

Y-B Obsessive Compulsive Scale

Name: _____

Date: _____

Obsessions Checklist:

Current	Past	Contamination Obsessions	Current	Past	Sexual Obsessions
___	___	Concern with dirt, germs, certain illnesses	___	___	Forbidden or perverse sexual thoughts, images, impulses
___	___	Concerns or disgust with bodily wastes or secretions (urine, feces, saliva)	___	___	Content involves homosexuality
___	___	Excessive concern with environmental contaminants (asbestos, radiation, toxic waste)	___	___	Sexual behavior towards others (aggressive)
___	___	Excessive concerns with household items (cleaners, solvents)	___	___	Other (describe) _____
___	___	Excessive concerns about animals/insects	___	___	Hoarding/Saving Obsessions
___	___	Excessive bothered by sticky substances, residues	___	___	Fear of losing things
___	___	Concerned will get ill because of contaminants	___	___	Others (describe) _____
___	___	Concerned will get others ill by spreading contaminants (aggressive)	___	___	Magical Thoughts/Superstitious Obsessions
___	___	No concern with consequences of contamination other than how it might feel	___	___	Lucky/Unlucky numbers, colors, words
___	___	Other (describe) _____	___	___	Others (describe) _____
___	___	Aggressive Obsessions	___	___	Somatic Obsessions
___	___	Fear might harm self	___	___	Excessive concern with illness or disease
___	___	Fear might harm others	___	___	Excessive concern with body part or aspect of appearance (dysmorphophobia)
___	___	Fear harm will come to self	___	___	Other (describe) _____
___	___	Fear harm will come to others (maybe because of something you did or did not do)	___	___	Religious Obsessions (Scrupulosity)
___	___	Violent or horrific images	___	___	Excessive concern or fear of offending religious objects
___	___	Fear of blurting out obscenities or insults	___	___	Excessive concern with right/wrong, morality
___	___	Fear of doing something else embarrassing	___	___	Other (describe) _____
___	___	Fear will act on unwanted impulses (stab a family member)	___	___	Miscellaneous Obsessions
___	___	Fear will steal things	___	___	The need to know or remember
___	___	Fear will be responsible for something else terrible happening (fire, burglary, flood)	___	___	Fear of saying certain things
___	___	Other (describe) _____	___	___	Fear of not saying just the right thing
					Intrusive (non-violent) images
					Intrusive sounds, words, music or numbers
					Other (describe) _____

Y-B Severity Ratings

Yale-Brown Obsessive Compulsive Scale

Name: _____

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Obsession Rating Scale (circle appropriate score)

1. Time Occupied by Obsessive Thoughts

	None	Mild Less than 1 hour/day or occasional intrusion	Moderate 1 to 3 hours/day frequent intrusion	Severe greater than 3 up to 8 hours/day or very frequent intrusions	Extreme greater than 8 hours/day or near constant intrusion
Score	0	1	2	3	4

2. Interference due to Obsessive Thoughts

		<ul style="list-style-type: none"> • How much do these thoughts get in the way of school, work or doing things with friends? • Is there anything that you don't do because of them? 			
	None	Mild Slight interference with social, school, work activities but overall performance not impaired	Moderate definite interference but still manageable	Severe causes substantial impairment	Extreme incapacitating
Score	0	1	2	3	4

3. Distress Associate with Obsessive Thoughts

	None	Mild Infrequent and not too disturbing	Moderate frequent, disturbing but still manageable	Severe very frequent and very disturbing	Extreme near constant and disabling distress/frustration
Score	0	1	2	3	4

4. Resistance Against Obsessions

	<ul style="list-style-type: none"> • How hard do you try to stop the thoughts or ignore them? (Only rate effort made to resist, not success or failure in actually controlling the obsessions. If the obsessions are minimal, you may not feel the need to resist them. In such cases, a rating of "0" should be given.) 				
	None Make an effort to always resist, or symptoms so minimal, don't need to actively resist	Mild try to resist most of the time	Moderate make some effort to resist	Severe yield to all obsessions without attempting to control them, but do so with some reluctance	Extreme completely and willingly yield to all obsessions
Score	0	1	2	3	4

5. Degree of Control Over Obsessive Thoughts

	Complete Control	Much Control Usually able to stop Or divert obsessions with some effort, concentration	Moderate Control sometimes able to stop or divert obsessions	Little Control rarely successful in stopping obsessions, can only divert attention with difficulty	No Control experienced as completely involuntary, rarely able to even momentarily divert thinking
Score	0	1	2	3	4

Obsession subtotal (add items 1-5) _____