OCI-R

name: _____   date: _____

The following statements refer to experiences that many people have in their everyday lives. In the column labelled **distress**, please circle the number that best describes **how much** that experience has **distressed** or **bothered** you during the past month (or other agreed time period). The numbers in this column refer to the following labels: *0 = not at all; 1 = a little; 2 = moderately; 3 = a lot; 4 = extremely.*

	statement	*distress*				
1.	I have saved up so many things that they get in the way. *(hrd)*	*0*	*1*	*2*	*3*	*4*
2.	I check things more often than necessary. *(chk)*	*0*	*1*	*2*	*3*	*4*
3.	I get upset if objects are not arranged properly. *(ord)*	*0*	*1*	*2*	*3*	*4*
4.	I feel compelled to count while I'm doing things. *(ntr)*	*0*	*1*	*2*	*3*	*4*
5.	I find it difficult to touch an object when I know it has been touched by strangers or certain people. *(wsh)*	*0*	*1*	*2*	*3*	*4*
6.	I find it difficult to control my own thoughts. *(obs)*	*0*	*1*	*2*	*3*	*4*
7.	I collect things I don't need. *(hrd)*	*0*	*1*	*2*	*3*	*4*
8.	I repeatedly check doors, windows, drawers, etc. *(chk)*	*0*	*1*	*2*	*3*	*4*
9.	I get upset if others change the way I have arranged things. *(ord)*	*0*	*1*	*2*	*3*	*4*
10.	I feel I have to repeat certain numbers. *(ntr)*	*0*	*1*	*2*	*3*	*4*
11.	I sometimes have to wash or clean myself simply because I feel contaminated. *(wsh)*	*0*	*1*	*2*	*3*	*4*
12.	I am upset by unpleasant thoughts that come into my mind against my will. *(obs)*	*0*	*1*	*2*	*3*	*4*
13.	I avoid throwing things away because I am afraid I might need them later. *(hrd)*	*0*	*1*	*2*	*3*	*4*
14.	I repeatedly check gas and water taps and light switches after turning them off. *(chk)*	*0*	*1*	*2*	*3*	*4*
15.	I need things to be arranged in a particular order. *(ord)*	*0*	*1*	*2*	*3*	*4*
16.	I feel that there are good and bad numbers. *(ntr)*	*0*	*1*	*2*	*3*	*4*
17.	I wash my hands more often and longer than necessary. *(wsh)*	*0*	*1*	*2*	*3*	*4*
18.	I frequently get nasty thoughts & have difficulty in getting rid of them. *(obs)*	*0*	*1*	*2*	*3*	*4*

washing =   *checking =*   *ordering =*

obsessing =   *hoarding =*   *neutralizing =*

total oci-r =   *sub-scale(s)* **oci-main =**

Total OCI-R score ranges from 0 to 72. Caseness is probably best defined as a total score >=17, with OCD sufferers typically scoring ~30 on the OCI-R & ~10 on the OCI-main (take the average if 2 or more sub-scales are 'main'). About 70% of sufferers score between the upper 'teens to the low 40's on the OCI-R. Mean score for a community sample is around 14 for the OCI-R and around 5 for the OCI-main. 'Reliable change' on the OCI-R is a reduction on >=13. Typical IAPT treatment courses involve ~15 sessions.