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

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II. CHECKING COMPULSIONS

1. Doors and windows
2. Water taps
3. Electrical appliances
4. Stoves
5. Light switches
6. Car doors, windows, headlights, etc.
7. Items to be mailed or mailboxes
8. Whereabouts of sharp objects
9. Extinguished cigarettes or matches
10. The arrangement of objects for symmetry or perfection
11. Surfaces or objects for marks or damage
12. Objects, surfaces, or your own body parts for contamination
13. Repetitive praying or crossing yourself
14. What you have read
15. Your paperwork or writing for errors
16. Your writing for obscenities or errors
17. Filling out forms
1. Doing arithmetic
2. Counting money and/or making change
3. Driving situations (to verify that you did not hit someone or something with a vehicle)
4. Your own or another’s vital signs or body (for signs of illness)
5. For possible hazards to children
6. The possibility that unspecified harm will occur to yourself or others
7. Frequent phone calls to family and loved one’s to insure they are safe
8. The possibility that you may have harmed yourself or others accidentally or through negligence
9. Whether or not someone has acted sexually toward you
10. Whether or not you have acted sexually toward someone else
11. For prowlers (in closets, under bed, etc.)
12. For objects dropped accidentally
13. That valuable items were not accidentally thrown away
14. That you haven’t left anything behind when you leave any place
15. Container tops or lids for closure
16. That one did not injure another through negligence
17. Your own words or actions (to verify that you did not act inappropriately)
18. Your own memory (by asking yourself or others)
19. That you have made the perfect decision
20. Repetitively apologizing or asking for forgiveness
21. That you have not touched something hazardous or contaminated
22. Yourself or your environment for signs of contamination
23. For sources of dangerous gases or fumes
24. That you have not ingested foods which are unhealthy or forbidden
25. Your food or drink for drugs or chemicals put there by others or by accident
26. Your phone for eavesdroppers
27. Following your spouse or lover to make sure they are being faithful
28. The mail or phone usage of your spouse or lover to make sure they are being faithful
29. Questioning the whereabouts of your spouse or lover to make sure they are being faithful
30. Watching who your spouse or lover looks at (in public or in movies, TV, and magazines) to make sure they are not being unfaithful
31. Other:
III. MAGICAL/UNDOING COMPULSIONS

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

IV. PERFECTIONISTIC COMPULSIONS

1. Arrange objects or possessions in special or symmetrical ways
2. Keep new possessions unused and in perfect condition
3. Buy only items which are perfect
4. Keep your home or living space perfectly clean and orderly
5. Putting laundry away
6. Avoid using rooms, closets, drawers, etc.) once they have been arranged perfectly
7. Keep your possessions perfectly neat and clean
8. Having items in drawers, closets or cabinets perfectly and neatly arranged
9. Say things perfectly
10. Remember or memorize things perfectly or in a special order
11. Read or reread every word in a document to avoid missing anything
12. Know or learn everything about a particular subject
13. Keep remaking decisions to ensure picking the perfect one
14. Rewrite or write over numbers or letters to make them perfect
15. Perform ordinary activities extra slowly to get them done perfectly
16. Think of certain things perfectly or exactly
17. Be perfectly religious
18. Punish or penalize yourself when you do not behave perfectly
20. Look at certain things in the environment in a special or perfect way (visually tracing or lining them up, etc.)
21. Be perfectly aware of everything going on around you in your environment
22. Tell the truth or be perfectly honest
23. Perfectly confess about all your thoughts or behaviors to others
24. Confess to having done wrongful things whether you have done them or not
25. Make one’s appearance perfect (e.g. hair, nails, clothes, makeup, etc.)
26. Cut your hair (to make it perfect or symmetrical)
27. Perform activities until they feel just right
28. Keep extensive lists or records of certain things
29. Only perform certain activities at perfect times
30. Other: __________________________

V. COUNTING COMPULSIONS

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

VI. TOUCHING OR MOVEMENT COMPULSIONS

1. Gesture or pose in a special way
2. Look or glance at something in a special way
3. Move in symmetrical or special ways
4. Having to step in special ways or on special spots when walking
5. Tic, twitch, or grimace in a special way
6. Move in special ways while carrying out certain activities
7. Reverse movements you have just made
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
9. Touch furniture before sitting down or standing up
10. Touch doors or drawers before opening or closing them
11. Touch the edges or certain parts of things
12. Touch doorways before walking through them
13. Touch things a certain number of times
14. Touch things in special patterns
15. Touch, move, or handle possessions a certain way before using them
16. Other: ____________________________

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

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

IX. BODY-FOCUSED COMPULSIONS

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

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

XI. GROOMING IMPULSIONS

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

XII. SELF-MUTILATIVE IMPULSIONS

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