

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 OCD.

AGGRESSIVE OBSESSIONS

- | Current | Past | |
|---------|------|---|
| ___ | ___ | 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 (eg, to stab friend) |
| ___ | ___ | Fear will steal things |
| ___ | ___ | Fear will harm others because not careful enough (eg, hit / run motor vehicle accident) |
| ___ | ___ | Fear will be responsible for something else terrible happening (eg, fire, burglary) |
| ___ | ___ | Other _____ |

CONTAMINATION OBSESSIONS

- | | | |
|-----|-----|--|
| ___ | ___ | Concerns or disgust with bodily waste or secretions (eg, urine, feces, saliva)* |
| ___ | ___ | Concern with dirt or germs |
| ___ | ___ | Excessive concern with environmental contaminants (eg, asbestos, radiation, toxic waste) |
| ___ | ___ | Excessive concern with household items (eg, cleansers, solvents) |
| ___ | ___ | Excessive concern with animals (eg, 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 |
| ___ | ___ | Other _____ |

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)

- | | | |
|-----|-----|---|
| ___ | ___ | _____ |
| ___ | ___ | Concerned with sacrilege and blasphemy |
| ___ | ___ | Excess concern with right / wrong, morality |
| ___ | ___ | Other _____ |

OBSESSION WITH NEED FOR SYMMETRY OR EXACTNESS

- | | | |
|-----|-----|--|
| ___ | ___ | Accompanied by magical thinking (eg, concerned that another will have accident unless 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 |

Current Past

- | | | |
|-----|-----|--|
| ___ | ___ | 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 |
| ___ | ___ | Superstitious fears |
| ___ | ___ | Other _____ |

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 not / will not harm others |
| ___ | ___ | Checking that did not / will not harm self |
| ___ | ___ | Checking that nothing terrible did / will not happen |
| ___ | ___ | Checking that did not make mistake |
| ___ | ___ | Checking tied to somatic obsessions |
| ___ | ___ | Other _____ |

REPEATING RITUALS

- | | | |
|-----|-----|---|
| ___ | ___ | Rereading or rewriting |
| ___ | ___ | Need to repeat routine activities (eg, 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 (eg, carefully reads junk mail, piles up old newspapers, sorts through garbage, collects useless objects))

- | | | |
|-----|-----|-------|
| ___ | ___ | _____ |
|-----|-----|-------|

MISCELLANEOUS COMPULSIONS

- | | | |
|-----|-----|---|
| ___ | ___ | Mental rituals (other than checking / counting) |
| ___ | ___ | Excessive list making |
| ___ | ___ | 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 _____ |