

UMMHC Ambulatory Psychiatry
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YALE-BROWN OBSESSIVE COMPULSIVE SCALE (Y-BOCS)

Patient's name _____ Date _____

	Item	None	Mild	Moderate	Severe	Extreme
1.	Hours/day spent on obsessions	0	0 to 1	>1 to 3	>3 to 8	>8
	Score	0	1	2	3	4
2.	Interference from obsessions	None	Mild	Definite but manageable	Impaired	Incapacitating
	Score	0	1	2	3	4
3.	Distress from obsessions	None	Mild	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	Moderate control	Little control	No control
	Score	0	1	2	3	4
Obsession Subscale (0–20)						
6.	Hours/day spent on compulsions	0	0 to 1	>1 to 3	>3 to 8	>8
	Score	0	1	2	3	4
7.	Interference from compulsions	None	Mild	Definite but manageable	Impaired	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	Moderate control	Little control	No control
	Score	0	1	2	3	4
Compulsion Subscale (0–20)						
Total Score (0–40)						
Comments:						
Date:						
Total previous score:						

Range of severity: 0–7 Subclinical 8–15 Mild 16–23 Moderate 24–31 Severe 32–40 Extreme
 Ratings include observations during interviews as well as average occurrence for each item during the last 7 days.

Source. Adapted with permission from Wayne K. Goodman, M.D. Goodman WK, Price LH, Rasmussen SA, et al.: "The Yale-Brown Obsessive Compulsive Scale." Arch Gen Psychiatry 46:1006–1011, 1989.