
CY-BOCS Obsessions Severity Ratings

The next five questions refer to obsessive thoughts (thoughts, images, or feelings that bother you and that you can't get out of your mind. Please think about all the symptoms you checked as positive on pages 3 and 4 and rate the questions based on your total experience with all these symptoms during the past week.

Again, some of the questions may sound confusing or may seem difficult to answer, but do the best you can. There are no right or wrong answers. If you are not sure about something, it's okay to make a best guess.

OBSESSIONS

1. Time occupied by obsessive thoughts (How much time do your thoughts take or how frequent are they per day?)

None	Mild Less than 1 hr/day or occasional intrusion	Moderate 1-3 hr/day or frequent intrusion	Severe Between 3 and 8 hr/day or very frequent intrusion	Extreme More than 8 hr/day or near- constant intrusion
0	1	2	3	4

2. Interference because of obsessive thoughts (How much do these thoughts interfere with school, family, and/or friends?)

None	Mild Slight interference but no impairment	Moderate Definite interference but things still manageable	Severe Causes substantial impairment in school, social, or family functioning	Extreme Incapacitating
0	1	2	3	4

3. Distress associated with obsessive thoughts (How much do your thoughts make you upset or distressed?)

None	Mild Infrequent distress	Moderate Distress frequent and disturbing but still manageable	Severe Distress very frequent and very disturbing	Extreme Near-constant and disabling distress and frustration
0	1	2	3	4

CY-BOCS Obsessions Severity Ratings *continued*

4. Resistance against obsessions (How hard do you try to stop the thoughts?)

None	Mild Try to resist most of the time	Moderate Some effort to resist (about half the time)	Severe Give in to most or all obsessions with reluctance	Extreme Give in completely to all obsessions without thinking
0	1	2	3	4

5. Degree of control over obsessive thoughts (When you try to stop your thoughts, how well does it work?)

Complete Control	Much Control Usually can stop or put off obsession with some effort	Moderate Control Sometimes able to stop or divert obsession	Little Control Rarely can stop obsession but can put off with effort	No Control Unable to control or put off obsession at all
0	1	2	3	4

Adapted from Goodman, W. K., Price, L. H., Rasmussen, S. A. et al. (1989). The Yale-Brown Obsessive-Compulsive Scale. *Arch Gen Psychiatry*, 46, 1006-1011.