People who have Obsessive Compulsive Disorder (OCD) experience recurrent, unpleasant thoughts (obsessions) and feel driven to perform certain acts over and over again (compulsions). Although sufferers usually recognize that the obsessions and compulsions are senseless or excessive, the symptoms of OCD often prove difficult to control without proper treatment. Obsessions and compulsions are not pleasurable; on the contrary, they are a source of distress. The following questions are designed to help people determine if they have symptoms of OCD and could benefit from professional help.

### Part A. Please circle YES or NO.

**Have you been bothered by unpleasant thoughts or images that repeatedly enter your mind, such as:**

1. concerns with contamination (dirt, germs, chemicals, radiation) or acquiring a serious illness such as AIDS? **YES NO**
2. overconcern with keeping objects (clothing, groceries, tools) in perfect order or arranged exactly? **YES NO**
3. images of death or other horrible events? **YES NO**
4. personally unacceptable religious or sexual thoughts? **YES NO**

**Have you worried a lot about terrible things happening, such as:**

5. fire, burglary, or flooding the house? **YES NO**
6. accidentally hitting a pedestrian with your car or letting it roll down the hill? **YES NO**
7. spreading an illness (giving someone AIDS)? **YES NO**
8. losing something valuable? **YES NO**
9. harm coming to a loved one because you weren't careful enough? **YES NO**

**Have you worried about acting on an unwanted and senseless urge or impulse, such as:**

10. physically harming a loved one, pushing a stranger in front of a bus, steering your car into oncoming traffic; inappropriate sexual contact; or poisoning dinner guests? **YES NO**

**Have you felt driven to perform certain acts over and over again, such as:**

11. excessive or ritualized washing, cleaning, or grooming? **YES NO**
12. checking light switches, water faucets, the stove, door locks, or emergency brake? **YES NO**
13. counting; arranging; evening-up behaviors (making sure socks are at same height)? **YES NO**
14. collecting useless objects or inspecting the garbage before it is thrown out? **YES NO**
15. repeating routine actions (in/out of chair, going through doorway, re-lighting cigarette) a certain number of times or until it feels just right **YES NO**
16. need to touch objects or people? **YES NO**
17. unnecessary re-reading or re-writing; re-opening envelopes before they are mailed? **YES NO**
18. examining your body for signs of illness? **YES NO**
19. avoiding colors ("red" means blood, numbers ("1 3" is unlucky), or names (those that start with "D" signify death) that are associated with dreaded events or unpleasant thoughts? **YES NO**
20. needing to "confess" or repeatedly asking for reassurance that you said or did something correctly? **YES NO**