

Checklist of OCD Symptoms

1 = not intense/obvious 5 = profound level of intensity/obviousness

OCD is an associated disorder of Tourette Syndrome (TS). The hallmarks of OCD are obsessions (unwanted, intrusive, repetitive thoughts that cause anxiety) and compulsions (repetitive, deliberate actions that relieve the anxiety). Whereas the obsessions are not observable, the compulsions are. It is for that reason that only compulsions are listed here. Please note that these are just some examples; the possibilities are endless.

Obsession (in italics) and the Related Compulsions that May Be Observed	Observed in the past year	Present in the past week	Intensity/ Obviousness (1 – 5)	Disruptive/ Impairing
<i>Contamination</i>				
Avoids contact with peers, objects, e.g., door knobs, chalk, handouts.				
Avoids messy/sticky projects.				
Makes frequent trips to the bathroom.				
Has red, chapped hands.				
<i>Symmetry</i>				
Writes/erases words over and over; makes holes in paper.				
Test/assignments are not done on time or are incomplete.				
Does excessive note-taking.				
Becomes very upset over minor mistakes.				
Is unable to get started.				
Straightens and re-straightens; lines up objects, e.g., books, papers, pens.				
Repacks book bag over and over.				
Adjusts and re-adjusts clothing; is slow in dressing.				
Taps on one side of the body, then the other.				
Walks in a certain pattern.				
Needs to start from the beginning if interrupted.				
<i>Checking</i>				
Checks and re-checks math computations, locks, locker.				
Procrastinates leaving class.				
Checks and re-checks locks on doors and windows.				
Checks for injuries to others.				
<i>Counting</i>				
Counts (out loud or silently) tiles, books, pens footsteps, stairs.				
Counts number of times activity must be performed, e.g., tapping wall, washing hands.				
Needs to start from beginning if interrupted.				
<i>Reassurance Seeking</i>				
Asks questions over and over as related to an obsession. Continues to “doubt” answer.				

Checklist of OCD Symptoms Cont'd

Obsession (in italics) and the Related Compulsions that May Be Observed	Observed in the past year	Present in the past week	Intensity/ Obviousness (1 – 5)	Disruptive/ Impairing (1 – 5)
<i>Hoarding/Collecting</i>				
Is reluctant to clean out book bag.				
Won't throw anything away.				
Saves/collects, e.g., string, paper clips.				
Is unable to stop thinking and talking about "completing" collections.				
<i>Repeating Rituals</i>				
Reads and re-reads text.				
Counts and checks for numbers and letters that look a certain way.				
Needs to skip over certain words containing a certain letter.				
<i>Scrupulosity</i>				
Confesses to behaviours she didn't do.				
Seeks reassurance she is not responsible.				
Gets stuck on rightness or wrongness of moral issue.				
Is unable to let go of perceived injustice.				
<i>Aggression/Sexual</i>				
Avoids sharp object.				
Draws disturbing pictures or writes disturbing phrases/words.				
Avoids speaking in public (in case obscenity or insult is blurted).				
<i>Miscellaneous</i>				
Eats food in a certain way; food cannot touch other food.				
Smells hands, food, people.				
Repeats (silently or out loud) things she must not forget, e.g., old telephone numbers.				
Avoids certain rooms, anything to do with an "unlucky" number.				
Licks self or others.				
Needs to finish verbalization if interrupted.				
Cuts or burns skin; picks at sores; bites nails; cracks knuckles.				