

Obsessive-Compulsive Disorder (OCD) SELF-TEST

If you suspect you may have OCD, print the test and complete it, then share the results with a health care professional.

Do I have obsessive-compulsive disorder?

- Yes** **No** Do you have unwanted ideas, images, or impulses that seem silly, nasty, or horrible?
- Yes** **No** Do you worry excessively about dirt, germs, or chemicals?
- Yes** **No** Are you constantly worried that something bad will happen because you forgot something important, like locking the door or turning off appliances?
- Yes** **No** Do you experience shortness of breath?
- Yes** **No** Are you afraid you will act or speak aggressively when you really don't want to?
- Yes** **No** Are you always afraid you will lose something of importance?
- Yes** **No** Are there things you feel you must do excessively or thoughts you must think repeatedly to feel comfortable or ease anxiety?
- Yes** **No** Do you ever experience "jelly" legs?
- Yes** **No** Do you wash yourself or things around you excessively?
- Yes** **No** Do you have to check things over and over or repeat them many times to be sure they are done properly?
- Yes** **No** Do you avoid situations or people you worry about hurting by aggressive words or actions?
- Yes** **No** Do you keep many useless things because you feel that you can't throw them away?

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Illnesses that sometimes complicate obsessive-compulsive disorder or other anxiety disorders include depression and substance abuse. With this in mind, answer the following questions:

- Yes** **No** Have you experienced changes in sleeping or eating habits?

More days than not, do you feel...

- Yes** **No** sad or depressed?
- Yes** **No** disinterested in life?
- Yes** **No** worthless or guilty?

During the last year, has the use of alcohol or drugs...

Yes No

resulted in your failure to fulfill responsibilities with work, school, or family?

Yes No

placed you in a dangerous situation, such as driving a car under the influence?

Yes No

gotten you arrested?

Yes No

continued despite causing problems for you and your loved ones?

References:

Goodman, WK, Price LH, et al. The Yale-Brown Obsessive Compulsive Scale (Y-BOCS): Part 1. Development, use and reliability.

*Arch Gen Psychiatry.*46:1006-1011 (1989).

Diagnostic and Statistical Manual of Mental Disorders (DSM IV), American Psychiatric Association, 1994, Washington, D.C.