## **CY-BOCS Severity Ratings**

## Children's Yale-Brown Obsessive Compulsive Scale

## Administering the CY-BOCS Symptom Checklist and CY-BOCS Severity Ratings

- 1. Establish the diagnosis of obsessive compulsive disorder.
- 2. Using the CY-BOCS Symptom Checklist (other form), ascertain current and past symptoms.
- 3. Next, administer the 10-item severity ratings (below) to assess the severity of the OCD during the last week.
- 4. Readminister the CY-BOCS Severity Rating Scale to monitor progress.

tient					
te 1st Report			Date This Report		
te: Scores show Rate the ave	erage occurrence of each SESSIONS (ITEMS 1-5)	effect of all the patient's obsessive item during the prior week up to a "I AM NOW GOING TO ASK" YO toms and refer to them while aski	and including the time of in U QUESTIONS ABOUT THE		STOP THINKING ABOUT
1. Time Occu	pied by Obsessive Th	oughts	Z		
[Be sure to exclude	e ruminations and preoccupation	ns which, unlike obsessions, are ego-synto	onic and rational (but exaggerated)]		
	None	Mild	Moderate	Severe	Extreme
		less than 1 hr/day or occasional intrusion	1 to 3 hrs/day or frequent intrusion	greater than 3 and up to 8 hrs/day or very frequent intrusion	greater than 8 hrs/day or near constant intrusion
Score	0	1	2	3	4
<ul> <li>How much do t</li> </ul>	ce Due to Obsessive T nese thoughts get in the way of g that you don't do because of t None	school or doing things with friends? hem? (If currently not in school, determine Mild slight interference with social or school activities, but overall performance not impaired	how much performance would be a Moderate definite interference with social or school performance, but still manageable	Severe causes substantial impairment in social or school performance	Extreme incapacitating
Score	0	1	2	3	4
3. Distress A	ssociated with Obsess	sive Thoughts			
	None	Mild	Moderate	Severe	Extreme
		infrequent, and not too disturbing	frequent, and disturbing, but still manageable	very frequent, and very disturbing	near constant, and disabling distress/frustration
Score	0	1	2	3	4
<ul> <li>How hard do you</li> </ul>	e Against Obsessions In the thoughts or ignored to resist them. In such cases, a None  makes an effort to always resion symptoms so minimal doesn't need to actively resis	most of the time	t success or failure in actually contro Moderate makes some effort to resist	Severe yields to all obsessions without attempting to control them, but does so with some reluctance	ens are minimal, the patient ma Extreme completely and willingly yields to all obsessions
Score	0	1	2	3	4
5. Degree of	Control Over Obsessiv	ve Thoughts			
9. 00 01	Complete Control	Much Control	Moderate Control	Little Control	No Control
		usually able to stop or divert obsessions with some effort and concentration	sometimes able to stop or divert obsessions	rarely successful in stopping	experienced as completely involuntary, rarely able to eve momentarily divert thinking
Score	0	1	0	0	

Obsession subtotal (add items 1-5)

## **QUESTIONS ON COMPULSIONS (ITEMS 6-10)** "I AM NOW GOING TO ASK YOU QUESTIONS ABOUT THE HABITS YOU CAN'T STOP" (Review for the informant(s) the Target Symptoms and refer to them while asking questions 6-10)

6. Time Spent	Performing Compulsiv None	e Behaviors Mild	Moderate	Severe	Extreme	
	0.9064,950,9564.0	less than 1 hr/day	1 to 3 hrs/day	greater than 3 & up to 8 hrs/day	greater than 8 hrs/day	
Score	0	1	2	3	4	
	e Due to Compulsive Be					
		currently not in school, determine ho	w much performance would be affec	ted if patient were in school.)		
	None	Mild slight interference with social or school activities, but overall performance not impaired	Moderate definite interference with social or school performance, but still manageable	Severe causes substantial impairment in social or school performance	Extreme incapacitating	
Score	0	1	2	3	4	
	sociated with Compulsi					
<ul> <li>How would you f</li> </ul>		your habits? How upset would you be		Course	Futromo	
	None	Mild only slightly anxious if compulsions prevented	Moderate anxiety would mount but remain manageable if compulsions prevented	Severe prominent and very disturbing increase in anxiety if compulsions interrupted	Extreme incapacitating anxiety from any intervention aimed at modifying activity	
Score	0	1	2	3	4	
	Against Compulsions					
<ul> <li>How much do you</li> </ul>		effort made to resist, not success or t			Colores	
	None	Mild	Moderate	Severe	Extreme	
	makes an effort to always resist, or symptoms so minimal doesn't need to actively resist	tries to resist most of the time	makes some effort to resist	yields to all obsessions without attempting to control them, but does so with some reluctance	completely and willingly yields to all obsessions	
Score	0	1	2	3	4	
<ul> <li>How strong is th</li> </ul>	Control Over Compulsi e feeling that you have to carry ou fight them, what happens?					
Titles you ay to	Complete Control	Much Control	Moderate Control	Little Control	No Control	
		experiences pressure to perform the behavior, but usually able to exercise voluntary control over it	moderate control, strong pressure to perform behavior, can control it only with difficulty	little control, very strong drive to perform behavior, must be carried to completion, can only delay with difficulty	no control, drive to perform behavior experienced as completely involuntary and overpowering, rarely able to delay activity [even momentarily	
Score	0	1	2	3	4	
			Compulsion subtotal (add items 6-10)			
			CY-BOCS total (add items 1-10)  Total CY-BOCS score: range of severity for patients who have both obsessions and compulsions 0-7 Subclinical 24-31 Severe			

Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS) utilized with permission from Wayne K. Goodman, MD © 1986.



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8-15 Mild 16-23 Moderate 32-40 Extreme