

■ Rate the following statements reflecting your experiences over the last two weeks

0	1	2	3	4	5
Not Troublesome		Moderately Troublesome		Very Troublesome	

THOUGHTS

RATING

1	I fear that I may harm others.	
2	I fear that I may harm myself.	
3	I have very violent or horrific images.	
4	I fear blurting out obscenities or insults.	
5	I fear that I will be responsible for something terrible happening.	
6	I am concerned with contamination by dirt or germs.	
7	I am concerned with environmental contamination (eg, radiation).	
8	I am concerned with bodily waste and secretion.	
9	I have forbidden all perverse sexual thoughts, images and impulses.	
10	I worry about my sexual behaviour towards others.	
11	I am very concerned about saving and hoarding certain things.	
12	I am very concerned with religious matters.	
13	I am very concerned with sacrilege and blasphemy.	
14	I am very concerned with the need for exactness and symmetry.	
15	I often have 'magical' or unseen thoughts about things happening.	
16	I am very concerned with illness and disease.	
17	I am very concerned with parts of my body and aspects of my appearance.	
18	I am very bothered by certain sounds and noise.	
Any other obsessional thoughts:		
19		
20		

BEHAVIOUR

RATING

1	I carry out excessive, ritualised handwashing/bathing/grooming.	
2	I carry out excessive cleaning of household items.	
3	I compulsively check locks and appliances.	
4	I repeatedly check that I have not made a mistake.	
5	I frequently need to repeat routine activities (eg, in/out/up/down from chair).	
6	I frequently find myself counting, ordering or arranging things excessively.	
7	I am prone to hoard or collect certain items.	
8	I have certain mental rituals I carry out.	
Any other compulsive behaviour or things you avoid:		
9		
10		