## Obsessive Compulsive Disorder (OCD) Self-Assessment

Disclaimer: This questionnaire is intended for self-assessment purposes only and is not a substitute for professional diagnosis or treatment. If you believe you may have OCD or any other mental health condition, please consult a licensed mental health professional.

For each statement, please indicate how often you have experienced the described feeling or behavior in the past month:

- 1 = Not at all
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Very often

## **Obsessions (Unwanted and intrusive thoughts)**

Statement	Answer
1. I have repetitive and unwanted thoughts that cause me distress.	
2. I worry excessively about contamination. Check any that apply:	
☐ Germs	
☐ Dirt	
☐ Chemicals	
☐ Other:	

3. I have fears of harming:	
☐ Myself	
☐ Others	
Even if I don't want to.	
4. I am bothered by thoughts of things not being:	
☐ Symmetrical	
☐ In perfect order	
5. I experience unwanted:	
☐ Sexual thoughts	
☐ Religious thoughts	
That cause me distress	
Compulsions (Repetitive behaviors or mental acts)	

## Compulsions (Repetitive behaviors or mental acts)

Statement	Answer
1. I feel compelled to:	
☐ Wash my hands	
☐ Clean things	
Excessively.	
2. I check things repeatedly to prevent potential harm or danger. Check any that apply:	
□ Doors	
□ Stove	
☐ Locks	
☐ Other:	
3. I repeat certain actions to reduce anxiety. Check any that apply:	
☐ Touching	
☐ Counting	

Other:	
4. I mentally:	
□ Pray	
☐ Count	
☐ Repeat words	
To prevent bad things from happening.	
5. I arrange things until they feel "just right."	
mpact on Daily Life	
Statement	Answer
1. My daily routine is disrupted by these thoughts or behaviors.	
2. I avoid certain places, people, or activities because of my obsessions or compulsions.	
Additional Notes/Comments	
Once you've completed this questionnaire, please review your answers and discussing them with a mental health professional to gain a better understan experiences.	

Remember, this is a self-assessment tool and not a diagnostic instrument. Only a licensed psychologist or psychiatrist can provide a definitive diagnosis of OCD or any other mental health condition.