

Obsessive-Compulsive Disorder Checklist

If you think you might be suffering from obsessive-compulsive disorder (OCD) symptoms, this checklist can help you talk about your concerns with your doctor.

Just print this page, answer the questions and take the finished checklist to an appointment with a doctor or other healthcare professional. Your answers can help your doctor determine if you have OCD.

1. Yes No Do thoughts come into your mind that you have trouble getting rid of and that don't make sense?
2. Yes No Do you believe these thoughts are coming from your own mind, rather than from some outside source?
3. Yes No Do you wash your hands more than other people?
4. Yes No Do you have to check things over and over?
5. Yes No Is there any other behavior you find you cannot resist and/or are doing more often than you think you should?
6. Yes No Do you have to have things done just so or in a certain order?
7. Yes No Does thinking these thoughts or performing these repetitious behaviors bother you a lot?
8. Yes No Do the thoughts and/or the behaviors interfere with your day-to-day functioning?

If any of these questions make you think, "that sounds like me," and are interfering with your daily activities, discuss the answers to this checklist with your doctor or other healthcare professional. Only your doctor or other qualified healthcare professional can make a diagnosis of OCD.

The information contained on this site is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. This checklist is intended only for the purpose of identifying symptoms of obsessive-compulsive disorder and is not designed to provide a diagnosis or treatment. Only a doctor or other qualified healthcare professional can make a diagnosis of obsessive-compulsive disorder or determine a treatment plan.

