

Dimensional Obsessive-Compulsive Scale (DOCS)

The DOCS is a self-report questionnaire designed to measure the severity of obsessive-compulsive symptoms across four key dimensions: contamination, responsibility for harm, unacceptable thoughts, and symmetry/completeness. The tool is used for differential diagnosis, initial assessment, and treatment monitoring of obsessive-compulsive disorder in adults.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Dimensional Obsessive-Compulsive Scale
Target audience	Adults
Authors	Jonathan S. Abramowitz, Dean McKay, Brett J. Deacon, Paul D. Storch, Gail Steketee, Sabine Wilhelm, David F. Tolin, Eric A. Storch (2010)
Category	OCD

Preview of the 20 questions

Category 1: Concerns about Germs and Contamination, over the last month.

About how much time have you spent each day thinking about contamination and engaging in washing or cleaning behaviors because of contamination?

None at all | Less than 1 hour each day | Between 1 and 3 hours each day | Between 3 and 8 hours each day | 8 hours or more each day

Category 1: Concerns about Germs and Contamination, over the last month.

To what extent have you avoided situations in order to prevent concerns with contamination or having to spend time washing, cleaning, or showering?

None at all | A little avoidance | A moderate amount of avoidance | A great deal of avoidance | Extreme avoidance of nearly all things

Category 1: Concerns about Germs and Contamination, over the last month.

If you had thoughts about contamination but could not wash, clean, or shower (or otherwise remove the contamination), how distressed or anxious did you become?

Not at all distressed/anxious | Mildly distressed/anxious | Moderately distressed/anxious | Severely distressed/anxious | Extremely distressed/anxious

Category 1: Concerns about Germs and Contamination, over the last month.

To what extent has your daily routine (work, school, self-care, social life) been disrupted by contamination concerns and excessive washing, showering, cleaning, or avoidance behaviors?

No disruption at all. | A little disruption, but I mostly function well. | Many things are disrupted, but I can still manage. | My life is disrupted in many ways and I have trouble managing. | My life is completely disrupted and I cannot function at all.

Category 1: Concerns about Germs and Contamination, over the last month.

How difficult is it for you to disregard thoughts about contamination and refrain from behaviors such as washing, showering, cleaning, and other decontamination routines when you try to do so?

Not at all difficult | A little difficult | Moderately difficult | Very difficult | Extremely difficult

Scoring & interpretation

Each item is scored from 0 to 4, for a total score from 0 to 80. Each subscale (5 items per dimension) helps identify the most problematic areas. High scores reflect greater OCD severity. There is no universal cutoff; interpretation must be based on the clinical context and longitudinal follow-up.

Usage

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