

OCD Screener

Obsessive Compulsive Disorder Screening Questions

Patient Name: _____

Yes No

Date: _____

- Do you have thoughts that bother you or make you anxious and that you can't get rid of regardless of how hard you try?
- Do you have a tendency to keep things extremely clean or to wash your hands very frequently, more than other people you know?
- Do you check things over and over to excess?
- Do you have to straighten, order, or tidy things so much that it interferes with other things you want to do?
- Do you worry excessively about acting or speaking more aggressively than you should?
- Do you have great difficulty discarding things even when they have practical value?

Answering 'Yes' to any of the about questions may suggest further evaluation.

Obsessive Compulsive Screening Checklist

People with OCD usually have difficulty with some of the following activities. Answer each question by circling the number next to it.

- 0 No problem with the activity- takes me same time as average person. I do not tend to repeat or avoid it.
 1 Activity takes me twice as long as most people, or I have to repeat it twice, or I tend to avoid it.
 2 Activity takes me three times as long as most people, or I have to repeat it three or more times, or I usually avoid it.

0 1 2	Taking a bath or shower	0 1 2	Washing dishes	0 1 2	Turning lights and taps on and off
0 1 2	Touching people or being touched	0 1 2	Handling or cooking food	0 1 2	Locking or closing doors and windows
0 1 2	Care of hair (e.g., washing, combing, brushing)	0 1 2	Touching own genitals, petting, or sexual intercourse	0 1 2	Using electrical appliances (e.g., heaters)
0 1 2	Brushing teeth	0 1 2	Cleaning the house	0 1 2	Doing arithmetic or accounts
0 1 2	Dressing and undressing	0 1 2	Keeping things tidy	0 1 2	Getting to work
0 1 2	Using toilet to urinate	0 1 2	Bed making	0 1 2	Writing
0 1 2	Using toilet to defecate	0 1 2	Cleaning shoes	0 1 2	Form filing
0 1 2	Washing hands and face	0 1 2	Touching door handles	0 1 2	Mailing letters
0 1 2	Handling waste or waste bins	0 1 2	Throwing things away	0 1 2	Reading
0 1 2	Washing clothing	0 1 2	Visiting a hospital		

_____ + _____ + _____ = _____ **Total Score**

Total scores > 10 increase the possibility of obsessive compulsive disorder (OCD), and further evaluation is recommended.
 Total scores > 20 are highly suggestive of OCD. Note: This checklist is not intended to *diagnose* OCD.

Source: JH Grist, JW Jefferson, IM Marks. Anxiety and Its Treatment: Help is Available. Washington, DC: American Psychiatric Press; 1986.



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