

Mathers Clinic

Obsessive Compulsive Disorder Scale

Name: _____ Date: _____

Initial
 Rebaseline
 Mid/End
 Follow Up

The following statements refer to experiences which many people have in their everyday lives. In the column labelled **DISTRESS**, please **CIRCLE** the number that best describes **HOW MUCH** that experience has **DISTRESSED** or **BOTHERED YOU DURING THE PAST MONTH**.

The numbers in this column refer to the following labels:

0 = Not At All
 1 = A Little
 2 = Moderately
 3 = A Lot
 4 = Extremely

DISTRESS LEVEL

Not At All	A Little	Moderately	A Lot	Extremely	
0	1	2	3	4	1. Unpleasant thoughts come into my mind against my will and I cannot get rid of them.
0	1	2	3	4	2. I think contact with bodily secretions (perspiration, saliva, blood, urine, etc) may contaminate my clothes or somehow harm me.
0	1	2	3	4	3. I ask people to repeat things to me several times, even though I understood them the first time.
0	1	2	3	4	4. I wash and clean obsessively.
0	1	2	3	4	5. I have to review mentally past events, conversations and actions to make sure that I didn't do something wrong.
0	1	2	3	4	6. I have saved up so many things that they get in the way.
0	1	2	3	4	7. I check things more often than necessary.
0	1	2	3	4	8. I avoid using public toilets because I am afraid of disease or contamination.
0	1	2	3	4	9. I repeatedly check doors, windows, drawers etc.
0	1	2	3	4	10. I repeatedly check gas and water taps and light switches after turning them off.
0	1	2	3	4	11. I collect things I don't need.
0	1	2	3	4	12. I have thoughts of having hurt someone without knowing it.
0	1	2	3	4	13. I have thoughts that I might want to harm myself or others.
0	1	2	3	4	14. I get upset if objects are not arranged properly.
0	1	2	3	4	15. I feel obliged to follow a particular order in dressing, undressing and washing myself.
0	1	2	3	4	16. I feel compelled to count while I am doing things
0	1	2	3	4	17. I am afraid of impulsively doing embarrassing or harmful things.
0	1	2	3	4	18. I need to pray to cancel bad thoughts or feelings.
0	1	2	3	4	19. I keep on checking forms or other things I have written.
0	1	2	3	4	20. I get upset at the sight of knives, scissors and other sharp objects in case I lose control with them.
0	1	2	3	4	21. I am excessively concerned about cleanliness.
0	1	2	3	4	22. I find it difficult to touch an object when I know it has been touched by strangers or certain people.
0	1	2	3	4	23. I need things to be arranged in a particular order.



TheMathersClinic.com

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DISTRESS LEVEL

Not At All	A Little	Moderately	A Lot	Extremely	
0	1	2	3	4	24. I get behind in my work because I repeat things over and over again.
0	1	2	3	4	25. I feel I have to repeat certain numbers.
0	1	2	3	4	26. After doing something carefully, I still have the impression I have not finished it.
0	1	2	3	4	27. I find it difficult to touch garbage or dirty things.
0	1	2	3	4	28. I find it difficult to control my own thoughts.
0	1	2	3	4	29. I find it difficult to control my own actions.
0	1	2	3	4	30. I am upset by unpleasant thoughts that come into my mind against my will.
0	1	2	3	4	31. Before going to sleep I have to do certain things in a certain way.
0	1	2	3	4	32. I go back to places to make sure that I have not harmed anyone.
0	1	2	3	4	33. I frequently get nasty thoughts and have difficulty in getting rid of them.
0	1	2	3	4	34. I avoid throwing things away because I am afraid I might need them later.
0	1	2	3	4	35. I get upset if others change the way I have arranged my things.
0	1	2	3	4	36. I feel that I must repeat certain words or phrases in my mind in order to wipe out bad thoughts, feelings or actions.
0	1	2	3	4	37. After I have done things, I have persistent doubts about whether I really did them.
0	1	2	3	4	38. I sometimes have to wash or clean myself simply because I feel contaminated.
0	1	2	3	4	39. I feel that there are good and bad numbers.
0	1	2	3	4	40. I repeatedly check anything which might cause a fire.
0	1	2	3	4	41. Even when I do something very carefully I feel that it is not quite right.
0	1	2	3	4	42. I wash my hands more often or longer than necessary.

Doctors Comments:

Washing	
Checking	
Doubting	
Ordering	
Obsessions	
Hoarding	
Nuetralizing	
TOTAL	

