

Obsessive Compulsive Disorder – OCD

Please mark each statement that is true about you.

- I tend to do things carefully, and sometimes slowly.
- Sometimes I tend to keep, collect, or hoard objects that other people may find useless, like magazines, shoe boxes, or rubber bands.
- I repeatedly check things, such as my alarm clock, whether or not the door is locked, or whether or not I left an appliance on.
- I often check and recheck things for mistakes, such as when balancing a check book or checking for spelling errors.
- I have a lot of rituals in my life, such as bedtimes rituals that I have to do in a certain order, or superstitious rituals, such as not stepping on a crack.
- I find myself often counting things in my mind, such as steps, windows, billboards along a highway, or cracks in the sidewalk.
- I tend to make a lot of to do lists.
- Sometimes I repeat things in my head a lot, such as a commercial jingle or a song.
- I like things aligned in a certain way, such as items on my desk or food in my pantry.
- I have a dislike of certain numbers, such as odd numbers.
- I have to eat my food in a certain way or in a certain order.
- I often line up candy, such as M&Ms, or have to eat the candy pieces in pairs.
- I feel a strong need for symmetry and total order in my environment, such as lining up canned goods in the pantry in a certain way, hanging my clothes in the closet in a certain way, or the need to have everything put away neatly before I go to bed.
- I often worry about dirt and germs. I often wash my hands repeatedly to combat this fear.
- I have a need to align objects “just so.”
- My personal appearance is always very neat.
- I tend not to do things spur of the movement. I like to plan things out before I do them.
- I tend to be pretty superstitious.
- The money in my wallet is always in order.
- I tend to keep my room very clean and in order.

Score “1” for each checked box. Range is 0 to 20, with higher numbers indicating increased likelihood of OCD. Please note that scores here are **not clinical diagnoses**. This inventory is a screening tool only, similar to ones professionals use to see if further diagnostic protocols should be used.