

Obsessive-Compulsive Inventory (OCI)

Identifier

Date

Please read each statement and select a number 0, 1, 2, 3 or 4 that best describes how much that experience has **distressed or bothered you during the past month**. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a health professional.

0 = Not at all 1 = A little 2 = Moderately 3 = A lot 4 = Extremely

1	Unpleasant thoughts come into my mind against my will and I cannot get rid of them	
2	I think contact with bodily secretions (sweat, saliva, blood, urine, etc.) may contaminate my clothes or somehow harm me	
3	I ask people to repeat things to me several times, even though I understood them the first time	
4	I wash and clean obsessively	
5	I have to review mentally past events, conversations and actions to make sure that I didn't do something wrong	
6	I have saved up so many things that they get in the way	
7	I check things more often than necessary	
8	I avoid using public toilets because I am afraid of disease or contamination	
9	I repeatedly check doors, windows, drawers etc.	
10	I repeatedly check gas / water taps / light switches after turning them off	

Foa, E.B., Kozak, M.J., Salkovskis, P.M., Coles, M.E., and Amir, N. (1998). The validation of a new obsessive-compulsive disorder scale: The Obsessive-Compulsive Inventory. *Psychological Assessment*, 10(3), 206-214.

11	I collect things I don't need	
12	I have thoughts of having hurt someone without knowing it	
13	I have thoughts that I might want to harm myself or others	
14	I get upset if objects are not arranged properly	
15	I feel obliged to follow a particular order in dressing, undressing and washing myself	
16	I feel compelled to count while I'm doing things	
17	I am afraid of impulsively doing embarrassing or harmful things	
18	I need to pray to cancel bad thoughts or feelings	
19	I keep on checking forms or other things I have written	
20	I get upset at the sight of knives, scissors or other sharp objects in case I lose control with them	
21	I am obsessively concerned about cleanliness	
22	I find it difficult to touch an object when I know it has been touched by strangers or certain people	
23	I need things to be arranged in a particular order	
24	I get behind in my work because I repeat things over and over again	
25	I feel I have to repeat certain numbers	

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26	After doing something carefully, I still have the impression I haven't finished it	
27	I find it difficult to touch rubbish or dirty things	
28	I find it difficult to control my thoughts	
29	I have to do things over and over again until it feels right	
30	I am upset by unpleasant thoughts that come into my mind against my will	
31	Before going to sleep I have to do certain things in a certain way	
32	I go back to places to make sure that I have not harmed anyone	
33	I frequently get nasty thoughts and have difficulty getting rid of them	
34	I avoid throwing things away because I am afraid I might need them later	
35	I get upset if others have changed the way I have arranged my things	
36	I feel that I must repeat certain words or phrases in my mind in order to wipe out bad thoughts, feelings or actions	
37	After I have done things, I have persistent doubts about whether I really did them	
38	I sometimes have to wash or clean myself simply because I feel contaminated	
39	I feel that there are good and bad numbers	
40	I repeatedly check anything that might cause a fire	

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41	Even when I do something very carefully I feel that it is not quite right	
42	I wash my hands more often, or for longer than necessary	
	Washing	
	Checking	
	Doubting	
	Ordering	
	Obsessions	
	Hoarding	
	Neutralising	
	Mean OCI distress	
	Total OCI Score	

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The OCI consists of 42 items composing 7 subscales: Washing, Checking, Doubting, Ordering, Obsessing (i.e. having obsessional thoughts), Hoarding, and Mental Neutralising. Each item is rated on a 5-point (0-4) scale of symptom distress.

Mean scores are calculated for each of the seven subscales, and an overall mean 'distress' score is provided (rounded to 2 decimal places). Each score is presented as a mean out of a possible maximum of '4'. Lower scores are better. A total score of 42 or more, or a mean score of 2.5 or more in any of the subscales suggests the presence of OCD, but is not diagnostic.

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

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