

OCD Self-Assessment

Think about how you typically experience thoughts, urges, and repetitive behaviors, and select the response that best describes how often you experience each difficulty.

Question	Not at all	Several days	More than half the days	Nearly every day
1. Do you experience unwanted, intrusive, or upsetting thoughts, images, or urges that repeatedly enter your mind?				
2. Do these unwanted thoughts cause you significant anxiety, fear, guilt, disgust, or distress?				
3. Do you feel a strong need to repeatedly check things, such as locks, appliances, work, or personal belongings?				
4. Do you feel a strong need to repeatedly clean, wash, sanitize, or avoid things because of concerns about contamination?				
5. Do you feel compelled to repeatedly count, arrange, organize, or perform things in a specific way?				
6. Do you repeatedly seek reassurance from others that you have not made a mistake, caused harm, or done something wrong?				
7. Do you perform certain behaviors or mental rituals to reduce anxiety or prevent something bad from happening?				
8. Do you find yourself mentally reviewing past events, conversations, or actions to make sure you did not make a mistake?				
9. Do you avoid certain people, places, objects, situations, or activities because they trigger unwanted thoughts or fears?				
10. Do you recognize that some of these thoughts or behaviors may be excessive, unreasonable, or difficult to control, yet still feel unable to stop them?				
11. Do these thoughts, urges, or repetitive behaviors take up significant time or interfere with your daily life?				
12. Have these symptoms affected your work, school, relationships, responsibilities, or overall quality of life?				

Important Disclaimer: This self-assessment provided by Mission Psychiatry is intended for informational and educational purposes only. It is not a diagnostic test and does not diagnose OCD or any other mental health condition. Your results are meant to serve as a helpful guide and starting point for discussion, not as an official diagnosis. Only a qualified healthcare professional can provide a diagnosis after a comprehensive evaluation.