

- Pre-treatment
- Follow-Up
- Discharge

Obsessive Compulsive Inventory (OCI)

The following sentences refer to experiences that many people have in their everyday lives. Under the column labeled FREQUENCY, CIRCLE the number next to each sentence that best describes how FREQUENTLY YOU HAVE HAD THE EXPERIENCE IN THE PAST MONTH. The numbers in this column refer the following verbal labels:

0 = Never 1 = Almost Never 2 = Sometimes 3 = Often 4 = Almost Always

Then in the column labeled DISTRESS, CIRCLE the number that best describes HOW MUCH that experience had DISTRESSED or BOTHERED YOU DURING THE PAST MONTH. The numbers in this column refer to the following verbal labels.

0 = Never 1 = Almost Never 2 = Sometimes 3 = Often 4 = Almost Always

	FREQUENCY	DISTRESS
	0 1 2 3 4	0 1 2 3 4
1. Unpleasant thoughts coming to my mind against my will and can't get rid of them.	0 1 2 3 4	0 1 2 3 4
2. I think contact with bodily secretions (saliva, blood, urine, etc.) may contaminate my clothes or somehow harm me.	0 1 2 3 4	0 1 2 3 4
3. I ask people to repeat things to me several times, even though I understood them the first time.	0 1 2 3 4	0 1 2 3 4
4. I wash and clean obsessively	0 1 2 3 4	0 1 2 3 4
5. I have to review mentally past events, conversations, and actions to make sure that I didn't do something wrong.	0 1 2 3 4	0 1 2 3 4
6. I have saved up so many things that they get in my way.	0 1 2 3 4	0 1 2 3 4
7. I check things more often than necessary.	0 1 2 3 4	0 1 2 3 4
8. I avoid using public toilets because I am afraid of disease or contamination.	0 1 2 3 4	0 1 2 3 4
9. I repeatedly check doors, windows, and drawers, etc.	0 1 2 3 4	0 1 2 3 4
10. I repeatedly check gas and water taps and light switches after turning them off.	0 1 2 3 4	0 1 2 3 4
11. I collect things I don't need.	0 1 2 3 4	0 1 2 3 4
12. I have thoughts of harming someone and not knowing it.	0 1 2 3 4	0 1 2 3 4
13. I have thoughts that I might want to harm myself or others.	0 1 2 3 4	0 1 2 3 4
14. I get upset if objects are not arranged properly.	0 1 2 3 4	0 1 2 3 4

SUBTOTAL = _____ = _____

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|---|-----------|-----------|
| 15. I feel obliged to follow a particular order in dressing, undressing, and washing myself. | 0 1 2 3 4 | 0 1 2 3 4 |
| 16. I feel compelled to count while I am doing things. | 0 1 2 3 4 | 0 1 2 3 4 |
| 17. I am afraid of impulsively doing embarrassing or harmful things. | 0 1 2 3 4 | 0 1 2 3 4 |
| 18. I need to pray to cancel my bad thoughts and feelings. | 0 1 2 3 4 | 0 1 2 3 4 |
| 19. I keep on checking forms and other things I have written. | 0 1 2 3 4 | 0 1 2 3 4 |
| 20. I get upset at the sight of knives, scissors, and other sharp objects. | 0 1 2 3 4 | 0 1 2 3 4 |
| 21. I am obsessively concerned with cleanliness. | 0 1 2 3 4 | 0 1 2 3 4 |
| 22. I find it difficult to touch an object when I know it has been touched by strangers and certain people. | 0 1 2 3 4 | 0 1 2 3 4 |
| 23. I need things to be arranged in a particular order. | 0 1 2 3 4 | 0 1 2 3 4 |
| 24. I get behind in my work because I repeat things over and over again. | 0 1 2 3 4 | 0 1 2 3 4 |
| 25. I feel I have to repeat certain numbers. | 0 1 2 3 4 | 0 1 2 3 4 |
| 26. After doing something carefully, I still have the impression that I have not finished it. | 0 1 2 3 4 | 0 1 2 3 4 |
| 27. I find it difficult to touch garbage or dirty things. | 0 1 2 3 4 | 0 1 2 3 4 |
| 28. I find it difficult to control my own thoughts. | 0 1 2 3 4 | 0 1 2 3 4 |
| 29. I have to do things over and over again until it feels right. | 0 1 2 3 4 | 0 1 2 3 4 |
| 30. I am upset by unpleasant thoughts that come into my mind against my will. | 0 1 2 3 4 | 0 1 2 3 4 |
| 31. Before going to sleep I have to do certain things in a certain way. | 0 1 2 3 4 | 0 1 2 3 4 |
| 32. I go back to places to make sure that I have not harmed anyone. | 0 1 2 3 4 | 0 1 2 3 4 |
| 33. I frequently get nasty thoughts and have difficulty in getting rid of them. | 0 1 2 3 4 | 0 1 2 3 4 |
| 34. I avoid throwing things away because I am afraid I might need them later. | 0 1 2 3 4 | 0 1 2 3 4 |
| 35. I get upset if others change the way I have arranged things. | 0 1 2 3 4 | 0 1 2 3 4 |

SUBTOTAL = _____

- | | | |
|---|-----------|-----------|
| 36. I feel that I must repeat certain words or phrases in my mind in order to wipe bad thoughts, feelings, and actions. | 0 1 2 3 4 | 0 1 2 3 4 |
| 37. After I have done things, I have persistent doubts about whether I really did them. | 0 1 2 3 4 | 0 1 2 3 4 |
| 38. I sometimes have to wash or clean myself simply because I feel contaminated. | 0 1 2 3 4 | 0 1 2 3 4 |
| 39. I feel that there are good and bad numbers. | 0 1 2 3 4 | 0 1 2 3 4 |
| 40. I repeatedly check anything which might cause a fire. | 0 1 2 3 4 | 0 1 2 3 4 |
| 41. Even when I do something very carefully I feel that it is not quite right. | 0 1 2 3 4 | 0 1 2 3 4 |
| 42. I wash my hands more often and longer than necessary. | 0 1 2 3 4 | 0 1 2 3 4 |

SUBTOTAL = _____ = _____

For Office Use Only:

Subtotal 1:	Subtotal 2:	
Frequency = _____	+ Frequency = _____	Total = _____ / _____
Distress = _____	+ Distress = _____	

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