

Yale Brown Obsessive-Compulsive Scale (YBOCS)

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1. Please enter the clients information:

Client First Name:

Client Last Name:

Client DOB:

OBSESSIONS:

2. AGGRESSIVE OBSESSIONS:

	Examples	Past	Present
1. I fear I might harm myself	Fear of eating with a knife or fork, fear of handling sharp objects, fear of walking near glass windows		
2. I fear I might harm other people	Fear of poisoning other people's food, fear of harming babies, fear of pushing someone in front of a train, fear of hurting someone's feelings, fear of being responsible by not providing assistance for some imagined catastrophe, fear of causing harm by giving bad advice.		
3. I have violent or horrific images in my mind	Images of murder, dismembered bodies, or other disgusting scenes		
4. I fear I will blurt out obscenities in class	Fear of shouting obscenities in public situations like church, fear of writing obscenities		
5. I fear doing something embarrassing	Fear of appearing foolish in social situations		
6. I fear I will act on an unwanted impulse	Fear of driving a car into a tree, fear of running someone over, fear of stabbing a friend		
7. I fear I will steal things	Fear of "cheating" a cashier, fear of shoplifting inexpensive items		
8. I fear that I'll harm others because I'm not careful enough	Fear of causing an accident without being aware of it (such as a hit-and run accident)		
9. I fear I'll be responsible for something else terrible happening.	Fear of causing a fire or burglary because of not being careful enough in checking the house before leaving		

3. CONTAMINATION OBSESSIONS:

	Past	Present
10. I am concerned or disgusted with bodily waste or secretions		
11. I am concerned with dirt or germs		
12. I am excessively concerned with environmental contaminants		
13. I am excessively concerned with certain household cleansers		
14. I am excessively concerned with animals		
15. I am bothered by sticky substances or residues		
16. I am concerned that I will get ill because of contamination		
17. I am concerned that I will contaminate others		

4. SEXUAL OBSESSIONS:

	Examples	Past	Present
18. I have forbidden or perverse sexual thoughts, images, or impulses	Unwanted sexual thoughts about strangers, family, or friends		
19. I have sexual obsessions that involve children or incest	Unwanted thoughts about sexually molesting either your own children or other children		
20. I have obsessions about homosexuality	Worries like "Am I a homosexual?" or "What if I suddenly become gay?" when there is no basis for these thoughts		
21. I have obsessions about aggressive sexual behavior toward other people	Unwanted images of violent sexual behavior toward adult strangers, friends, or family members		

5. HOARDING / SAVING COMPULSIONS:

	Examples	Past	Present
22. I have obsessions about hoarding or saving things	Worries about throwing away seemingly unimportant things that you might need in the future, urges to pick up and collect useless things		

6. RELIGIOUS OBSESSIONS:

	Examples	Past	Present
23. I am concerned with sacrilege and blasphemy	Worries about having blasphemous thoughts, saying blasphemous things, or being punished for such things		
24. I am excessively concerned with morality	Worries about always doing "the right thing," having told a lie, or having cheated someone		

7. OBSESSION WITH NEED OF SYMMETRY OR EXACTNESS:

	Examples	Past	Present
25. I have obsessions about symmetry or exactness	Worries about papers and books being properly aligned, worries about calculations or handwriting being perfect		

8. MISCELLANEOUS OBSESSIONS:

	Examples	Past	Present
26. I feel that I need to know or remember certain things	Belief that you need to remember insignificant things like license plate numbers, the names of actors on television shows, old telephone numbers, bumper stickers or t-shirt slogans		
27. I fear saying certain things	Fear of saying certain words (such as "thirteen") because of superstitions, fear of saying something that might be disrespectful to a dead person, fear of using words with an apostrophe (because this denotes possession)		
28. I fear not saying just the right thing	Fear of having said the wrong thing, fear of not using the "perfect" word		
29. I fear losing things	Worries about losing a wallet or other unimportant objects, like a scrap of note paper		
30. I am bothered by intrusive (neutral) mental images	Random, unwanted images in your mind		
31. I am bothered by intrusive mental nonsense sounds, words or music	Words, songs, or music in your mind that you can't stop		
32. I am bothered by certain sounds or noises	Worries about the sounds of clocks ticking loudly or voices in another room that may interfere with sleeping		
33. I have lucky and unlucky numbers	Worries about common numbers (like thirteen) that may cause you to perform activities a certain number of times or to postpone an action until a certain lucky hour of the day		
34. Certain colors have special significance to me	Fear of using objects of certain colors (e.g. black may be associated with death, red with blood or injury)		
35. I have superstitious fears	Fear of passing a cemetery, hearse, or black cat; fear of omens associated with death		

9. SOMANTIC OBSESSIONS:

	Examples	Past	Present
36. I am concerned with illness or disease	Worries that you have an illness like cancer, heart disease or AIDS, despite reassurance from doctors that you do not		
37. I am excessively concerned with a part of my body or an aspect of my appearance (dysmorphophobia)	Worries that your face, ears, nose, eyes, or another part of your body is hideous, ugly, despite reassurances to the contrary		

COMPULSIONS:

10.	Cleaning/Washing Compulsions:	Examples	Past	Present
	38. I wash my hands excessively or in a ritualized way	Washing your hands many times a day or for long periods of time after touching, or thinking that you have touched a contaminated object. This may include washing the entire length of your arms		
	39. I have excessive or ritualized showering, bathing, tooth brushing, grooming, or toilet routines	Taking showers or baths or performing other bathroom routines that may last for several hours. If the sequence is interrupted, the entire process may have to be restarted		
	40. I have compulsions that involve cleaning household items or other inanimate objects	Excessive cleaning of faucets, toilets, floors, kitchen counters, or kitchen utensils		
	41. I do other things to prevent or remove contact with contaminants	Asking family members to handle or remove insecticides, garbage, gasoline cans, raw meat, paints, varnish, drugs in the medicine cabinet, or kitty litter. If you can't avoid these things, you may wear gloves to handle them, such as when using a self service gas pump		

11. CHECKING COMPULSIONS:

	Examples	Past	Present
42. I check that I did not harm others	Checking that you haven't hurt someone without knowing it. You may ask others for reassurance or telephone to make sure that everything is all right		
43. I check that I did not harm myself	Looking for injuries of bleeding after handling sharp or breakable objects. You may frequently go to doctors to ask for reassurance that you haven't hurt yourself		
44. I check that nothing terrible happened	Searching the newspaper or listening to the radio or television for news about some catastrophe that you believe you caused. You may also ask people for reassurance that you didn't cause an accident		
45. I check that I did not make a mistake	Repeated checking of door locks, stoves, electrical outlets, before leaving home; repeated checking while reading, writing, or doing simple calculations to make sure that you didn't make a mistake (you can't be certain that you didn't)		
46. I check some aspect of my physical condition tied to my obsessions about my body	Seeking reassurance from friends or doctors that you aren't having a heart attack or getting cancer; repeatedly taking pulse, blood pressure, or temperature; checking your appearance in a mirror, looking for ugly features		

12. REPEATING RITUALS:

	Examples	Past	Present
47. I reread or rewrite things	Taking hours to read a few pages in a book or to write a short letter because you get caught in a cycle of reading and rereading; worrying that you didn't understand something you just read; searching for a "perfect" word or phrase; having obsessive thoughts about the shape of certain printed letters in a book		
48. I need to repeat routine activities	Repeating activities like turning appliances on and off, combing your hair, going in and out of a doorway, or looking in a particular direction; not feeling comfortable unless you do these things the "right" number of times		

13. COUNTING COMPULSIONS:

	Examples	Past	Present
49. I have counting compulsions	Counting objects like ceiling or floor tiles, books in a bookcase, nails in a wall, or even grains of sand on a beach; counting when you repeat certain activities, like washing		

14. ORDERING / ARRANGING COMPULSIONS

	Examples	Past	Present
50. I have ordering or arranging compulsions	Straightening paper and pens on a desktop or books in a bookcase, wasting hours arranging things in your house in "order" and then becoming very upset if this order is disturbed		

15. HOARDING / COLLECTING COMPULSIONS:

	Examples	Past	Present
51. I have compulsions to hoard or collect things			

16. MISCELLANEOUS COMPULSIONS:

	Examples	Past	Present
52. I have mental rituals (other than checking/counting)	Performing rituals in your head, like saying prayers or thinking a "good" thought to undo a "bad" thought. These are different from obsessions, because you perform them intentionally to reduce anxiety or feel better		
53. I need to tell, ask, or confess	Asking other people to reassure you, confessing to wrong behaviors you never even did, believing that you have to tell other people certain words to feel better		
54. I need to touch, tap, or rub things	Giving in to the urge to touch rough surfaces, like wood, or hot surfaces, like a stove top; giving in to the urge to lightly touch other people; believing you need to touch an object like a telephone to prevent an illness in your family		
55. I take measures (other than checking) to prevent harm or terrible consequences to myself or family	Staying away from sharp or breakable objects, such as knives, scissors, and fragile glass		
56. I have ritualized eating behaviors	Arranging your food, knife, and fork in a particular order before being able to eat, eating according to a strict ritual, not being able to eat until the hands of a clock point exactly at a certain time		
57. I have superstitious behaviors	Not taking a bus or train if its number contains an "unlucky" number (like thirteen), staying in your house on the thirteenth of the month, throwing away clothes you wore while passing a funeral home or cemetery		
58. I pull my hair out (trichotillomania)	Pulling hair from your scalp, eyelids, eyelashes, or pubic areas, using your fingers or tweezers. You may produce bad spots that require you to wear a wig, or you may pluck your eyebrows or eyelids smooth		

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Scoring:

The Y-BOCS was developed by Goodman, W.K., Price, L.H., Rassmussen, S.A., et al. (1989). The Yale-Brown Obsessive-Compulsive Scale (Y-BOCS) Part 1: Development, use and reliability. Archives of General Psychiatry,46 1006-1011. It was modified for computer administration by John Greist and associates, (1992). A computer administered version of the Yale-Brown Obsessive Compulsive Scale. Psychological Assessment, 4 329-332.

Yale Brown Obsessive-Compulsive Scale Part 2 (YBOCS II)

Thank you for completing the Y-BOCS checklist. Remember the definitions of obsessions and compulsions and the examples of each that you may have noted on the checklist. Please place a check mark by the appropriate number from 0-4 under each question below. If you are currently not experiencing any obsession or compulsions, you may simply enter zeros for the questions, then continue to the next question.

17. Please list the 2 most upsetting obsessions that you currently experience and the 2 compulsions that cause you the most difficulty.

OBSESSIVE THOUGHTS:

Review the obsessions you checked on the Y-BOCS Symptom Checklist to help you answer the first five questions. Please think about the last seven days (including today), and check one answer for each question

18. 1. TIME OCCUPIED BY OBSESSIVE THOUGHTS:

	0	1	2	3	4
How much of your time was occupied by obsessive thoughts? How frequently did these thoughts occur?	None	Less than 1 hour per day, or occasional intrusions (occur no more than 8 times a day)	1-3 hours per day, or frequent intrusions (most of the day are free of obsessions)	More than 3 hours and up to 8 hours per day, or very frequent intrusions	More than 8 hours per day, or near-constant intrusions

19. 2. INTERFERENCE DUE TO OBSESSIVE THOUGHTS:

	0	1	2	3	4
How much did these thoughts interfere with your social or work functioning? Is there anything that you didn't do because of them?	No interference	Mild, slight interference with social or occupational performance, but still performance not impaired	Moderate, definitive interference with social or occupational performance, but still manageable	Severe interference, causes substantial impairment in social or occupational performance	Extreme, incapacitating interference

20. 3. DISTRESS ASSOCIATED WITH OBSESSIVE THOUGHTS:

	0	1	2	3	4
How much distress did your obsessive thoughts cause you?	None	Mild, infrequent, and not too disturbing distress	Moderate, frequent, and disturbing distress, but still manageable	Severe, very frequent, and very disturbing distress	Extreme, near-constant, and disabling distress

21. 4. RESISTANCE AGAINST OBSESSIONS:

	0	1	2	3	4
How much effort did you make to resist the obsessive thought? How often did you try to disregard or turn your attention away from those thoughts as they entered your mind?	I made an effort to always resist (or the obsessions are so minimal that there is no need to actively resist them)	I tried to resist most of the time (e.g. more than half the time I tried to resist)	I made some effort to resist	I allowed all obsessions to fill my mind without attempting to control them, but I did so with some reluctance	I completely and willingly gave in to all obsessions

22. 5. DEGREES OF CONTROL OVER OBSESSIVE THOUGHTS:

	0	1	2	3	4
How much control did you have over your obsessive thoughts? How successful were you in stopping or diverting your obsessive thinking?	Complete control	Much control; usually I could stop or divert obsessions with some effort and concentration	Moderate control; sometimes I could stop or divert obsessions	Little control; I was rarely successful in stopping obsessions and could only divert attention with great difficulty	No control; I was rarely able to even momentarily ignore the obsessions

COMPULSIONS:

Review the compulsions you checked on the Y-BOCS Symptom Checklist to help you answer these five questions. Please think about the last seven days (including today), and mark one answer for each question.

23. 6.TIME SPENT PERFORMING COMPULSIVE BEHAVIORS:

	0	1	2	3	4
How much time did you spend performing compulsive behavior? How frequently did you perform compulsions?	None	Less than 1 hour per day was spent performing compulsions, or occasional performance of compulsive behaviors (no more than 8 times per day)	1-3 hours per day was spent performing compulsions, or frequent performance of compulsive behaviors (most hours were free of compulsions)	More than 3 hours and up to 8 hours per day were spent performing compulsions, or very frequent performance of compulsive behaviors (during most hours of the day)	More than 8 hours were spent performing compulsions, or near-constant performance of compulsive behaviors (hour rarely passes without several compulsions being performed)

24. 7. INTERFERENCE DUE TO COMPULSIVE BEHAVIOR:

	0	1	2	3	4
How much did your compulsive behaviors interfere with your social or work functioning?	No interference	Mild, slight interference with social or occupational activities, but overall performance not impaired	Moderate, definite interference with social or occupational performance, but still manageable	Severe interference, substantial impairment in social or occupational performance	Extreme, incapacitation interference

25. 8. DISTRESS ASSOCIATED WITH COMPULSIVE BEHAVIOR:

	0	1	2	3	4
How would you have felt if prevented from performing your compulsion(s)? How anxious would you have become?	Not at all anxious	Only slightly anxious if compulsions prevented	Anxiety would mount but remain manageable if compulsions prevented	Prominent and very disturbing increase in anxiety if compulsions interrupted	Extreme, incapacitating anxiety from any intervention aimed at reducing the compulsions

26. 9. RESISTANCE:

	0	1	2	3	4
How much effort did you make to resist the compulsions? Or how often did you try to stop the compulsions?	I made effort to always resist (or the symptoms were so minimal that there was no need to actively resist them)	I tried to resist most of the time (e.g. more than half the time)	I made some effort to resist	I yielded to almost all compulsions without attempting to control them, but I did so with some reluctance	I completely and willingly yielded to all compulsions

27. 10. DEGREES OF CONTROL OVER COMPULSIVE BEHAVIOR:

	0	1	2	3	4
How much control did you have over the compulsive behavior? How successful were you in stopping the ritual(s)?	I had complete control	Usually I could stop compulsions or rituals with some effort and willpower	Sometimes I could stop compulsive behavior but only with difficulty	I could only delay the compulsive behavior, but eventually it had to be carried out to completion	I was rarely able to even momentarily delay performing the compulsive behavior

28.

	0	1	2	3	4
11. Do you think your obsessions or compulsions are reasonable or rational? Would there be anything besides anxiety to worry about if you resisted them? Do you think something would really happen?	I think my obsessions or compulsions are unreasonable or excessive	I think my obsessions or compulsions are unreasonable or excessive, but I'm not completely convinced that they aren't necessary	I think my obsessions or compulsions may be unreasonable or excessive	I don't think my obsessions or compulsions are unreasonable or excessive	I am sure my obsessions or compulsions are reasonable, no matter what anyone says

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Recent research has shown that obsessions and compulsions occur quite commonly among normal people. While completing the inventories below, please keep in mind the following definitions of obsessions and compulsions.

Obsessions: are unwelcomed and distressing ideas, thoughts, or impulses that repeatedly enter your mind. They may seem to occur against your will. They may be repugnant to you, you may recognize them as senseless, and they may not fit your personality.

Examples of an obsession are recurrent thought or impulses to do harm to a child even though you never would and the idea that household cleansers may lead to contamination and serious illness.

Obsessions differ from worries in that worries are about possible negative things related to life problems that you are afraid might happen. For example, you may worry about failing an exam, about finances, health, or personal relationships. In contrast to obsessions, your worries don't usually seem totally senseless, repugnant, or inconsistent with your personality.

Compulsions: on the other hand, are behaviors or acts that you feel driven to perform although you may recognize them as senseless or excessive. Usually compulsions are performed in response to an obsession, or according to certain rules or in a stereotyped fashion. At times, you may try to resist doing them but this may prove difficult. You may experience discomfort that does not diminish until the behavior is completed.

Examples of a compulsions are the need to repeatedly check appliances, water faucets, and the lock on the front door before you can leave the house and repeated handwashing. While most compulsions are observable behaviors, some are unobservable mental acts, such as silent checking or having to recite nonsense phrases to yourself each time you have a bad thought.

Compulsions, as we define them here, are not to be confused with other kinds of compulsive behavior such as overeating, gambling, drinking alcohol, overshopping, or other "addictive behaviors."

Give the above definitions, please read carefully each item on the checklist below and 1) place a check mark beside each obsession and compulsion that you currently experience and that you have experienced at some time in the past. If you placed a check mark beside obsessions or compulsions that you currently experience; 2) circle the 2 most upsetting obsessions that you currently experience; and 3) circle the 2 most upsetting compulsions that you are currently engaged in.