

Name: _____

Date: _____

Score: _____

SOAQPlease circle a number from 0 to 4 to indicate how much you agree with each statement:

| | Not at all | Slight ly | Modera tely | Very | Extre mely |
|---------------------------------------------------------------------------------------------------------|---------------|--------------|----------------|------|---------------|
| 1. I feel upset if my furniture or other possessions are not always in exactly the same position. | 0 | 1 | 2 | 3 | 4 |
| 2. Other people think I spend too much time ordering and arranging my belongings. | 0 | 1 | 2 | 3 | 4 |
| 3. It is essential that I arrange my clothing in a particular and specific way. | 0 | 1 | 2 | 3 | 4 |
| 4. I am more at ease when my belongings are "just right". | 0 | 1 | 2 | 3 | 4 |
| 5. I must keep my papers, receipts, documents, etc. organized according to a specific set of rules. | 0 | 1 | 2 | 3 | 4 |
| 6. It is important that my belongings are placed in a symmetrical and evenly distributed way. | 0 | 1 | 2 | 3 | 4 |
| 7. If someone accidentally disturbs my belongings – however slightly, I become bothered or upset. | 0 | 1 | 2 | 3 | 4 |
| 8. I feel compelled to arrange my possessions until it feels "just right". | 0 | 1 | 2 | 3 | 4 |
| 9. When I think that my belongings are out of place, I am uncomfortable or anxious. | 0 | 1 | 2 | 3 | 4 |
| 10. When I put things away, I feel compelled to do it carefully and precisely. | 0 | 1 | 2 | 3 | 4 |
| 11. The furniture in my home must be in exactly the "right" spot. | 0 | 1 | 2 | 3 | 4 |
| 12. I feel calm and relaxed only when objects around me are organized and placed correctly. | 0 | 1 | 2 | 3 | 4 |
| 13. I feel compelled to arrange cans or boxes of food on my kitchen shelves in a specific way. | 0 | 1 | 2 | 3 | 4 |
| 14. When I see that my belongings are out of place, I become anxious until I can arrange them properly. | 0 | 1 | 2 | 3 | 4 |
| 15. I feel compelled to arrange objects so that they are balanced and evenly spaced. | 0 | 1 | 2 | 3 | 4 |
| 16. I feel calm/at ease only when my surroundings are neat and tidy. | 0 | 1 | 2 | 3 | 4 |
| 17. Even when my home is messy, I keep things organized according to a specific set of rules. | 0 | 1 | 2 | 3 | 4 |
| 18. Things in my home have a proper and exact place. | 0 | 1 | 2 | 3 | 4 |
| 19. I cannot concentrate unless things are in the right place. | 0 | 1 | 2 | 3 | 4 |
| 20. I don't like to disturb objects once they are properly arranged. | 0 | 1 | 2 | 3 | 4 |