Jill Racine, PhD
Licensed Clinical Psychologist
4601 Spicewood Springs Rd · Building 4, Suite 200 · Austin, TX 78759 · 512.467.1376 · drjillracine.com

Yale-Brown Obsessive Compulsive Scale Checklist (Y-BOCS)

Client Name: _____ Date of Birth: _____ Today's Date: _____

Name and relationship of person completing this form (if not self): _____

Please indicate if you have ever exhibited any of the obsessions or compulsions listed below. Remember, obsessions are unwanted, intrusive thoughts. Compulsions are repetitive behaviors or thoughts that a person uses with the intention of making their obsessions go away.

Obsessions

Contamination	***Current***	***Past Only***
Concern or disgust with bodily waste or secretions	☐	☐
Concern with dirt or germs	☐	☐
Excessive concern with household items (e.g., cleansers solvents)	☐	☐
Excessive concern with environmental contaminants	☐	☐
Bothered by sticky substances or residues	☐	☐
Concerned with getting ill (e.g., AIDS)	☐	☐
Concerned you will get others ill by spreading germs	☐	☐
Other: _____	☐	☐

Aggressive/Harming	***Current***	***Past Only***
Fear might harm self	☐	☐
Fear might harm others	☐	☐
Violent or horrific images	☐	☐
Fear of blurting out obscenities or insults	☐	☐
Fear will harm others because not careful enough (e.g., accidentally running over someone with car)	☐	☐
Fear of being responsible for something else terrible happening (e.g., fire, burglary)	☐	☐
Fear of doing something else embarrassing	☐	☐
Other: _____	☐	☐

Hoarding/Saving	***Current***	***Past Only***
Excessive collecting or saving	☐	☐
Fear of losing or throwing out items by mistake	☐	☐
Other: _____	☐	☐

Need for Symmetry or Exactness	***Current***	***Past Only***
Bothered by things not lined up or being in order	☐	☐
The need for things to be perfect or "just right"	☐	☐
Other: _____	☐	☐

Adapted from Goodman, W.K., Price, L.H., Rasmussen, S.A. et al.: "The Yale-Brown Obsessive Compulsive Scale." Arch Gen Psychiatry 46:1006-1011,1989

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Moral or Religious Obsessions (Scrupulosity)	***Current***	***Past Only***
Excessive concern with sacrilege or blasphemy (offending God)	☐	☐
Excessive concern with right/wrong, morality	☐	☐
Other: _____	☐	☐

Sexual Obsessions	***Current***	***Past Only***
Personally unacceptable sexual thoughts/images/impulses	☐	☐
Content involves children or incest	☐	☐
Content involves homosexuality	☐	☐
Content involves aggressive sexual behavior toward others	☐	☐
Other: _____	☐	☐

Somatic	***Current***	***Past Only***
Excessive concern with illness or disease	☐	☐
Excessive concern with body part(s) or appearance		
Other: _____	☐	☐

Other	***Current***	***Past Only***
Magical thoughts or superstitions (e.g., lucky or unlucky numbers, words, etc.)	☐	☐
The need to tell or confess	☐	☐
Intrusive sounds, words, music, or images	☐	☐
After completing routine activities, doubts whether performed or not	☐	☐
Other: _____	☐	☐

Compulsions:

Cleaning/Washing Compulsions	***Current***	***Past Only***
Excessive or ritualized hand washing	☐	☐
Excessive or ritualized bathing, toothbrushing, grooming, or toilet routine	☐	☐
Cleaning of household items or other inanimate objects	☐	☐
Other: _____	☐	☐

Checking Compulsions	***Current***	***Past Only***
Checking locks, stove, appliances, water faucets, school/work items	☐	☐
Checking that did not harm self	☐	☐
Checking that did not harm others	☐	☐
Checking that did not make mistake (e.g., balancing checkbook over and over)	☐	☐

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Checking related to somatic obsessions (e.g., self for signs of cancer)	☐	☐
Other: _____	☐	☐
Repeating Compulsions	***Current***	***Past Only***
Rereading or rewriting	☐	☐
Repeats same question	☐	☐
Need to repeat routine activities (e.g., opening door, turning items on/off)	☐	☐
Other: _____	☐	☐
Hoarding/Collecting Compulsions	***Current***	***Past Only***
Difficulty throwing things away	☐	☐
Other: _____	☐	☐
Ordering/Arranging Compulsions	***Current***	***Past Only***
Lines up items in fixed order	☐	☐
Need for symmetry (e.g., shoelaces must be at same tension, socks at same height)	☐	☐
Can't complete activity until just right	☐	☐
Other: _____	☐	☐
Miscellaneous Compulsions	***Current***	***Past Only***
Mental rituals	☐	☐
Counting compulsions	☐	☐
Excessive list making	☐	☐
Pathological slowness	☐	☐
Need to tell, ask, confess	☐	☐
Superstitious behaviors	☐	☐
Asking for reassurance over and over	☐	☐
Self-damaging behaviors	☐	☐
Rituals involving blinking or staring	☐	☐
Need to touch, tap, or rub	☐	☐
Other: _____	☐	☐

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