

Y-BOCS Symptom Checklist

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Name _____

Date _____

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)

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 (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
___	___	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

Current	Past	
___	___	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 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 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 _____