

# Obsession Rating Scale

Circle appropriate score

Item		None	Mild	Moderate	Severe	Extreme
1.	Time spent on Obsessions	0 hrs/day	0-1 hrs/day	1-3 hrs/day	3-8 hrs/day	>8 hrs/day
	Score	0	1	2	3	4
2.	Interference from Obsessions	None	Mild	Manageable	Severe	Incapacitating
	Score	0	1	2	3	4
3.	Distress from Obsessions	None	Mild	Moderate	Severe	Disabling
	Score	0	1	2	3	4
4.	Resistance to Obsessions (How much effort to resist?)	Always resists	Much resistance	Some resistance	Often yields	Completely yields
	Score	0	1	2	3	4
5.	Control over Obsessions (How successful in control?)	Complete control	Much control	Moderate control	Little control	No control
	Score	0	1	2	3	4

Obsession subtotal (add items 1-5)

(How successful in control?)

# Compulsion Rating Scale

Circle appropriate score

Item		None	Mild	Moderate	Severe	Extreme
6.	Time spent on Compulsions	0 hrs/day	0-1 hrs/day	1-3 hrs/day	3-8 hrs/day	>8 hrs/day
	Score	0	1	2	3	4
7.	Interference from Compulsions	None	Mild	Manageable	Severe	Incapacitating
	Score	0	1	2	3	4
8.	Distress from Compulsions	None	Mild	Moderate	Severe	Disabling
	Score	0	1	2	3	4
9.	Resistance to Compulsions (How much effort to resist?)	Always resists	Much resistance	Some resistance	Often yields	Completely yields
	Score	0	1	2	3	4
10.	Control over Compulsions (How successful in control?)	Complete control	Much control	Moderate control	Little control	No control
	Score	0	1	2	3	4

**0-7: Subclinical 8-15: Mild 16-23: Moderate**

Compulsion subtotal (add items 6-10)

**24-31: Severe 32-40: Extreme**

Y-BOCS total (add items 1-10)