OBQ-44

Obsessive Beliefs Questionnaire (OBQ-44)

The OBQ-44 is a self-report questionnaire designed to assess the dysfunctional beliefs associated with obsessive-compulsive disorder (OCD). It measures three main dimensions: responsibility/overestimation of threat, perfectionism/intolerance of uncertainty, and overimportance/power of thoughts. It is useful for identification and cognitive formulation in the treatment of OCD.

Number of questions	44 questions
Estimated duration	15 minutes
Language	English
Original name	Obsessive Beliefs Questionnaire
Target audience	Adults
Authors	Obsessive Compulsive Cognitions Working Group (OCCWG) (2001)
Category	OCD

Preview of the 44 questions

I often think things around me are unsafe.

Disagree very much | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree very much

If I am not absolutely sure of something, I am bound to make a mistake.

Disagree very much | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree very much

Things should be perfect according to my own standards.

Disagree very much | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree very much

In order to be a worthwhile person, I must be perfect at everything I do.

Disagree very much | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree very much

When I see any opportunity to do so, I must act to prevent bad things from happening.

Disagree very much | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree very much

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Scoring & interpretation

Each item is rated on a Likert-type scale ranging from 1 (Disagree very much) to 7 (Agree very much). Raw scores are added up to obtain a total score as well as scores for each subscale. High scores indicate more marked and potentially more pathological beliefs.

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Laura V. - Online Psychologist