



Yale-Brown Obsessive Compulsive Scale (Y-BOCS)

Instructions:

"Obsessions" are unwelcome and distressing ideas, thoughts, images or impulses that repeatedly enter your mind. They may seem to occur against your will. They may be repugnant to you, you may recognise them as senseless, and they may not fit your personality.

"Compulsions", on the other hand, are behaviours or acts that you feel driven to perform although you may recognise them as senseless or excessive. At times, you may try to resist doing them but this may prove difficult. You may experience anxiety that does not diminish until the behaviour is completed.

Rate the average occurrence of each item during the prior week up to and including the time of the interview.

1	Time spent on obsessions.
0	0 hours per day
1	0-1 hour per day
2	1-3 hours per day
3	3-8 hours per day
4	More than 8 hours per day
2	Interference from obsessions.
0	None
1	Mild
2	Definite but manageable
3	Substantial impairment
4	Incapacitating
3	Distress from obsessions.
0	None
1	Little
2	Moderate but manageable
3	Severe
4	Near constant, disabling



4	Resistance to obsessions.
0	Always resists
1	Much resistance
2	Some resistance
3	Often yields
4	Completely yields
5	Control over obsessions.
0	Complete control
1	Much control
2	Some control
3	Little control
4	No control
6	Time spent on compulsions.
0	0 hour per day
1	0-1 hour per day
2	1-3 hours per day
3	3-8 hours per day
4	More than 8 hours per day
7	Interference from compulsions.
0	None
1	Mild
2	Definite but manageable
3	Substantial impairment
4	Incapacitating
8	Distress from compulsions.
0	None
1	Little
2	Moderate but manageable
3	Severe
4	Near constant, disabling
9	Resistance to compulsions.
0	Always resists
1	Much resistance
2	Some resistance
3	Often yields
4	Completely yields



10 Control over compulsions.

- 0 Complete control
- 1 Much control
- 2 Some control
- 3 Little control
- 4 No control