

Code # _____

Date: _____

Self checklist for Obsessive-Compulsive Disorder (OCD)

Please circle the appropriate number for each question.

	Does not get in the way of life	1	2	3	4	5	6	7	Gets in the way some time	Gets in the way much of the time	Gets in the way a lot of the time
1. Doing certain things even though I don't have to.	1	2	3	4	5	6	7				
2. Getting "stuck" on certain words or thoughts.	1	2	3	4	5	6	7				
3. Checking things over and over.	1	2	3	4	5	6	7				
4. Hating dirt and dirty things.	1	2	3	4	5	6	7				
5. Not touching something that someone else has used.	1	2	3	4	5	6	7				
6. Needing to have things clean and neat.	1	2	3	4	5	6	7				
7. Washing my hands a lot.	1	2	3	4	5	6	7				
8. Putting books or things away in a certain order or until they are "just right."	1	2	3	4	5	6	7				
9. Getting angry if other kids mess up my desk or things.	1	2	3	4	5	6	7				
10. Checking my homework to make sure it is just right.	1	2	3	4	5	6	7				
11. Repeating things over and over again.	1	2	3	4	5	6	7				
12. Counting things over and over again.	1	2	3	4	5	6	7				
13. Having trouble finishing my schoolwork.	1	2	3	4	5	6	7				
14. Using a favorite number to do things that number of times.	1	2	3	4	5	6	7				
15. Worrying about doing "bad" things.	1	2	3	4	5	6	7				
16. Worrying a lot about doing things "just right."	1	2	3	4	5	6	7				

Please circle the appropriate number for each question.

	Does not get in the way of life	1	2	3	4	5	6	7
			Gets in the way some time		Gets in the way much of the time		Gets in the way a lot of the time	
17. Having trouble making up my mind.	1	2	3	4	5	6	7	
18. Repeating certain actions. Describe: _____	1	2	3	4	5	6	7	
19. Moving or talking in a special way to avoid bad things from happening.	1	2	3	4	5	6	7	
20. Saying special numbers or words over and over.	1	2	3	4	5	6	7	
21. Other: _____	1	2	3	4	5	6	7	
22. Other: _____	1	2	3	4	5	6	7	
23. Other: _____	1	2	3	4	5	6	7	
24. Other: _____	1	2	3	4	5	6	7	

* modified from the Leyton Obsessional Inventory
(revised 1/17/01)