

COMPULSIVE BEHAVIORS/HOARDING QUESTIONNAIRE

WORRY THOUGHTS

Indicate below the distress associated with the following worry thoughts.

WORRIES/FEAR THOUGHTS	0= No distress	1= mild distress	2= Moderate distress	3= Severe distress
1. I worry about getting sick due to contact with surfaces touched by other people.				
2. I worry that I might make others sick if they touch a surface that I have touched.				
3. I have inappropriate sexual thoughts				
4. I worry that I might impulsively cause harm to others even though I don't have any desire to do so (with knife, car, etc.)				
5. I have disturbing thoughts that conflict with my religious beliefs.				
6. I have unacceptable thoughts about people of different races.				
7. I get upset if objects are not arranged properly.				
8. After interacting with other people, I worry that I may have said/done something that caused offense to them				
9. I worry that if I don't do things in a certain way, that bad things may happen (e.g. ritual before going to sleep, other superstitious behaviors)				
10. I worry if I see numbers, colors, other things that signify bad luck				

COMPULSIVE BEHAVIORS

Indicate below the distress if you do not do the following behaviors.

COMPULSIVE BEHAVIORS	0= No distress	1= mild distress	2= Moderate distress	3= Severe distress
1. I must wash or clean my hands after I touch various surfaces so I don't get exposed to germs.				
2. I avoid touching various surfaces so that I don't get exposed to germs.				
3. I avoid touching various surfaces so that I don't spread germs.				
4. I must wash or clean my hands before I touch various surfaces so I don't spread germs.				
5. I avoid touching surfaces or wash my hands after contact because the surface disgusts me.				
6. I check locks repeatedly because I worry my car or house will be broken into.				
7. I check repeatedly to make sure lights, stove and other appliances are turned off.				
8. I spend much time trying to remember details of conversations or interactions with people to reassure myself that I didn't say/do something offensive.				
9. If I have an offensive thought, I must repeat a word/phrase in my mind or think a good thought to neutralize it.				
10. If I have a blasphemous thought, I must atone for this with prayers or another religious practice				
11. I try to avoid certain numbers (e.g., on a clock or number of repetitions), or perform actions a certain number of times or at a particular number on the clock.				
11. I go back to places to make sure that I have not harmed anyone.				
12. I need things to be arranged in a particular order.				
13. When I read, I must re-read whatever I just read if I didn't pay full attention and absorb every word.				
14. I must put things in their proper place because I am very uncomfortable when things are not where they should be				

15. I feel obliged to follow a particular order in dressing, undressing and washing myself				
16. I feel compelled to count while I am doing things				
17. I keep on checking forms or other things I have written				
18. I compulsively pick at irregularities on my skin				
19. I compulsively pull out hairs from my face, head or body				

IMPACT OF OBSESSIVE-COMPULSIVE BEHAVIORS

1. Cumulatively over the course of the day, I have obsessional thoughts _____	1=less than 30 minutes a day	2. about 30-60 minutes a day	3. about 1-2 hours a day	4. more than 2 hours a day
2. Because of compulsive behaviors or avoidance, I waste _____	1=less than 30 minutes a day	2. about 30-60 minutes a day	3. about 1-2 hours a day	4. more than 2 hours a day
3. Obsessive thoughts and compulsive behaviors (or avoidance) impact my relationships _____.	0=minimally	1=mildly	2=moderately	3=severely
4. Obsessive thoughts and compulsive behaviors (or avoidance) impact my functioning _____.	0=minimally	1=mildly	2=moderately	3=severely

HOARDING/SAVING BEHAVIORS

For the items below, please indicate the level of distress you would experience if prevented from doing the behaviors in the left-hand column.

Behavior	0=no distress	1=mild distress	2=moderate distress	3=severe distress
1. I collect things I don't need now because I might need them in the future.				
2. I keep things I don't need or use because I might want them in the future.				

IMPACT OF HOARDING/CLUTTER

My hoarding/clutter impacts my relationships _____.	0=minimally	1=mildly	2=moderately	3=severely
My hoarding/clutter is a problem _____.	0=minimally/not at all	1=mildly	2=moderately	3=severely