

Yale-Brown Obsessive Compulsive Scale

Introduction: The Yale-Brown Obsessive Compulsive Scale (Y-BOCS) is a tool that allows you to gauge the intensity of OCD symptoms and track treatment progress. We recommend that you administer the scale to any inpatient whose reason for admission is related to OCD symptoms. It's readily accessible online, such as here: <https://www.siu.edu/counseling/pdf/yboocs.pdf>.

Administration:

- Start by clarifying the terms 'obsessions' and 'compulsions' for the patient with the following definitions and examples:
 - Obsessions: “Think of these as unwanted thoughts, pictures in your mind, or strong feelings that keep coming back and make you feel uncomfortable or worried. An example might be: You can't stop thinking you might hurt someone you care about, even though deep down you know you'd never want to.”
 - Compulsions: “These are things you feel you must do over and over, either in your head or with your actions, usually to make the uncomfortable feelings or thoughts go away. For instance, you might find yourself checking multiple times to see if a door is locked or saying certain words in your mind to make a bad thought go away.”
- Instruct the patient to focus on symptoms they've experienced over the past week.

Monitoring Progress: A score reduction of 35% or more is generally considered as a significant clinical improvement, correlating with a global improvement rating of "much" or "very much improved."

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Name _____

Date _____

Physician _____

Note: Scores should reflect the composite effect of all the patient’s obsessive compulsive symptoms. Rate the average occurrence of each item during the prior week up to and including the time of interview.

Obsession Rating Scale (circle appropriate score)

Item	Range of Severity				
1. Time Spent on Obsessions	0 hr/day	0-1 hr/day	1-3 hr/day	3-8 hr/day	>8 hr/day
Score:	0	1	2	3	4
2. Interference from Obsessions	None	Mild	Definite but manageable	Substantial impairment	Incapacitating
Score:	0	1	2	3	4
3. Distress From Obsessions	None	Little	Moderate but manageable	Severe	Near constant, disabling
Score:	0	1	2	3	4

4. Resistance to Obsessions	Always resists	Much resistance	Some resistance	Often yields	Completely yields
Score:	0	1	2	3	4
5. Control Over Obsessions	Complete control	Much control	Some control	Little control	No control
Score:	0	1	2	3	4

Compulsion Rating Scale (circle appropriate score)

Item	Range of Severity				
6. Time Spent on Compulsions	0 hr/day	0-1 hr/day	1-3 hr/day	3-8 hr/day	>8 hr/day
Score:	0	1	2	3	4
7. Interference from Compulsions	None	Mild	Definite but manageable	Substantial impairment	Incapacitating
Score:	0	1	2	3	4
8. Distress From Compulsions	None	Little	Moderate but manageable	Severe	Near constant, disabling
Score:	0	1	2	3	4
9. Resistance to Compulsions	Always resists	Much resistance	Some resistance	Often yields	Completely yields
Score:	0	1	2	3	4
10. Control Over Compulsions	Complete control	Much control	Some control	Little control	No control
Score:	0	1	2	3	4

Compulsion subtotal (add items 6-10) _____

Y-BOCS total (add items 1-10)

Total Y-BOCS score range of severity for patients who have both obsessions and compulsions:

0-7 Subclinical 8-15 Mild 16-23 Moderate 24-31 Severe 32-40 Extreme

Comments:
