



OCD MODULE

NAME: _____

DOB: _____

HSN: _____

AMIS #: _____

OBSESSIVE COMPULSIVE DISORDER PROGRAM: The next section asks about obsession (recurrent, unwelcome and distressing ideas, thoughts or images) and compulsions (repetitive behaviours or acts you feel drive to perform).

Contamination Obsessions:

Current

Past

- | | | |
|-------|-------|---|
| _____ | _____ | Concerns or disgust with bodily waste or secretions |
| _____ | _____ | Concerned with dirt or germs |
| _____ | _____ | Excessive concern with environmental contaminants |
| _____ | _____ | Excessive concerns with household items (cleaners) |
| _____ | _____ | Bothered by sticky substances or residues |
| _____ | _____ | Concerned will get ill (eg. AIDS) |
| _____ | _____ | Concerned will get others ill by spreading germs |
| _____ | _____ | Somatic obsession |
| _____ | _____ | Other(s) _____ |

Sexual Obsessions:

Current

Past

- | | | |
|-------|-------|---|
| _____ | _____ | Personally unacceptable sexual thoughts |
|-------|-------|---|

Hoarding/Saving Obsessions:

Current

Past

- | | | |
|-------|-------|--|
| _____ | _____ | Collects useless items, eg. old newspapers (distinguish from hobbies, concern with objects of monetary or sentimental value) |
| _____ | _____ | Concerned with losing or throwing out items by mistake |
| _____ | _____ | Other(s) _____ |

Obsession with Need for Symmetry or Exactness:

Current

Past

- | | | |
|-------|-------|---|
| _____ | _____ | Bothered by things not being lined up or being in order |
| _____ | _____ | Other(s) _____ |

(continued)

Aggressive Obsessions

Current	Past	
_____	_____	Violent or horrific images
_____	_____	Fear will act on unwanted impulses (eg. to stab a friend)
_____	_____	Fear will harm others because not careful enough (eg. hit and run motor vehicle accident, putting poison in food)
_____	_____	Fear will be responsible for something else terrible happening (eg fire, Burglary)
_____	_____	Other(s) _____

Religious Obsessions (Scrupulosity)

Current	Past	
_____	_____	Concerns with sacrilege and blasphemy
_____	_____	Excess concern with right and wrong, morality

Pathological Doubt

Current	Past	
_____	_____	After completing routine activities, doubts whether performed or not (eg. signed cheque to pay bill)
_____	_____	Other(s) _____

Other Obsessions

Current	Past	
_____	_____	Superstitious fears (eg. lucky or unlucky number or colour)
_____	_____	Other(s) _____

Compulsions: (repetitive behaviours or acts you feel driven to perform)

Cleaning/Washing Compulsions

Current	Past	
_____	_____	Excessive or ritualized hand washing
_____	_____	Excessive or ritualized showering, bathing, tooth brushing, grooming
_____	_____	Cleaning of household items or other inanimate objects
_____	_____	Other measures to prevent or remove contact with contaminants
_____	_____	Other(s) _____

Repeating Rituals

Current	Past	
_____	_____	Rereading or rewriting
_____	_____	Repeats same questions
_____	_____	Need to repeat routine activities (eg. in and outdoor)
_____	_____	Other(s) _____

Ordering/Arranging Compulsions

Current	Past	
_____	_____	Lines up clothes, canned goods, shoes in fixed order
_____	_____	Need for symmetry (eg. shoelaces must be same tension, socks at same height)
_____	_____	Can't complete activity until "just right"

Hoarding/Collecting Compulsions

Current	Past	
_____	_____	Inspecting household trash and accumulating useless objects

Checking Compulsions

Current	Past	
_____	_____	Checking locks, stove, appliances, water faucets, emergency brake
_____	_____	Checking that did not harm others
_____	_____	Checking that did not make mistake (eg. balancing cheque books over and over)
_____	_____	Checking tied to somatic obsessions (eg. checking self for signs of cancer)
_____	_____	Other(s) _____

(continued)

Other Compulsions

Current

Past

- | | | |
|-------|-------|---|
| _____ | _____ | Mental rituals (eg. silently reciting prayers to neutralize a bad thought) |
| _____ | _____ | Counting compulsions (eg. count ceiling tiles) |
| _____ | _____ | Excessive list making |
| _____ | _____ | Pathological slowness (pervades most routine activities) |
| _____ | _____ | Need to tell, ask, confess |
| _____ | _____ | Need to touch, tap or rub |
| _____ | _____ | Superstitious behaviours (eg. stepping on sidewalk cracks, bedtime rituals) |
| _____ | _____ | Asking for reassurance over and over |
| _____ | _____ | Self-damaging behaviour |
| _____ | _____ | Rituals involving blinking or staring |
| _____ | _____ | Other(s) _____ |

This section asks questions about the obsessions and compulsions you have identified. Please think about the past week and circle one answer for each question.

A. OBSESSIONS

	None	Mild	Moderate	Severe	Extreme
1. Time spent on obsessions	0	1	2	3	4
2. Interference from obsession	0	1	2	3	4
3. Distress of obsession	0	1	2	3	4
	Definitely Resists				Completely Yields
4. Resistance	0	1	2	3	4
	Complete Control	Much Control	Moderate Control	Little Control	No Control
5. Control over obsession	0	1	2	3	4
Obsession subtotal (items 1-5)					<input type="text"/>

B. COMPULSIONS

	None	Mild	Moderate	Severe	Extreme
6. Time spent on compulsions	0	1	2	3	4
7. Interference from compulsions	0	1	2	3	4
8. Distress of compulsions	0	1	2	3	4
	Definitely Resists				Completely Yields
9. Resistance	0	1	2	3	4
	Complete Control	Much Control	Moderate Control	Little Control	No Control
10. Control over compulsions	0	1	2	3	4
Compulsive subtotal (items 6-10)					<input type="text"/>
Total Score (items 1-10)					<input type="text"/>