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 blunting 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)

**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/SAVING OBSESSIONS**
(distinguish from hobbies and concern with objects of monetary or sentimental value)

**RELIGIOUS OBSESSIONS (Scrupulosity)**
- Concerned with sacrilege and blasphemy
- 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:

**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