

Y-BOCS Severity Ratings

Yale-Brown Obsessive Compulsive Scale*

Targeted Treatment for Obsessions and Compulsions

Administering the Y-BOCS Symptom Checklist and Y-BOCS Severity Ratings.

Comorbid Conditions May Mask OCD†

1. Establish the diagnosis of obsessive compulsive disorder.
2. Using the Y-BOCS Symptom Checklist (other form), ascertain current and past symptoms.
3. Next, administer the 10-item severity ratings (below) to assess the severity of the OCD during the last week.
4. Readminister the Y-BOCS Severity Rating Scale to monitor progress.

Patient _____

Date 1st Report _____

Date This Report _____

Obsession Rating Scale (circle appropriate score)

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.

Item	Range of Severity				
	0 h/day	0-1 h/day	1-3 h/day	3-8 h/day	>8 h/day
1. Time Spent on Obsessions					
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

Obsession subtotal (add items 1-5) _____

* Adapted with permission from Wayne K. Goodman, MD.
WK Goodman, et al. *Arch Gen Psychiatry*. 1989;46:1008-1011.

† Fluvoxamine maleate has not been studied in patients with coexistent disorders.

Compulsion Rating Scale (circle appropriate score)

Item	Range of Severity				
6. Time Spent on Compulsions	0 h/day	0-1 h/day	1-3 h/day	3-8 h/day	>8 h/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	Mild	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 24-31 Severe
8-15 Mild 32-40 Extreme
16-23 Moderate

COMMENTS
