

## Y-BOCS Symptom Checklist

Instructions: Generate a *Target Symptoms List* from the attached Y-BOCS Symptom Checklist by asking the patient about specific obsessions and compulsions. Check all that apply. Distinguish between current and past symptoms. Mark principal symptoms with a "p". These will form the basis of the *Target Symptoms List*. Items marked may "\*" or may not be an OCD phenomena.

Current Past

### AGGRESSIVE OBSESSIONS

- Fear might harm self  
  Fear might harm others  
  Violent or horrific images  
  Fear of blurting out obscenities or insults  
  Fear of doing something else embarrassing\*  
  Fear will act on unwanted impulses (e.g., to stab friend)  
  Fear will steal things  
  Fear will harm others because not careful enough (e.g. hit/run motor vehicle accident)  
  Fear will be responsible for something else terrible happening (e.g., fire, burglary)  
  Other: \_\_\_\_\_

### CONTAMINATION OBSESSIONS

- Concerns or disgust w/ with bodily waste or secretions (e.g., urine, feces, saliva Concern with dirt or germs  
  Excessive concern with environmental contaminants (e.g. asbestos, radiation toxic waste)  
  Excessive concern with household items (e.g., cleansers solvents)  
  Excessive concern with animals (e.g., insects)  
  Bothered by sticky substances or residues  
  Concerned will get ill because of contaminant  
  Concerned will get others ill by spreading contaminant (Aggressive)  
  No concern with consequences of contamination other than how it might feel

### SEXUAL OBSESSIONS

- Forbidden or perverse sexual thoughts, images, or impulses  
  Content involves children or incest  
  Content involves homosexuality\*  
  Sexual behavior towards others (Aggressive)\*  
  Other: \_\_\_\_\_

### HOARDING/SAVING OBSESSIONS

(distinguish from hobbies and concern with objects of monetary or sentimental value)

### RELIGIOUS OBSESSIONS (Scrupulosity)

- Concerned with sacrilege and blasphemy  
  Excess concern with right/wrong, morality  
  Other: \_\_\_\_\_

### OBSESSION WITH NEED FOR SYMMETRY OR EXACTNESS

- Accompanied by magical thinking (e.g., concerned that another will have accident dent unless less things are in the right place)  
  Not accompanied by magical thinking

### MISCELLANEOUS OBSESSIONS

- Need to know or remember  
  Fear of saying certain things  
  Fear of not saying just the right thing  
  Fear of losing things  
  Intrusive (nonviolent) images  
  Intrusive nonsense sounds, words, or music  
  Bothered by certain sounds/noises\*  
  Lucky/unlucky numbers  
  Colors with special significance  
  3 superstitious fears  
  Other: \_\_\_\_\_

Current Past

### SOMATIC OBSESSIONS

- Concern with illness or disease\*  
  Excessive concern with body part or aspect of Appearance (eg., dysmorphophobia)\*  
  Other

### CLEANING/WASHING COMPULSIONS

- Excessive or ritualized handwashing  
  Excessive or ritualized showering, bathing, toothbrushing grooming, or toilet routine Involves cleaning of household items or other inanimate objects  
  Other measures to prevent or remove contact with contaminants  
  Other

### CHECKING COMPULSIONS

- Checking locks, stove, appliances etc.  
  Checking that did not/will not harm others  
  Checking that did not/will not harm self  
  Checking that nothing terrible did/will happen  
  Checking that did not make mistake  
  Checking tied to somatic obsessions  
  Other: \_\_\_\_\_

### REPEATING RITUALS

- Rereading or rewriting  
  Need to repeat routine activities jog, in/out door, up/down from chair)  
  Other: \_\_\_\_\_

### COUNTING COMPULSIONS

- \_\_\_\_\_  
  \_\_\_\_\_

### ORDERING/ARRANGING COMPULSIONS

- \_\_\_\_\_  
  \_\_\_\_\_

### HOARDING/COLLECTING COMPULSIONS

(distinguish from hobbies and concern with objects of monetary or sentimental value (e.g., carefully reads junk mail, piles up old newspapers, sorts through garbage, collects useless objects.)

### MISCELLANEOUS COMPULSIONS

- Mental rituals (other than checking/counting)  
  Excessive listmaking  
  Need to tell, ask, or confess  
  Need to touch, tap, or rub\*  
  Rituals involving blinking or staring\*  
  Measures (not checking) to prevent: harm to self-harm to others terrible consequences  
  Ritualized eating behaviors\*  
  Superstitious behaviors  
  Trichotillomania \*  
  Other self-damaging or self-mutilating behaviors\*  
  Other

Adapted from Goodman, W.K., Price, L.H., Rasmussen, S.A, et al.  
 "The Yale-Brown Obsessive Compulsive Scale."  
 Arch Gen Psychiatry 46:1006-1011, 1989