

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 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 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 rot/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

- _____
- _____

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