

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 am afraid of impulsively doing embarrassing or harmful things

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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 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 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

26 After doing something carefully, I find I have not finished it

27 I find it difficult to touch or see 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 done everything

33 I frequently get nasty thoughts and have difficulty getting rid of the

34 I avoid throwing things away because I am afraid I might need them

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 to order to get rid of 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

41 Even when I do something very carefully I feel that it is not quite right

42 I wash my hands more often than necessary

Washing

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Checking

Doubting

Ordering

Obsessions

Hoarding

Neutralising

MeanOCIdistress

Total OCI Score

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), 202-214.

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

Each score is presented as a mean out of a possible maximum of 42. Total scores are between 0 and 42. 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.

This form does not transmit any information about your assessment scores. If you wish to keep your results, either print this document or save this file locally. In this document, the results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be used for clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

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