② ③ ④ ⑤ | 26. Using toilet to defecate  |
| ① ② ③ ④ ⑤ | 27. Using public restrooms  |
| ① ② ③ ④ ⑤ | 28. Visiting a hospital   |
| ① ② ③ ④ ⑤ | 29. Eating in restaurants   |
| ① ② ③ ④ ⑤ | 30. Going to movies   |
| ① ② ③ ④ ⑤ | 31. Other: _____  |

**II. CHECKING COMPULSIONS**

- |           |   |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Doors and windows  |
| ① ② ③ ④ ⑤ | 2. Water taps   |
| ① ② ③ ④ ⑤ | 3. Electrical appliances  |
| ① ② ③ ④ ⑤ | 4. Stoves   |
| ① ② ③ ④ ⑤ | 5. Light switches   |
| ① ② ③ ④ ⑤ | 6. Car doors, windows, headlights, etc.                         |
| ① ② ③ ④ ⑤ | 7. Items to be mailed or mailboxes                              |
| ① ② ③ ④ ⑤ | 8. Whereabouts of sharp objects                                 |
| ① ② ③ ④ ⑤ | 9. Extinguished cigarettes or matches                           |
| ① ② ③ ④ ⑤ | 10. The arrangement of objects for symmetry or perfection       |
| ① ② ③ ④ ⑤ | 11. Surfaces or objects for marks or damage                     |
| ① ② ③ ④ ⑤ | 12. Objects, surfaces, or your own body parts for contamination |
| ① ② ③ ④ ⑤ | 13. Repetitive praying or crossing yourself                     |
| ① ② ③ ④ ⑤ | 14. What you have read  |
| ① ② ③ ④ ⑤ | 15. Your paperwork or writing for errors                        |
| ① ② ③ ④ ⑤ | 16. Your writing for obscenities or errors                      |
| ① ② ③ ④ ⑤ | 17. Filling out forms   |

- ① ② ③ ④ ⑤ 18. Doing arithmetic
- ① ② ③ ④ ⑤ 19. Counting money and/or making change
- ① ② ③ ④ ⑤ 20. Driving situations (to verify that you did not hit someone or something with a vehicle)
- ① ② ③ ④ ⑤ 21. Your own or another's vital signs or body (for signs of illness)
- ① ② ③ ④ ⑤ 22. For possible hazards to children
- ① ② ③ ④ ⑤ 23. The possibility that unspecified harm will occur to yourself or others
- ① ② ③ ④ ⑤ 24. Frequent phone calls to family and loved one's to insure they are safe
- ① ② ③ ④ ⑤ 25. The possibility that you may have harmed yourself or others accidentally or through negligence
- ① ② ③ ④ ⑤ 26. Whether or not someone has acted sexually toward you
- ① ② ③ ④ ⑤ 27. Whether or not you have acted sexually toward someone else
- ① ② ③ ④ ⑤ 28. For prowlers (in closets, under bed, etc.)
- ① ② ③ ④ ⑤ 29. For objects dropped accidentally
- ① ② ③ ④ ⑤ 30. That valuable items were not accidentally thrown away
- ① ② ③ ④ ⑤ 31. That you haven't left anything behind when you leave any place
- ① ② ③ ④ ⑤ 32. Container tops or lids for closure
- ① ② ③ ④ ⑤ 33. That one did not injure another through negligence
- ① ② ③ ④ ⑤ 34. Your own words or actions (to verify that you did not act inappropriately)
- ① ② ③ ④ ⑤ 35. Your own memory (by asking yourself or others )
- ① ② ③ ④ ⑤ 36. That you have made the perfect decision
- ① ② ③ ④ ⑤ 37. Repetitively apologizing or asking for forgiveness
- ① ② ③ ④ ⑤ 38. That you have not touched something hazardous or contaminated
- ① ② ③ ④ ⑤ 39. Yourself or your environment for signs of contamination
- ① ② ③ ④ ⑤ 40. For sources of dangerous gases or fumes
- ① ② ③ ④ ⑤ 41. That you have not ingested foods which are unhealthy or forbidden
- ① ② ③ ④ ⑤ 42. Your food or drink for drugs or chemicals put there by others or by accident
- ① ② ③ ④ ⑤ 43. Your phone for eavesdroppers
- ① ② ③ ④ ⑤ 44. Following your spouse or lover to make sure they are being faithful
- ① ② ③ ④ ⑤ 45. The mail or phone usage of your spouse or lover to make sure they are being faithful
- ① ② ③ ④ ⑤ 46. Questioning the whereabouts of your spouse or lover to make sure they are being faithful
- ① ② ③ ④ ⑤ 47. Watching who your spouse or lover looks at ( in public or in movies, TV, and magazines) to make sure they are not being unfaithful
- ① ② ③ ④ ⑤ 48. Other: \_\_\_\_\_

**III. MAGICAL/UNDOING COMPULSIONS**

- |           |  |
|-----------|--|
| ① ② ③ ④ ⑤ | 1. Reciting or thinking of certain words, names, sounds, phrases, numbers, or images |
| ① ② ③ ④ ⑤ | 2. Moving your body or gesturing in a special way                                    |
| ① ② ③ ④ ⑤ | 3. Having to mentally arrange certain images numbers, words, names, etc.             |
| ① ② ③ ④ ⑤ | 4. Having to physically arrange objects in your environment in special ways          |
| ① ② ③ ④ ⑤ | 5. Stepping in special ways or on special spots when walking                         |
| ① ② ③ ④ ⑤ | 6. Repeating an activity with a good thought or image in mind                        |
| ① ② ③ ④ ⑤ | 7. Performing actions or movements in reverse  |
| ① ② ③ ④ ⑤ | 8. Washing off ideas or thoughts   |
| ① ② ③ ④ ⑤ | 9. Rethinking thoughts   |
| ① ② ③ ④ ⑤ | 10. Thinking thoughts in reverse   |
| ① ② ③ ④ ⑤ | 11. Having to eat or not eat certain foods   |
| ① ② ③ ④ ⑤ | 12. Gazing at or thinking of certain numbers or words to cancel others out           |
| ① ② ③ ④ ⑤ | 13. Gazing at objects in a special way   |
| ① ② ③ ④ ⑤ | 14. Touching certain things in a special way   |
| ① ② ③ ④ ⑤ | 15. Other: _____   |

**IV. PERFECTIONISTIC COMPULSIONS**

- |           |  |
|-----------|--|
| ① ② ③ ④ ⑤ | 1. Arrange objects or possessions in special or symmetrical ways                     |
| ① ② ③ ④ ⑤ | 2. Keep new possessions unused and in perfect condition                              |
| ① ② ③ ④ ⑤ | 3. Buy only items which are perfect  |
| ① ② ③ ④ ⑤ | 4. Keep your home or living space perfectly clean and orderly                        |
| ① ② ③ ④ ⑤ | 5. Putting laundry away  |
| ① ② ③ ④ ⑤ | 6. Avoid using rooms, closets, drawers, etc.) once they have been arranged perfectly |
| ① ② ③ ④ ⑤ | 7. Keep your possessions perfectly neat and clean                                    |
| ① ② ③ ④ ⑤ | 8. Having items in drawers, closets or cabinets perfectly and neatly arranged        |
| ① ② ③ ④ ⑤ | 9. Say things perfectly  |
| ① ② ③ ④ ⑤ | 10. Remember or memorize things perfectly or in a special order                      |
| ① ② ③ ④ ⑤ | 11. Read or reread every word in a document to avoid missing anything                |
| ① ② ③ ④ ⑤ | 12. Know or learn everything about a particular subject                              |
| ① ② ③ ④ ⑤ | 13. Keep remaking decisions to ensure picking the perfect one                        |
| ① ② ③ ④ ⑤ | 14. Rewrite or write over numbers or letters to make them perfect                    |
| ① ② ③ ④ ⑤ | 15. Perform ordinary activities extra slowly to get them done perfectly              |
| ① ② ③ ④ ⑤ | 16. Think of certain things perfectly or exactly                                     |
| ① ② ③ ④ ⑤ | 17. Be perfectly religious   |

- ① ② ③ ④ ⑤ 18. Punish or penalize yourself when you do not behave perfectly
- ① ② ③ ④ ⑤ 19. Be perfectly self-denying
- ① ② ③ ④ ⑤ 20. Look at certain things in the environment in a special or perfect way (visually tracing or lining them up, etc.)
- ① ② ③ ④ ⑤ 21. Be perfectly aware of everything going on around you in your environment
- ① ② ③ ④ ⑤ 22. Tell the truth or be perfectly honest
- ① ② ③ ④ ⑤ 23. Perfectly confess about all your thoughts or behaviors to others
- ① ② ③ ④ ⑤ 24. Confess to having done wrongful things whether you have done them or not
- ① ② ③ ④ ⑤ 25. Make one's appearance perfect (e.g. hair, nails, clothes, makeup, etc.)
- ① ② ③ ④ ⑤ 26. Cut your hair (to make it perfect or symmetrical)
- ① ② ③ ④ ⑤ 27. Perform activities until they feel just right
- ① ② ③ ④ ⑤ 28. Keep extensive lists or records of certain things
- ① ② ③ ④ ⑤ 29. Only perform certain activities at perfect times
- ① ② ③ ④ ⑤ 30. Other: \_\_\_\_\_

**V. COUNTING COMPULSIONS**

- ① ② ③ ④ ⑤ 1. While performing certain activities
- ① ② ③ ④ ⑤ 2. Repeating behaviors a special number of times
- ① ② ③ ④ ⑤ 3. Performing behaviors an odd or even number of times
- ① ② ③ ④ ⑤ 4. To ensure an activity has been done a certain number of times or for a long enough duration
- ① ② ③ ④ ⑤ 5. To ensure that an activity has been done an odd or even number of times
- ① ② ③ ④ ⑤ 6. The numbers of objects or occurrences of certain things in the environment
- ① ② ③ ④ ⑤ 7. Up to or beyond certain numbers
- ① ② ③ ④ ⑤ 8. Simply to count (unconnected with any special idea or activity)
- ① ② ③ ④ ⑤ 9. The occurrences of certain body functions (e.g., breathing, steps, etc.)
- ① ② ③ ④ ⑤ 10. Other: \_\_\_\_\_

**VI. TOUCHING OR MOVEMENT COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Gesture or pose in a special way
- ① ② ③ ④ ⑤ 2. Look or glance at something in a special way
- ① ② ③ ④ ⑤ 3. Move in symmetrical or special ways
- ① ② ③ ④ ⑤ 4. Having to step in special ways or on special spots when walking
- ① ② ③ ④ ⑤ 5. Tic, twitch, or grimace in a special way
- ① ② ③ ④ ⑤ 6. Move in special ways while carrying out certain activities

- ① ② ③ ④ ⑤ 7. Reverse movements you have just made
- ① ② ③ ④ ⑤ 8. Repeat certain activities (e.g., sitting down, getting up, passing through doorways) or by certain locations) a special number of times, or until they feel right
- ① ② ③ ④ ⑤ 9. Touch furniture before sitting down or standing up
- ① ② ③ ④ ⑤ 10. Touch doors or drawers before opening or closing them
- ① ② ③ ④ ⑤ 11. Touch the edges or certain parts of things
- ① ② ③ ④ ⑤ 12. Touch doorways before walking through them
- ① ② ③ ④ ⑤ 13. Touch things a certain number of times
- ① ② ③ ④ ⑤ 14. Touch things in special patterns
- ① ② ③ ④ ⑤ 15. Touch, move, or handle possessions a certain way before using them
- ① ② ③ ④ ⑤ 16. Other: \_\_\_\_\_

**VII. MENTAL COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Make mental maps of places
- ① ② ③ ④ ⑤ 2. Memorize facts or information
- ① ② ③ ④ ⑤ 3. Make mental lists or arrangements
- ① ② ③ ④ ⑤ 4. Know or learn everything about a particular subject
- ① ② ③ ④ ⑤ 5. Keep reviewing past situations to try to remember or understand them
- ① ② ③ ④ ⑤ 6. Think specific thoughts in special ways
- ① ② ③ ④ ⑤ 7. Think about specific topics
- ① ② ③ ④ ⑤ 8. Create specific mental images or pictures
- ① ② ③ ④ ⑤ 9. Repeat your own or someone else's words in your mind
- ① ② ③ ④ ⑤ 10. Think of sequences of special numbers or words
- ① ② ③ ④ ⑤ 11. Rethink specific thoughts
- ① ② ③ ④ ⑤ 12. Think certain thoughts in reverse
- ① ② ③ ④ ⑤ 13. Analyzing your thoughts to determine if they are (or were) appropriate
- ① ② ③ ④ ⑤ 14. Analyzing your thoughts to determine if they are really obsessions or not
- ① ② ③ ④ ⑤ 15. Checking your own memory to determine if you came to harm in the past
- ① ② ③ ④ ⑤ 16. Whether your own thoughts or reactions indicate that you are sexually attracted to others in ways which are inappropriate to you
- ① ② ③ ④ ⑤ 17. Other: \_\_\_\_\_

**VIII. PROTECTIVE COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Questioning others, or your own memory, to determine if you have harmed or insulted someone (recently or in the past)

- |           |   |
|-----------|---|
| ① ② ③ ④ ⑤ | 2. Recording and collecting information about past events to help in determining if harm occurred to yourself or others in the past                     |
| ① ② ③ ④ ⑤ | 3. Collecting and removing objects from the environment that could harm others (i.e., tacks, razor blades, nails, matches, lit cigarettes, glass, etc.) |
| ① ② ③ ④ ⑤ | 4. Difficulty using sharp instruments (knives, scissors, etc.)  |
| ① ② ③ ④ ⑤ | 5. Checking on the whereabouts of others to be certain that harm has not occurred to them   |
| ① ② ③ ④ ⑤ | 6. Trying to limit the activities of others to prevent harm from happening to them  |
| ① ② ③ ④ ⑤ | 7. Warning others repeatedly of potential harm or danger  |
| ① ② ③ ④ ⑤ | 8. Asking others if you will be safe or if things will turn out well for you  |
| ① ② ③ ④ ⑤ | 9. Asking others if they will be safe or if things will turn out well for them  |
| ① ② ③ ④ ⑤ | 10. Confessing to having done things you believe may have harmed others   |
| ① ② ③ ④ ⑤ | 11. List making   |
| ① ② ③ ④ ⑤ | 12. Other: _____  |

**IX. BODY-FOCUSED COMPULSIONS**

- |           |  |
|-----------|--|
| ① ② ③ ④ ⑤ | 1. Checking your appearance in the mirror for problems or imperfections                        |
| ① ② ③ ④ ⑤ | 2. Checking your appearance or physical reaction to assure yourself about your sexual identity |
| ① ② ③ ④ ⑤ | 3. Choosing what clothes to wear   |
| ① ② ③ ④ ⑤ | 4. Questioning others directly or indirectly about your appearance                             |
| ① ② ③ ④ ⑤ | 5. Seeking frequent medical consultations to check on your appearance                          |
| ① ② ③ ④ ⑤ | 6. Having to have your appearance improved surgically  |
| ① ② ③ ④ ⑤ | 7. Your body for symmetry or perfection  |
| ① ② ③ ④ ⑤ | 8. Your appearance or grooming for symmetry or perfection                                      |
| ① ② ③ ④ ⑤ | 9. Cutting your hair to excess or for long periods of time to make it perfect                  |
| ① ② ③ ④ ⑤ | 10. Washing your hair to make it perfect   |
| ① ② ③ ④ ⑤ | 11. Picking or squeezing pimples or blemishes to make your skin perfect                        |
| ① ② ③ ④ ⑤ | 12. Checking the way your body works   |
| ① ② ③ ④ ⑤ | 13. Seeking medical consultations for possible illnesses                                       |
| ① ② ③ ④ ⑤ | 14. Reading about illnesses in books or on the internet  |
| ① ② ③ ④ ⑤ | 15. Self examination of your body for lumps or marks that could mean you have an illness       |
| ① ② ③ ④ ⑤ | 16. Frequent examination of current symptoms of possible illness                               |
| ① ② ③ ④ ⑤ | 17. Having family examine you for signs of possible illness                                    |
| ① ② ③ ④ ⑤ | 18. Discussing symptoms of possible illness with family and friends                            |
| ① ② ③ ④ ⑤ | 19. Taking your temperature  |

① ② ③ ④ ⑤ 20. Other: \_\_\_\_\_

**X. HOARDING/COLLECTING COMPULSIONS/IMPULSIONS**

- ① ② ③ ④ ⑤ 1. Saving broken, irreparable, or useless items
- ① ② ③ ④ ⑤ 2. Buying excessive quantities of items beyond an amount needed for reasonable usage
- ① ② ③ ④ ⑤ 3. Retrieving from or searching through your own or other people's trash
- ① ② ③ ④ ⑤ 4. Inability to throw things out due to fear of accidentally throwing important items away
- ① ② ③ ④ ⑤ 5. Going to excessive lengths (including extreme self-denial) to save money
- ① ② ③ ④ ⑤ 6. Saving excessive quantities of informational matter (newspapers, old lists, magazines, junk mail, etc.)
- ① ② ③ ④ ⑤ 7. Saving items simply because they belong to yourself or loved ones
- ① ② ③ ④ ⑤ 8. Having to own complete collections of certain things, even if not important
- ① ② ③ ④ ⑤ 9. Keeping extensive lists or records of certain things
- ① ② ③ ④ ⑤ 10. Other: \_\_\_\_\_

**XI. GROOMING IMPULSIONS**

- ① ② ③ ④ ⑤ 1. Hair pulling (from head, eyebrows, eyelashes, pubic area, body, etc.)
- ① ② ③ ④ ⑤ 2. Skin picking or biting
- ① ② ③ ④ ⑤ 3. Nail or cuticle biting, picking, or cutting
- ① ② ③ ④ ⑤ 4. Picking or squeezing pimples or blemishes for the sensation of it
- ① ② ③ ④ ⑤ 5. Other: \_\_\_\_\_

**XII. SELF-MUTILATIVE IMPULSIONS**

- ① ② ③ ④ ⑤ 1. Cutting or scratching yourself
- ① ② ③ ④ ⑤ 2. Burning yourself
- ① ② ③ ④ ⑤ 3. Poking yourself in the eyes
- ① ② ③ ④ ⑤ 4. Biting yourself (e.g., insides of cheeks)
- ① ② ③ ④ ⑤ 5. Other: \_\_\_\_\_