

# Yale-Brown Obsessive Compulsive Scale (Y-BOCS)

LORI CALABRESE, MD  
INNOVATIVE PSYCHIATRY

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

*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.

Obsession Rating Scale (circle appropriate score)

Item	Range of Severity				
1. Time Spent on Obsessions	0 hr/day	0-1 hr/day	1-3 hr/day	3-8 hr/day	> 8 hr/day
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) \_\_\_\_\_

Compulsion Rating Scale (circle appropriate score)

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

COMMENTS: \_\_\_\_\_

\_\_\_\_\_