

# 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 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

\_\_\_\_\_

## 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

# Yale-Brown Obsessive Compulsive Scale (Y-BOCS)

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NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

*Note:* Scores should reflect the composite effect of all the patient's obsessive compulsive symptoms. Rate the average occurrence of each item during the prior week up to and including the time of interview.

Obsession Rating Scale (circle appropriate score)

Item	Range of Severity				
1. Time Spent on Obsessions Score:	0 hr/day 0	0-1 hr/day 1	1-3 hr/day 2	3-8 hr/day 3	> 8 hr/day 4
2. Interference From Obsessions Score:	None 0	Mild 1	Definite but manageable 2	Substantial impairment 3	Incapacitating 4
3. Distress From Obsessions Score:	None 0	Little 1	Moderate but manageable 2	Severe 3	Near constant, disabling 4
4. Resistance to Obsessions Score:	Always resists 0	Much resistance 1	Some resistance 2	Often yields 3	Completely yields 4
5. Control Over Obsessions Score:	Complete control 0	Much control 1	Some control 2	Little control 3	No control 4

Obsession subtotal (add items 1-5) \_\_\_\_\_

Compulsion Rating Scale (circle appropriate score)

Item	Range of Severity				
6. Time Spent on Compulsions Score:	0 hr/day 0	0-1 hr/day 1	1-3 hr/day 2	3-8 hr/day 3	> 8 hr/day 4
7. Interference From Compulsions Score:	None 0	Mild 1	Definite but manageable 2	Substantial impairment 3	Incapacitating 4
8. Distress From Compulsions Score:	None 0	Mild 1	Moderate but manageable 2	Severe 3	Near constant, disabling 4
9. Resistance to Compulsions Score:	Always resists 0	Much resistance 1	Some resistance 2	Often yields 3	Completely yields 4
10. Control Over Compulsions Score:	Complete control 0	Much control 1	Some control 2	Little control 3	No control 4

Compulsion subtotal (add items 6-10) \_\_\_\_\_

Y-BOCS total (add items 1-10)  

Total Y-BOCS score range of severity for patients who have both obsessions and compulsions:  
 0-7 Subclinical    8-15 Mild    16-23 Moderate    24-31 Severe    32-40 Extreme

COMMENTS: \_\_\_\_\_  
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