

## Obsessive-Compulsive Test - Yale Brown OCD Scale YBOCS

	(0)	(1)	(2)	(3)	(4)
<b>Obsessions</b> are frequent, unwelcome, and intrusive thoughts.					
1. How much time do you spend on obsessive thoughts?	None	0-1 hrs/day	1-3 hrs/day	3-8 hrs/day	More than 8 hrs/day
2. How much do your obsessive thoughts interfere with your personal, social, or work life?	None	Mild	Definite but manageable	Substantial interference	Severe
3. How much do your obsessive thoughts distress you?	None	Little	Moderate but manageable	Severe	Nearly constant, Disabling
4. How hard do you try to resist your obsessions?	Always try	Try much of the time	Try some of the time	Rarely try. Often yield	Never try. Completely yield
5. How much control do you have over your obsessive thoughts?	Complete control	Much control	Some control	Little control	No control
<b>Compulsions</b> are repetitive behaviors or mental acts that you have a strong urge to repeat that are aimed at reducing your anxiety or preventing some dreaded event.					
6. How much time do you spend performing compulsive behaviors?	None	0-1 hrs/day	1-3 hrs/day	3-8 hrs/day	More than 8 hrs/day
7. How much do your compulsive behaviors interfere with your personal, social, or work life?	None	Mild	Definite but manageable	Substantial interference	Severe
8. How anxious would you feel if you were prevented from performing your compulsive behaviors?	None	Little	Moderate but manageable	Severe	Nearly constant, Disabling
9. How hard do you try to resist your compulsive behaviors?	Always try	Try much of the time	Try some of the time	Rarely try. Often yield	Never try. Completely yield
10. How much control do you have over your compulsive behaviors?	Complete control	Much control	Some control	Little control	No control

### Your Score:

If you have both obsessions and compulsions, and your total score is;

8-15 = Mild OCD; 16-23 = Moderate OCD; 24-31 = Severe OCD; 32-40 = Extreme OCD

No single test is completely accurate. You should always consult your physician when making decisions about your health.

### References

- Goodman, W. K., Price, L. H., Rasmussen, S. A., Mazure, C., et al., The Yale-Brown Obsessive Compulsive Scale. I. Development, use, and reliability. *Arch Gen Psychiatry*, 1989. **46**(11): p. 1006-11.
- Rapp, A. M., Bergman, R. L., Piacentini, J., & McGuire, J. F., Evidence-Based Assessment of Obsessive-Compulsive Disorder. *J Cent Nerv Syst Dis*, 2016. **8**: p. 13-29. PMC4994744.

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Reference: "I Want to Change My Life" by Dr. S. Melemis. [www.IWantToChangeMyLife.org](http://www.IWantToChangeMyLife.org)