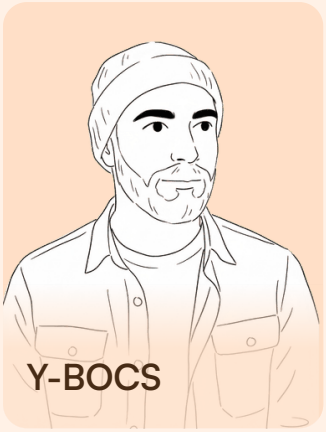


Yale-Brown Obsessive Compulsive Scale (Y-BOCS)

This tool is used to assess the severity of obsessive and compulsive symptoms in patients with obsessive-compulsive disorder (OCD). Developed by researchers at Yale University, this scale is recognized for its reliability and validity in diagnosing OCD and monitoring its course.

Number of questions	10 questions
Estimated duration	2 minutes
Language	English
Original name	Yale-Brown Obsessive Compulsive Scale
Target audience	Adults with OCD
Authors	Wayne K. Goodman, Lawrence H. Price, Steven A. Rasmussen, Cheryl E. Mazure (1989)
Category	OCD

Preview of the 10 questions

Time taken up by obsessive thoughts

What portion of your time do your obsessive thoughts take up?

None | Less than 1 hour per day (Occasional) | 1 to 3 hours per day (Frequent) | 3 to 8 hours per day (Very frequent) | More than 8 hours per day (Almost constant)

Interference caused by obsessive thoughts

To what extent do your obsessive thoughts get in the way of your work, your studies, or other important activities in your life? Are there things you don't do because of your obsessions?

No interference | Interfere a little with my social or other activities, but do not prevent me from functioning normally | Definitely interfere with my social or work activities, but I still manage to function | Interfere considerably with my social life or my work | Prevent me from functioning

Distress caused by obsessive thoughts

Do your obsessive thoughts bother you?

- Not at all
- A little
- At a tolerable level
- A great deal
- I feel almost constantly in a state of disabling distress

Resistance to obsessions

What efforts do you make to resist your obsessive thoughts? Do you try to ignore them or drive them out of your mind?

- I always try to resist them
- I try to resist them most of the time
- I make some effort to resist them
- I give in to all my obsessions without trying to master them, but somewhat reluctantly
- I give in completely and willingly to all my obsessions

Level of control over obsessive thoughts

How much power do you have over your obsessive thoughts? How well do you manage to curb your obsessions or turn your attention away from them? Can you drive them out of your mind?

- I have them completely under control
- I can usually curb or divert them with effort and concentration
- I can sometimes curb or divert them
- I can rarely curb them or drive them out of my mind, and only with difficulty
- I have no power over my obsessions; I can rarely turn my attention away, even momentarily

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each question is scored from 0 to 4, representing increasing symptom severity, for a total score ranging from 0 to 40. Scores are calculated separately for obsessions and compulsions, with each part having a maximum of 20.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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★★★★★

“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

 Romane L. - Online CBT Psychologist