

# OCD Screener

## Obsessive Compulsive Disorder Screening Questions

Patient Name: \_\_\_\_\_

Yes    No

Date: \_\_\_\_\_

- Do you have thoughts that bother you or make you anxious and that you can't get rid of regardless of how hard you try?
- Do you have a tendency to keep things extremely clean or to wash your hands very frequently, more than other people you know?
- Do you check things over and over to excess?
- Do you have to straighten, order, or tidy things so much that it interferes with other things you want to do?
- Do you worry excessively about acting or speaking more aggressively than you should?
- Do you have great difficulty discarding things even when they have practical value?

Answering 'Yes' to any of the above questions may suggest further evaluation.

## Obsessive Compulsive Screening Checklist

People with OCD usually have difficulty with some of the following activities. Answer each question by circling the number next to it.

- 0 No problem with the activity- takes me same time as average person. I do not tend to repeat or avoid it.
- 1 Activity takes me twice as long as most people, or I have to repeat it twice, or I tend to avoid it.
- 2 Activity takes me three times as long as most people, or I have to repeat it three or more times, or I usually avoid it.

0 1 2	Taking a bath or shower	0 1 2	Washing dishes	0 1 2	Turning lights and taps on and off
0 1 2	Touching people or being touched	0 1 2	Handling or cooking food	0 1 2	Locking or closing doors and windows
0 1 2	Care of hair (e.g., washing, combing, brushing)	0 1 2	Touching own genitals, petting, or sexual intercourse	0 1 2	Using electrical appliances (e.g., heaters)
0 1 2	Brushing teeth	0 1 2	Cleaning the house	0 1 2	Doing arithmetic or accounts
0 1 2	Dressing and undressing	0 1 2	Keeping things tidy	0 1 2	Getting to work
0 1 2	Using toilet to urinate	0 1 2	Bed making	0 1 2	Writing
0 1 2	Using toilet to defecate	0 1 2	Cleaning shoes	0 1 2	Form filing
0 1 2	Washing hands and face	0 1 2	Touching door handles	0 1 2	Mailing letters
0 1 2	Handling waste or waste bins	0 1 2	Throwing things away	0 1 2	Reading
0 1 2	Washing clothing	0 1 2	Visiting a hospital		

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ **Total Score**

Total scores > 10 increase the possibility of obsessive compulsive disorder (OCD), and further evaluation is recommended. Total scores > 20 are highly suggestive of OCD. Note: This checklist is not intended to *diagnose* OCD.

Source: JH Grist, JW Jefferson, IM Marks. Anxiety and Its Treatment: Help is Available. Washington, DC: American Psychiatric Press; 1986.



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