
Children's Yale-Brown OC Scale (CY-BOCS) Self-Report Symptom Checklist

Name of Child: _____ Date: _____ Informant: _____

This questionnaire can be completed by the child/adolescent, parents, or both working together. We are interested in getting the most accurate information possible. There are no right or wrong answers. Please just answer the best you can. Thank you.

Please check all COMPULSIVE SYMPTOMS that you have noticed during the past week.

COMPULSIONS are things you feel compelled to do even though you may know the behavior does not make sense. Compulsions are typically done to reduce fear of distress associated with obsessive thoughts.

Washing/Cleaning Compulsions

- _____ Excessive or ritualized hand washing (e.g., takes long time to wash, needs to restart if interrupted, needs to wash hands in particular order of steps)
 - _____ Excessive or ritualized showering, bathing, tooth brushing, grooming, toilet routine (see hand washing)
 - _____ Excessive cleaning of items (e.g., clothes, faucets, floors or important objects)
 - _____ Other measures to prevent or remove contact with contaminants (e.g., using towel or foot to flush toilet or open door; refusing to shake hands; asking family members to remove insecticides, garbage)
 - _____ Other washing/cleaning compulsions (Describe) _____
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Checking Compulsions

- _____ Checking locks, toys, schoolbooks/items, and so on
 - _____ Checking associated with getting washed, dressed, or undressed
 - _____ Checking that did not/will not harm others (e.g., checking that nobody's been hurt, asking for reassurance, or telephoning to make sure that everything is alright)
 - _____ Checking that did not/will not harm self (e.g., looking for injuries or bleeding after handling sharp or breakable objects, asking for reassurance that everything is alright)
 - _____ Checking that nothing terrible did/will happen (e.g., searching the newspaper or television for news about catastrophes)
 - _____ Checking that did not make a mistake (e.g., while reading, writing, doing simple calculations, homework)
 - _____ Checking tied to health worries (e.g., seeking reassurance about having an illness, repeatedly measuring pulse, checking for body odors or ugly features)
 - _____ Other checking compulsions (Describe) _____
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Repeating Compulsions

- _____ Rereading, erasing, or rewriting (e.g., taking hours to read a few pages or write a few sentences because of concern over not understanding or needing letters to be perfect)
 - _____ Needing to repeat routine activities (e.g., getting up and down from a chair or going in and out of a doorway, turning the light switch or TV on and off a specific number of times)
 - _____ Other repeating compulsions (Describe) _____
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Counting Compulsions

- _____ Counts objects (e.g., floor tiles, CDs or books on a shelf, his/her own steps, or words read or spoken)

Arranging/Symmetry

- _____ Arranging/ordering (e.g., spends hours straightening paper and pens on a desktop or books in a bookcase, becomes very upset if order is disturbed)
 - _____ Symmetry/evening up (e.g., arranges things or own self so that two or more sides are “even” or symmetrical)
 - _____ Other arranging compulsions (Describe) _____
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Hoarding/Saving Compulsion (do not count saving sentimental or needed objects)

- _____ Difficulty throwing things away; saving bits of paper, string, old newspapers, notes, cans, paper towels, wrappers and empty bottles; may pick up useless objects from street or garbage
 - _____ Other hoarding/saving compulsions (Describe) _____
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Excessive Games/Superstitious Behaviors (must be associated with anxiety, not just a game)

- _____ Behaviors such as not stepping on cracks or lines on floor/sidewalk, touching an object/self a certain number of times to avoid something bad happening, not leaving home on the 13th of the month)

Rituals Involving Other Persons

- _____ Needing to involve another person (usually a parent) in rituals (e.g., excessive asking for reassurance, repeatedly asking parent to answer the same question, making parent wash excessively)
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Miscellaneous Compulsions

- _____ Excessive telling, asking, or confessing (e.g., confessing repeatedly for minor or imagined transgressions, asking for reassurance)
 - _____ Measures (not checking) to prevent harm to self or others or some other terrible consequences (e.g., avoids sharp or breakable objects, knives, or scissors)
 - _____ Ritualized eating behaviors (e.g., arranging food, knife, fork in a particular order before eating; eating according to a strict ritual)
 - _____ Excessive touching, tapping, rubbing (e.g., repeatedly touching particular surfaces, objects, or other people, perhaps to prevent a bad occurrence)
 - _____ Excessive list making
 - _____ Needing to do things (e.g., touch or arrange) until it feels "just right"
 - _____ Avoiding saying certain words (e.g., goodnight or goodbye, person's name, bad event)
 - _____ Other (Describe) _____
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Please check all **OBSESSIVE** SYMPTOMS that you have noticed during the past week.

OBSESSIONS are intrusive, recurrent, and distressing thoughts, sensations, urges, or images that you may experience. They are typically frightening and may be either realistic or unrealistic in nature.

Contamination Obsessions

- _____ Excessive concern with dirt, germs, certain illnesses (e.g., from door handles, other people)
 - _____ Excessive concern/disgust with bodily waste or secretions (e.g., urine, feces, semen, sweat)
 - _____ Excessive concern with environmental contaminants (e.g., asbestos or radioactive substances)
 - _____ Excessive concern with contamination from household items (e.g., cleaners, solvents)
 - _____ Excessive concern about contamination from touching animals/insects
 - _____ Excessively bothered by sticky substances or residues (e.g., adhesive tape, syrup)
 - _____ Concerned will get ill as a result of being contaminated by something (e.g., germs, animals, cleaners)
 - _____ Concerned will get others ill by spreading contaminant
 - _____ Other washing/cleaning obsessions (Describe) _____
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Aggressive Obsessions

- _____ Fear might harm self (e.g., using knives or other sharp objects)
 - _____ Fear might harm others (e.g., fear of pushing someone in front of a train, hurting someone's feelings, causing harm by giving wrong advice)
 - _____ Fear something bad will happen to self
 - _____ Fear something bad will happen to others
 - _____ Violent or horrific images (e.g., images of murders, dismembered bodies, other disgusting images)
 - _____ Fear of blurting out obscenities or insults (e.g., in public situations like church, school)
 - _____ Fear will act on unwanted impulses (e.g., punch or stab a friend, drive a car into a tree)
 - _____ Fear will steal things against his or her will (e.g., accidentally "cheating" cashier or shoplifting something)
 - _____ Fear will be responsible for terrible event (e.g., fire or burglary because didn't check locks)
 - _____ Other aggressive obsessions (Describe) _____
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Hoarding/Saving Obsessions

- _____ Worries about throwing away unimportant things because he or she might need them in the future, urges to pick up and collect useless things

Health-Related Obsessions

- _____ Excessive concern with illness or disease (e.g., worries that he or she might have an illness like cancer, heart disease, or AIDS despite reassurance from doctors; concerns about vomiting)
- _____ Excessive concern with body part or aspect of appearance (e.g., worries that his or her face, ears, nose, arms, legs, or other body part is disgusting or ugly)
- _____ Other health-related obsessions (Describe)

Religious/Moral Obsessions

- _____ Overly concerned with offending God or other religious objects (e.g., having blasphemous thoughts, saying blasphemous things, or being punished for these things)
 - _____ Excessive concern with right/wrong, morality (e.g., worries about always doing "the right thing," worries about having told a lie or having cheated someone)
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_____ Other religious obsessions (Describe) _____

Magical Obsessions

_____ Has lucky/unlucky numbers, colors, words, or gives special meaning to certain numbers, colors, or words (e.g., red is a bad color because once had a bad thought while wearing red shirt)

Sexual Obsessions

_____ Forbidden or upsetting sexual thoughts, images, or impulses (e.g., unwanted images of violent sexual behavior toward others, or unwanted sexual urges toward family members or friends)

_____ Obsessions about sexual orientation (e.g., that he or she may be gay or may become gay when there is no basis for these thoughts)

_____ Other sexual obsessions (Describe) _____

Miscellaneous Compulsions

_____ Fear of doing something embarrassing (e.g., appearing foolish, burping, having “bathroom accident”)

_____ The need to know or remember things (e.g., insignificant things like license plate numbers, bumper stickers, T-shirt slogans)

_____ Fear of saying certain things (e.g., because of superstitious fears, fear of saying “thirteen”)

_____ Fear of not saying the right thing (e.g., fear of having said something wrong or not using “perfect” word)

_____ Intrusive (nonviolent) images (e.g., random, unwanted images that come into his or her mind)

_____ Intrusive sounds, words, music, or numbers (e.g., hearing words, songs, or music in his or her mind that can't stop; bothered by low sounds like clock ticking or people talking)

_____ Uncomfortable sense of incompleteness or emptiness unless things done “just right”

_____ Other obsessions (Describe) _____

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