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# **YALE-BROWN OBSESSIVE COMPULSIVE SCALE (Y-BOCS)**

**DEVELOPED BY**

**WAYNE K. GOODMAN, M.D.\***

**STEVEN A. RASMUSSEN, M.D. †**

**LAWRENCE H. PRICE, M.D. †**

**\*DEPARTMENT OF PSYCHIATRY  
MT. SINAI SCHOOL OF MEDICINE**

**†DEPARTMENT OF PSYCHIATRY  
BROWN UNIVERSITY SCHOOL OF MEDICINE**

**Investigators interested in using this rating scale should contact Dr. Goodman at Mt. Sinai School of Medicine <[wayne.goodman@mssm.com](mailto:wayne.goodman@mssm.com)>.**

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## INTRODUCTION TO THE 9/89 REVISION

This revised version of the Y-BOCS is not substantially different from the first version (7/86). We decided to follow the sage advice of our colleagues, "if it ain't broke, don't fix it". To preserve the psychometric properties demonstrated in studies of the original version (Goodman WK, Price LH, Rasmussen SA, et al, 1989a; 1989b), the principal probes and anchor points of the core Y-BOCS items (1-10) have not been modified. However, the specific frequency criteria have been deleted from items 1 and 6 in the interest of emphasizing the time criteria, which seem more reliable. In some instances, there are minor wording changes. The instructions to item 4 (resistance to obsessions) have been expanded to clarify the assessment of patients who practice certain behavioral therapy techniques.

No items have been omitted, but two new investigational items have been added to this version. Items 1b (obsession-free interval) and 6b (compulsion-free interval) are intended to examine a dimension of symptom severity (duration of symptom-free interval) which in some cases may complement items 1 and 6 (duration of symptoms). During the course of clinical improvement some patients with OCD seem to report lengthening of their symptom-free interval before they report shortening of the total hours occupied by their obsessive-compulsive symptoms. Future studies should reveal whether inclusion of items 1b and 6b enhances the sensitivity of the Y-BOCS to change. At present, these items are not included in the total Y-BOCS score.

A number of individuals have provided us with invaluable feedback on the Y-BOCS. We offer special thanks to Drs. Michael Jenike, John Griest, Katherine Shear, Richard Katz, Michael Kozak, and Eugene Gould. We also wish to acknowledge the fine work of the clinical, research, and secretarial staff of the Clinical Neuroscience Research Unit. Special thanks to Sally Trufan for her graphics work and to Elizabeth Kyle for typing the manuscript.

## YALE-BROWN OBSESSIVE COMPULSIVE SCALE (Y-BOCS)

### General Instructions

This rating scale is designed to rate the severity and type of symptoms in patients with obsessive compulsive disorder (OCD). In general, the items depend on the patient's report; however, the final rating is based on the clinical judgement of the interviewer. Rate the characteristics of each item during the prior week up until and including the time of the interview. Scores should reflect the average (mean) occurrence of each item for the entire week.

This rating scale is intended for use as a semi-structured interview. The interviewer should assess the items in the listed order and use the questions provided. However, the interviewer is free to ask additional questions for purposes of clarification. If the patient volunteers information at any time during the interview, that information will be considered. Ratings should be based primarily on reports and observations gained during the interview. If you judge that the information being provided is grossly inaccurate, then the reliability of the patient is in doubt and should be noted accordingly at the end of the interview (item 19).

Additional information supplied by others (e.g., spouse or parent) may be included in a determination of the ratings only if it is judged that (1) such information is essential to adequately assessing symptom severity *and* (2) consistent week-to-week reporting can be ensured by having the same informant(s) present for each rating session.

Before proceeding with the questions, define "obsessions" and "compulsions" for the patient as follows:

"OBSESSIONS are unwelcome and distressing ideas, thoughts, images or impulses that repeatedly enter your mind. They may seem to occur against your will. They may be repugnant to you, you may recognize them as senseless, and they may not fit your personality."

"COMPULSIONS, on the other hand, are behaviors or acts that you feel driven to perform although you may recognize them as senseless or excessive. At times, you may try to resist doing them but this may prove difficult. You may experience anxiety that does not diminish until the behavior is completed."

"Let me give you some examples of obsessions and compulsions."

"An example of an obsession is: the recurrent thought or impulse to do serious physical harm to your children even though you never would."

"An example of a compulsion is: the need to repeatedly check appliances, water faucets, and the lock on the front door before you can leave the house. While most compulsions are observable behaviors, some are unobservable mental acts, such as silent checking or having to recite nonsense phrases to yourself each time you have a bad thought."

"Do you have any questions about what these words mean?" [If not, proceed.]

On repeated testing it is not always necessary to re-read these definitions and examples as long as it can be established that the patient understands them. It may be sufficient to remind the patient that obsessions are the thoughts or concerns and compulsions are the things you feel driven to do, including covert mental acts.

Have the patient enumerate current obsessions and compulsions in order to generate a list of target symptoms. Use the Y-BOCS Symptom Checklist as an aid for identifying current symptoms. It is also useful to identify and be aware of past symptoms since they may re-appear during subsequent ratings. Once the current types of obsessions and compulsions are identified, organize and list them on the Target Symptoms form according to clinically convenient distinctions (e.g., divide target compulsions into checking and washing). Describe salient features of the symptoms so that they can be more easily tracked (e.g., in addition to listing checking, specify what the patient checks for). Be sure to indicate which are the most prominent symptoms; i.e., those that will be the major focus of assessment. Note, however, that the final score for each item should reflect a composite rating of all of the patient's obsessions or compulsions.

The rater must ascertain whether reported behaviors are bona fide symptoms of OCD and not symptoms of another disorder, such as Simple Phobia or a Paraphilia. The differential diagnosis between certain complex motor tics and certain compulsions (e.g., involving touching) may be difficult or impossible. In such cases, it is particularly important to provide explicit descriptions of the target symptoms and to be consistent in subsequent ratings. Separate assessment of tic severity with a tic rating instrument may be necessary in such cases. Some of the items listed on the Y-BOCS Symptom Checklist, such as trichotillomania, are currently classified in DSM-III-R as symptoms of an Impulse Control Disorder. It should be noted that the suitability of the Y-BOCS for use in disorders other than DSM-III-R-defined OCD has yet to be established. However, when using the Y-BOCS to rate severity of symptoms not strictly classified under OCD (e.g., trichotillomania) in a patient who otherwise meets criteria for OCD, it has been our practice to administer the Y-

BOCS twice: once for conventional obsessive-compulsive symptoms, and a second time for putative OCD-related phenomena. In this fashion separate Y-BOCS scores are generated for severity of OCD and severity of other symptoms in which the relationship to OCD is still unsettled.

On repeated testing, review and, if necessary, revise target obsessions prior to rating item 1. Do likewise for compulsions prior to rating item 6.

All 19 items are rated, but only items 1-10 (excluding items 1b and 6b) are used to determine the total score. The total Y-BOCS score is the sum of items 1-10 (excluding 1b and 6b), whereas the obsession and compulsion subtotals are the sums of items 1-5 (excluding 1b) and 6-10 (excluding 6b), respectively.

Because at the time of this writing (9/89) there are limited data regarding the psychometric properties of items 1b, 6b, and 11-16, these items should be considered investigational. Until adequate studies of the reliability, validity, and sensitivity to change of these items are conducted, we must caution against placing much weight on results derived from these item scores. These important caveats aside, we believe that items 1b (obsession-free interval), 6b (compulsion-free interval), and 12 (avoidance) may provide information that has bearing on the severity of obsessive-compulsive symptoms. Item 11 (insight) may also furnish useful clinical information. We are least secure about the usefulness of items 13-16.

Items 17 (global severity) and 18 (global improvement) have been adapted from the Clinical Global Impression Scale (Guy W, 1976) to provide measures of overall functional impairment associated with, but not restricted to, the presence of obsessive-compulsive symptoms. Disability produced by secondary depressive symptoms would also be considered when rating these items. Item 19, which estimates the reliability of the information reported by the patient, may assist in the interpretation of scores on other Y-BOCS items in some cases of OCD.

Name \_\_\_\_\_ Date \_\_\_\_\_

**Y-BOCS SYMPTOM CHECKLIST (9/89)**

**Check all that apply, but clearly mark the principal symptoms with a "P".**  
(Rater must ascertain whether reported behaviors are bona fide symptoms of OCD, and not symptoms of another disorder such as Simple Phobia or Hypochondriasis. Items marked "\*" may or may not be OCD phenomena.)

**Current**      **Past**

**AGGRESSIVE OBSESSIONS**

- \_\_\_\_\_ \_\_\_\_\_ Fear might harm self
- \_\_\_\_\_ \_\_\_\_\_ Fear might harm others
- \_\_\_\_\_ \_\_\_\_\_ Violent or horrific images
- \_\_\_\_\_ \_\_\_\_\_ Fear of blurting out obscenities or insults
- \_\_\_\_\_ \_\_\_\_\_ Fear of doing something else embarrassing \*
- \_\_\_\_\_ \_\_\_\_\_ Fear will act on unwanted impulses (e.g. to stab friend)
- \_\_\_\_\_ \_\_\_\_\_ Fear will steal things
- \_\_\_\_\_ \_\_\_\_\_ Fear will harm others because not careful enough (e.g. hit/run MVA)
- \_\_\_\_\_ \_\_\_\_\_ Fear will be responsible for something else terrible happening (e.g. fire, burglary)
- \_\_\_\_\_ \_\_\_\_\_ Other \_\_\_\_\_

**CONTAMINATION OBSESSIONS**

- \_\_\_\_\_ \_\_\_\_\_ Concerns or disgust with bodily waste or secretions (e.g. urine, feces, saliva)
- \_\_\_\_\_ \_\_\_\_\_ Concern with dirt or germs
- \_\_\_\_\_ \_\_\_\_\_ Excessive concern with environmental contaminants (e.g. asbestos, radiation, toxic waste)
- \_\_\_\_\_ \_\_\_\_\_ Excessive concern with household items (e.g. cleansers, solvents, )
- \_\_\_\_\_ \_\_\_\_\_ Excessive concern with animals (e.g. insects)
- \_\_\_\_\_ \_\_\_\_\_ Bothered by sticky substances or residues
- \_\_\_\_\_ \_\_\_\_\_ Concerned will get ill because of contaminant
- \_\_\_\_\_ \_\_\_\_\_ Concerned will get others ill by spreading contaminant (Aggressive)
- \_\_\_\_\_ \_\_\_\_\_ No concern with consequences of contamination other than how it might feel
- \_\_\_\_\_ \_\_\_\_\_ Other \_\_\_\_\_

**SEXUAL OBSESSIONS**

- \_\_\_\_\_ \_\_\_\_\_ Forbidden or perverse sexual thoughts, images, or impulses
- \_\_\_\_\_ \_\_\_\_\_ Content involves children or incest
- \_\_\_\_\_ \_\_\_\_\_ Content involves homosexuality \*
- \_\_\_\_\_ \_\_\_\_\_ Sexual behavior toward others (Aggressive)\*
- \_\_\_\_\_ \_\_\_\_\_ Other \_\_\_\_\_

**HOARDING/SAVING OBSESSIONS**

[distinguish from hobbies and concern with objects of monetary or sentimental value]

\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

**RELIGIOUS OBSESSIONS (Scrupulosity)**

- \_\_\_\_\_ \_\_\_\_\_ Concerned with sacrilege and blasphemy
- \_\_\_\_\_ \_\_\_\_\_ Excess concern with right/wrong, morality
- \_\_\_\_\_ \_\_\_\_\_ Other \_\_\_\_\_

**OBSESSION WITH NEED FOR SYMMETRY OR EXACTNESS**

- \_\_\_\_\_ \_\_\_\_\_ Accompanied by magical thinking (e.g., concerned that mother will have accident unless things are in the right place)
- \_\_\_\_\_ \_\_\_\_\_ Not accompanied by magical thinking

**MISCELLANEOUS OBSESSIONS**

- \_\_\_\_\_ \_\_\_\_\_ Need to know or remember
- \_\_\_\_\_ \_\_\_\_\_ Fear of saying certain things
- \_\_\_\_\_ \_\_\_\_\_ Fear of not saying just the right thing
- \_\_\_\_\_ \_\_\_\_\_ Fear of losing things

\_\_\_\_\_

**Current**

**Past**

- \_\_\_\_\_ Intrusive (non-violent) images
- \_\_\_\_\_ Intrusive nonsense sounds, words, or music
- \_\_\_\_\_ Bothered by certain sounds/noises \*
- \_\_\_\_\_ Lucky/unlucky numbers
- \_\_\_\_\_ Colors with special significance
- \_\_\_\_\_ Superstitious fears
- \_\_\_\_\_ Other \_\_\_\_\_

**SOMATIC OBSESSIONS**

- \_\_\_\_\_ Concern with illness or disease \*
- \_\_\_\_\_ Excessive concern with body part or aspect of appearance (e.g. dysmorphophobia) \*
- \_\_\_\_\_ Other \_\_\_\_\_

**CLEANING/WASHING COMPULSIONS**

- \_\_\_\_\_ Excessive or ritualized handwashing
- \_\_\_\_\_ Excessive or ritualized showering, bathing, toothbrushing, grooming, or toilet routine.
- \_\_\_\_\_ Involves cleaning of household items or other inanimate objects
- \_\_\_\_\_ Other measures to prevent or remove contact with contaminants
- \_\_\_\_\_ Other \_\_\_\_\_

**CHECKING COMPULSIONS**

- \_\_\_\_\_ Checking locks, stove, appliances, etc.
- \_\_\_\_\_ Checking that did not/will not harm others
- \_\_\_\_\_ Checking that did not/will not harm self
- \_\_\_\_\_ Checking that nothing terrible did/will happen
- \_\_\_\_\_ Checking that did not make mistake
- \_\_\_\_\_ Checking tied to somatic obsessions
- \_\_\_\_\_ Other \_\_\_\_\_

**REPEATING RITUALS**

- \_\_\_\_\_ Re-reading or re-writing
- \_\_\_\_\_ Need to repeat routine activities(e.g. in/out door, up/down from chair)
- \_\_\_\_\_ Other \_\_\_\_\_

**COUNTING COMPULSIONS**

**ORDERING/ARRANGING COMPULSIONS**

**HOARDING/COLLECTING COMPULSIONS**

[distinguish from hobbies and concern with objects of monetary or sentimental value (e.g.,carefully reads junkmail, piles up old newspapers, sorts through garbage, collects useless objects)]

**MISCELLANEOUS COMPULSIONS**

- \_\_\_\_\_ Mental rituals (other than checking/counting)
- \_\_\_\_\_ Excessive listmaking
- \_\_\_\_\_ Need to tell, ask, or confess
- \_\_\_\_\_ Need to touch, tap, or rub \*
- \_\_\_\_\_ Rituals involving blinking or staring \*
- \_\_\_\_\_ Measures (not checking) to prevent:  
harm to self \_\_\_\_\_; harm to others \_\_\_\_\_; terrible consequences\_
- \_\_\_\_\_ Ritualized eating behaviors \*
- \_\_\_\_\_ Superstitious behaviors
- \_\_\_\_\_ Trichotillomania \*
- \_\_\_\_\_ Other self-damaging or self-mutilating behaviors \*
- \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

**TARGET SYMPTOM LIST**

OBSESSIONS:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

COMPULSIONS:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

AVOIDANCE:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## YALE-BROWN OBSESSIVE COMPULSIVE SCALE (Y-BOCS)

"I am now going to ask several questions about your obsessive thoughts." [Make specific reference to the patient's target obsessions.]

### 1. TIME OCCUPIED BY OBSESSIVE THOUGHTS

Q: How much of your time is occupied by obsessive thoughts? [When obsessions occur as brief, intermittent intrusions, it may be difficult to assess time occupied by them in terms of total hours. In such cases, estimate time by determining how frequently they occur. Consider both the number of times the intrusions occur and how many hours of the day are affected. Ask:] How frequently do the obsessive thoughts occur? [Be sure to exclude ruminations and preoccupations which, unlike obsessions, are ego-syntonic and rational (but exaggerated).]

- 0 = None.
- 1 = Mild, less than 1 hr/day or occasional intrusion.
- 2 = Moderate, 1 to 3 hrs/day or frequent intrusion.
- 3 = Severe, greater than 3 and up to 8 hrs/day or very frequent intrusion.
- 4 = Extreme, greater than 8 hrs/day or near constant intrusion.

### 1b. OBSESSION-FREE INTERVAL (not included in total score)

Q: On the average, what is the longest number of consecutive waking hours per day that you are completely free of obsessive thoughts? [If necessary, ask:] What is the longest block of time in which obsessive thoughts are absent?

- 0 = No symptoms.
- 1 = Long symptom-free interval, more than 8 consecutive hours/day symptom-free.
- 2 = Moderately long symptom-free interval, more than 3 and up to 8 consecutive hours/day symptom-free.
- 3 = Short symptom-free interval, from 1 to 3 consecutive hours/day symptom-free.
- 4 = Extremely short symptom-free interval, less than 1 consecutive hour/day symptom-free.

### 2. INTERFERENCE DUE TO OBSESSIVE THOUGHTS

Q: How much do your obsessive thoughts interfere with your social or work (or role) functioning? Is there anything that you don't do because of them? [If currently not working determine how much performance would be affected if patient were employed.]

- 0 = None.
- 1 = Mild, slight interference with social or occupational activities, but overall performance not impaired.
- 2 = Moderate, definite interference with social or occupational performance, but still manageable.
- 3 = Severe, causes substantial impairment in social or occupational performance.
- 4 = Extreme, incapacitating.

### 3. DISTRESS ASSOCIATED WITH OBSESSIVE THOUGHTS

Q: How much distress do your obsessive thoughts cause you?

[In most cases, distress is equated with anxiety; however, patients may report that their obsessions are "disturbing" but deny "anxiety." Only rate anxiety that seems triggered by obsessions, not generalized anxiety or anxiety associated with other conditions.]

- 0 = None
- 1 = Mild, not too disturbing
- 2 = Moderate, disturbing, but still manageable
- 3 = Severe, very disturbing
- 4 = Extreme, near constant and disabling distress

### 4. RESISTANCE AGAINST OBSESSIONS

Q: How much of an effort do you make to resist the obsessive thoughts? How often do you try to disregard or turn your attention away from these thoughts as they enter your mind? [Only rate effort made to resist, not success or failure in actually controlling the obsessions. How much the patient resists the obsessions may or may not correlate with his/her ability to control them. Note that this item does not directly measure the severity of the intrusive thoughts; rather it rates a manifestation of health, i.e., the effort the patient makes to



counteract the obsessions by means other than avoidance or the performance of compulsions. Thus, the more the patient tries to resist, the less impaired is this aspect of his/her functioning. There are "active" and "passive" forms of resistance. Patients in behavioral therapy may be encouraged to counteract their obsessive symptoms by not struggling against them (e.g., "just let the thoughts come"; passive opposition) or by intentionally bringing on the disturbing thoughts. For the purposes of this item, consider use of these behavioral techniques as forms of resistance. If the obsessions are minimal, the patient may not feel the need to resist them. In such cases, a rating of "0" should be given.]

- 0 = Makes an effort to always resist, or symptoms so minimal doesn't need to actively resist
- 1 = Tries to resist most of the time
- 2 = Makes some effort to resist
- 3 = Yields to all obsessions without attempting to control them, but does so with some reluctance
- 4 = Completely and willingly yields to all obsessions

5. DEGREE OF CONTROL OVER OBSESSIVE THOUGHTS

Q: How much control do you have over your obsessive thoughts? How successful are you in stopping or diverting your obsessive thinking? Can you dismiss them? [In contrast to the preceding item on resistance, the ability of the patient to control his obsessions is more closely related to the severity of the intrusive thoughts.]

- 0 = Complete control.
- 1 = Much control, usually able to stop or divert obsessions with some effort and concentration.
- 2 = Moderate control, sometimes able to stop or divert obsessions.
- 3 = Little control, rarely successful in stopping or dismissing obsessions, can only divert attention with difficulty.
- 4 = No control, experienced as completely involuntary, rarely able to even momentarily alter obsessive thinking.

"The next several questions are about your compulsive behaviors." [Make specific reference to the patient's target compulsions.]

6. TIME SPENT PERFORMING COMPULSIVE BEHAVIORS

Q: How much time do you spend performing compulsive behaviors? [When rituals involving activities of daily living are chiefly present, ask:] How much longer than most people does it take to complete routine activities because of your rituals? [When compulsions occur as brief, intermittent behaviors, it may difficult to assess time spent performing them in terms of total hours. In such cases, estimate time by determining how frequently they are performed. Consider both the number of times compulsions are performed and how many hours of the day are affected. Count separate occurrences of compulsive behaviors, not number of repetitions; e.g., a patient who goes into the bathroom 20 different times a day to wash his hands 5 times very quickly, performs compulsions 20 times a day, not 5 or  $5 \times 20 = 100$ . Ask:] How frequently do you perform compulsions? [In most cases compulsions are observable behaviors (e.g., hand washing), but some compulsions are covert (e.g., silent checking).]

- 0 = None
- 1 = Mild (spends less than 1 hr/day performing compulsions), or occasional performance of compulsive behaviors.
- 2 = Moderate (spends from 1 to 3 hrs/day performing compulsions), or frequent performance of compulsive behaviors.
- 3 = Severe (spends more than 3 and up to 8 hrs/day performing compulsions), or very frequent performance of compulsive behaviors.
- 4 = Extreme (spends more than 8 hrs/day performing compulsions), or near constant performance of compulsive behaviors (too numerous to count).

6b. COMPULSION-FREE INTERVAL (not included in total score)

Q: On the average, what is the longest number of consecutive waking hours per day that you are completely free of compulsive behavior? [If necessary, ask:] What is the longest block of time in which compulsions are absent?

- 0 = No symptoms.
- 1 = Long symptom-free interval, more than 8 consecutive hours/day symptom-free.
- 2 = Moderately long symptom-free interval, more than 3 and up to 8 consecutive hours/day symptom-free.

- 3 = Short symptom-free interval, from 1 to 3 consecutive hours/day symptom-free.
- 4 = Extremely short symptom-free interval, less than 1 consecutive hour/day symptom-free.

7. INTERFERENCE DUE TO COMPULSIVE BEHAVIORS

Q: How much do your compulsive behaviors interfere with your social or work (or role) functioning? Is there anything that you don't do because of the compulsions? [If currently not working determine how much performance would be affected if patient were employed.]

- 0 = None
- 1 = Mild, slight interference with social or occupational activities, but overall performance not impaired
- 2 = Moderate, definite interference with social or occupational performance, but still manageable
- 3 = Severe, causes substantial impairment in social or occupational performance
- 4 = Extreme, incapacitating

8. DISTRESS ASSOCIATED WITH COMPULSIVE BEHAVIOR

Q: How would you feel if prevented from performing your compulsion(s)? [Pause] How anxious would you become? [Rate degree of distress patient would experience if performance of the compulsion were suddenly interrupted without reassurance offered. In most, but not all cases, performing compulsions reduces anxiety. If, in the judgement of the interviewer, anxiety is actually reduced by preventing compulsions in the manner described above, then ask:] How anxious do you get while performing compulsions until you are satisfied they are completed?

- 0 = None
- 1 = Mild only slightly anxious if compulsions prevented, or only slight anxiety during performance of compulsions
- 2 = Moderate, reports that anxiety would mount but remain manageable if compulsions prevented, or that anxiety increases but remains manageable during performance of compulsions
- 3 = Severe, prominent and very disturbing increase in anxiety if compulsions interrupted, or prominent and very disturbing increase in anxiety during performance of compulsions
- 4 = Extreme, incapacitating anxiety from any intervention aimed at modifying activity, or incapacitating anxiety develops during performance of compulsions

9. RESISTANCE AGAINST COMPULSIONS

Q: How much of an effort do you make to resist the compulsions? [Only rate effort made to resist, not success or failure in actually controlling the compulsions. How much the patient resists the compulsions may or may not correlate with his ability to control them. Note that this item does not directly measure the severity of the compulsions; rather it rates a manifestation of health, i.e., the effort the patient makes to counteract the compulsions. Thus, the more the patient tries to resist, the less impaired is this aspect of his functioning. If the compulsions are minimal, the patient may not feel the need to resist them. In such cases, a rating of "0" should be given.]

- 0 = Makes an effort to always resist, or symptoms so minimal doesn't need to actively resist
- 1 = Tries to resist most of the time
- 2 = Makes some effort to resist
- 3 = Yields to almost all compulsions without attempting to control them, but does so with some reluctance
- 4 = Completely and willingly yields to all compulsions

10. DEGREE OF CONTROL OVER COMPULSIVE BEHAVIOR

Q: How strong is the drive to perform the compulsive behavior? [Pause] How much control do you have over the compulsions? [In contrast to the preceding item on resistance, the ability of the patient to control his compulsions is more closely related to the severity of the compulsions.]

- 0 = Complete control
- 1 = Much control, experiences pressure to perform the behavior but usually able to exercise voluntary control over it.
- 2 = Moderate control, strong pressure to perform behavior, can control it only with difficulty
- 3 = Little control, very strong drive to perform behavior, must be carried to completion, can only delay with difficulty
- 4 = No control, drive to perform behavior experienced as completely involuntary and overpowering, rarely able to even momentarily delay activity

"The remaining questions are about both obsessions and compulsions. Some ask about related problems." These are investigational items not included in total Y-BOCS score but may be useful in assessing these symptoms.

11. INSIGHT INTO OBSESSIONS AND COMPULSIONS

Q: Do you think your concerns or behaviors are reasonable? [Pause] What do you think would happen if you did not perform the compulsion(s)? Are you convinced something would really happen? [Rate patient's insight into the senselessness or excessiveness of his obsession(s) based on beliefs expressed at the time of the interview.]

- 0 = Excellent insight, fully rational
- 1 = Good insight. Readily acknowledges absurdity or excessiveness of thoughts or behaviors but does not seem completely convinced that there isn't something besides anxiety to be concerned about (i.e., has lingering doubts).
- 2 = Fair insight. Reluctantly admits thoughts or behavior seem unreasonable or excessive, but wavers. May have some unrealistic fears, but no fixed convictions.
- 3 = Poor insight. Maintains that thoughts or behaviors are not unreasonable or excessive, but acknowledges validity of contrary evidence (i.e., overvalued ideas present).
- 4 = Lacks insight, delusional. Definitely convinced that concerns and behavior are reasonable, unresponsive to contrary evidence.

12. AVOIDANCE

Q: Have you been avoiding doing anything, going any place, or being with anyone because of your obsessional thoughts or out of concern you will perform compulsions? [If yes, then ask:] How much do you avoid? [Rate degree to which patient deliberately tries to avoid things. Sometimes compulsions are designed to "avoid" contact with something that the patient fears. For example, clothes washing rituals would be designated as compulsions, not as avoidant behavior. If the patient stopped doing the laundry then this would constitute avoidance.]

- 0 = No deliberate avoidance
- 1 = Mild, minimal avoidance
- 2 = Moderate, some avoidance; clearly present
- 3 = Severe, much avoidance; avoidance prominent
- 4 = Extreme, very extensive avoidance; patient does almost everything he/she can to avoid triggering symptoms

13. DEGREE OF INDECISIVENESS

Q: Do you have trouble making decisions about little things that other people might not think twice about (e.g., which clothes to put on in the morning; which brand of cereal to buy)? [Exclude difficulty making decisions which reflect ruminative thinking. Ambivalence concerning rationally-based difficult choices should also be excluded.]

- 0 = None
- 1 = Mild, some trouble making decisions about minor things
- 2 = Moderate, freely reports significant trouble making decisions that others would not think twice about
- 3 = Severe, continual weighing of pros and cons about nonessentials.
- 4 = Extreme, unable to make any decisions. Disabling.

14. OVERVALUED SENSE OF RESPONSIBILITY

Q: Do you feel very responsible for the consequences of your actions? Do you blame yourself for the outcome of events not completely in your control? [Distinguish from normal feelings of responsibility, feelings of worthlessness, and pathological guilt. A guilt-ridden person experiences himself or his actions as bad or evil.]

- 0 = None
- 1 = Mild, only mentioned on questioning, slight sense of over-responsibility
- 2 = Moderate, ideas stated spontaneously, clearly present; patient experiences significant sense of over-responsibility for events outside his/her reasonable control
- 3 = Severe, ideas prominent and pervasive; deeply concerned he/she is responsible for events clearly outside his control. Self-blaming farfetched and nearly irrational

- 4 = Extreme, delusional sense of responsibility (e.g., if an earthquake occurs 3,000 miles away patient blames herself because she didn't perform her compulsions)

15. PERVASIVE SLOWNESS/ DISTURBANCE OF INERTIA

Q: Do you have difficulty starting or finishing tasks? Do many routine activities take longer than they should? [Distinguish from psychomotor retardation secondary to depression. Rate increased time spent performing routine activities even when specific obsessions cannot be identified.]

- 0 = None.  
1 = Mild, occasional delay in starting or finishing.  
2 = Moderate, frequent prolongation of routine activities but tasks usually completed. Frequently late.  
3 = Severe, pervasive and marked difficulty initiating and completing routine tasks. Usually late.  
4 = Extreme, unable to start or complete routine tasks without full assistance.

16. PATHOLOGICAL DOUBTING

Q: After you complete an activity do you doubt whether you performed it correctly? Do you doubt whether you did it at all? When carrying out routine activities do you find that you don't trust your senses (i.e., what you see, hear, or touch)?

- 0 = None.  
1 = Mild, only mentioned on questioning, slight pathological doubt. Examples given may be within normal range.  
2 = Moderate, ideas stated spontaneously, clearly present and apparent in some of patient's behaviors; patient bothered by significant pathological doubt. Some effect on performance but still manageable.  
3 = Severe, uncertainty about perceptions or memory prominent; pathological doubt frequently affects performance.  
4 = Extreme, uncertainty about perceptions constantly present; pathological doubt substantially affects almost all activities. Incapacitating (e.g., patient states "my mind doesn't trust what my eyes see").

[Items 17 and 18 refer to global illness severity. The rater is required to consider global function, not just the severity of obsessive-compulsive symptoms.]

17. GLOBAL SEVERITY: Interviewer's judgement of the overall severity of the patient's illness. Rated from 0 (no illness) to 6 (most severe patient seen). [Consider the degree of distress reported by the patient, the symptoms observed, and the functional impairment reported. Your judgement is required both in averaging this data as well as weighing the reliability or accuracy of the data obtained. This judgement is based on information obtained during the interview.]

- 0 = No illness  
1 = Illness slight, doubtful, transient; no functional impairment  
2 = Mild symptoms, little functional impairment  
3 = Moderate symptoms, functions with effort  
4 = Moderate - Severe symptoms, limited functioning  
5 = Severe symptoms, functions mainly with assistance  
6 = Extremely Severe symptoms, completely nonfunctional

18. GLOBAL IMPROVEMENT: Rate total overall improvement present SINCE THE INITIAL RATING whether or not, in your judgement, it is due to drug treatment.

- 0 = Very much worse  
1 = Much worse  
2 = Minimally worse  
3 = No change  
4 = Minimally improved  
5 = Much improved  
6 = Very much improved

19. **RELIABILITY:** Rate the overall reliability of the rating scores obtained. Factors that may affect reliability include the patient's cooperativeness and his/her natural ability to communicate. The type and severity of obsessive-compulsive symptoms present may interfere with the patient's concentration, attention, or freedom to speak spontaneously (e.g., the content of some obsessions may cause the patient to choose his words very carefully).
- 0 = Excellent, no reason to suspect data unreliable
  - 1 = Good, factor(s) present that may adversely affect reliability
  - 2 = Fair, factor(s) present that definitely reduce reliability
  - 3 = Poor, very low reliability
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Items 17 and 18 are adapted from the Clinical Global Impression Scale (Guy W: ECDEU Assessment Manual for Psychopharmacology: Publication 76-338. Washington, D.C., U.S. Department of Health, Education, and Welfare (1976)).

Additional information regarding the development, use, and psychometric properties of the Y-BOCS can be found in Goodman WK, Price LH, Rasmussen SA, et al.: The Yale-Brown Obsessive Compulsive Scale (Y-BOCS): Part I. Development, use, and reliability. Arch Gen Psychiatry (46:1006-1011, 1989). and Goodman WK, Price LH, Rasmussen SA, et al.: The Yale-Brown Obsessive Compulsive Scale (Y-BOCS): Part II. Validity. Arch Gen Psychiatry (46:1012-1016, 1989).

Copies of a version of the Y-BOCS modified for use in children, the Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS) (Goodman WK, Rasmussen SA, Price LH, Mazure C, Rapoport JL, Heninger GR, Charney DS), is available from Dr. Goodman on request.

