

Obsessive Compulsive Disorder (OCD)

The following statements refer to experiences that many people have in their everyday lives.		Not at all (0)	A little (1)	Moderately (2)	A lot (3)	Extremely (4)
1	I have saved up so many things that they get in the way.					
2	I check things more often than necessary.					
3	I get upset if objects are not arranged properly.					
4	I feel compelled to count while I am doing things.					
5	I find it difficult to touch an object when I know it has been touched by strangers or certain people.					
6	I find it difficult to control my own thoughts.					
7	I collect things I don't need.					
8	I repeatedly check doors, windows, drawers, etc.					
9	I get upset if others change the way I have arranged things.					
10	I feel I have to repeat certain numbers.					
11	I sometimes have to wash or clean myself simply because I feel contaminated.					
12	I am upset by unpleasant thoughts that come into my mind against my will.					
13	I avoid throwing things away because I am afraid I might need them later.					
14	I repeatedly check gas and water taps and light switches after turning them off.					
15	I need things to be arranged in a particular way.					
16	I feel that there are good and bad numbers.					
17	I wash my hands more often and longer than necessary.					
18	I frequently get nasty thoughts and have difficulty in getting rid of them.					