

## OBS-SR – Last Month

Subject ID: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

### Instructions

**The following questions refer to situations that you may have experienced in the past month. Please answer each of the questions by circling “YES” or “NO.” Please note that not all the questions refer to symptoms of an illness. [Note that questions intentionally begin with #24.]**

**In the past month, have you...**

24.	...been troubled by repetitive doubts about things you do in your everyday life (like how well you shaved, brushed your teeth, chose the right clothes)?	Yes	No
25.	...felt doubtful to the point of being ‘paralyzed’ when faced with an ordinary decision, because of worrying that it could have unpredictable consequences?	Yes	No
26.	...doubted your own memory even though there was no reason to do so?	Yes	No
27.	...felt very frustrated when you couldn’t get a definite and immediate reply to a question?	Yes	No
28.	...felt the urgent need to know whether some job or task that you had carried out had in fact been done correctly?	Yes	No
29.	...felt the need for well-defined rules for most things you did?	Yes	No
30.	...felt that because you could be wrong, you could not stick to your own point of view?	Yes	No
31.	...felt unprepared and unsure of yourself before an exam or test, despite knowing the subject matter well?	Yes	No
32.	...felt anxious if you didn’t have a written list when doing things like going shopping, going to the doctor, or meeting with someone?	Yes	No
33.	...been considered a very touchy person?	Yes	No
34.	...had difficulty choosing something, without asking someone else’s advice (for example, what clothes to wear, what to order at a restaurant, what to buy, whether to accept an invitation, etc.)?	Yes	No
35.	...had difficulty throwing things away, because they might be useful someday (for example, old pens, diaries, newspapers)?	Yes	No
36.	...felt unable to make a decision because you saw the advantages and disadvantages of both sides?	Yes	No

**In the past month, have you...**

37.	...been reluctant to do things that came up unexpectedly?	Yes	No
38.	...been reluctant to make changes in your daily routine?	Yes	No
39.	...been reluctant to do something because you thought there was a chance it wouldn't work out well?	Yes	No
40.	...been reluctant to do something because you were afraid that it might set off your rituals or obsessions (for example, you tried not to shake someone's hand because you might feel that you would have to wash afterward)?	Yes	No

**In the past month, have you felt compelled to...**

41.	...remember things even when you don't really need to (for example, everyone's phone numbers, birthdays, license plates, dates and occasions)?	Yes	No
42.	...check to be sure the door is locked or that the gas or the lights have been turned off?	Yes	No
43.	...check drawers to be sure that everything is in order?	Yes	No
44.	...check that you haven't lost valuable personal items (for example, money, keys, papers, or jewelry)?	Yes	No
45.	...check that you haven't made some mistake in your written work (for example, re-reading some document or homework before submitting it or re-opening an envelope to check a letter before sending it)?	Yes	No
46.	...check for dust or dirt?	Yes	No
47.	...check that you haven't hurt yourself or someone else, because you suddenly get the idea that you might have?	Yes	No
48.	...check something even after it has been checked by others?	Yes	No
49.	...ask someone else to check something for you because you fear you didn't check it thoroughly enough yourself (for example, asking neighbors or a passerby to confirm that the door was shut or asking to be searched to see whether your wallet or other personal effects were still in place)?	Yes	No

**In the past month, have you considered yourself or has anybody told you that you...**

50.	...were not emotionally spontaneous and appeared detached and indifferent toward others?	Yes	No
51.	...were overcritical of yourself or others?	Yes	No
52.	...talked and behaved in a formal or stilted manner?	Yes	No
53.	...had no sense of humor?	Yes	No
54.	...had no imagination?	Yes	No

**In the past month, have you considered yourself or has anybody told you that you...**

55.	...were unable to let yourself go?	Yes	No
56.	...were someone who was very persistent and never gave up?	Yes	No
57.	...were someone who sulked?	Yes	No
58.	...couldn't get deeply involved in a relationship?	Yes	No
59.	...couldn't let go during sexual intercourse?	Yes	No
60.	...preferred to have sexual intercourse in your own particular way, like at certain times, or in certain places?	Yes	No

**In the past month, have you found it...**

61.	...difficult to change your point of view in a discussion or even consider that you might have been wrong?	Yes	No
62.	...difficult to change your way of doing something even if there might have been a better way?	Yes	No
63.	...difficult to adapt to another person's ways?	Yes	No
64.	...difficult to see the middle ground because you are more likely to see things as 'black-or-white,' 'all-or-nothing,' 'good or evil'?	Yes	No
65.	...difficult to forgive and forget?	Yes	No
66.	...difficult to lend or borrow clothes, books, tapes, or other personal things?	Yes	No
67.	...difficult to leave your children with a baby sitter?	Yes	No
68.	...difficult to accept other peoples' recollection of events?	Yes	No
69.	...difficult to work with others?	Yes	No
70.	...difficult to spend money, to the point that you were considered stingy?	Yes	No

**In the past month, have you felt...**

71.	...the need to impose your plans and habits on your family and friends (for example, your passion for cleanliness, your own schedule, etc.)?	Yes	No
72.	...the need to impose your plans and habits on your co-workers (for example, routines, plans, schedule, deadlines to be met)?	Yes	No
73.	...the need to impose your political ideals, career choices, or preferred sports on your children?	Yes	No

**In the past month, have you considered yourself or has anybody told you that you were...**

74.	...extremely bound to tradition?	Yes	No
75.	...uncompromising with respect to moral issues?	Yes	No

**In the past month, have you considered yourself or has anybody told you that you were...**

76.	...over-involved with charities or volunteer organizations?	Yes	No
77.	...a person who strongly believes in law and order?	Yes	No
78.	...a person who strongly prefers a conservative style of dress and haircut?	Yes	No
79.	...very careful to follow all the rules of etiquette?	Yes	No
80.	...a person who has difficulty accepting changes in society?	Yes	No
81.	...a person who obeys authority without question?	Yes	No
82.	...fascinated by parades and uniforms?	Yes	No
83.	...a person who always keeps your word?	Yes	No

**In the past month, have you...**

84.	...felt compelled to organize the lives of your friends and relatives?	Yes	No
85.	...felt compelled to take care of all your friends' and relatives' problems?	Yes	No
86.	...been criticized by your family or friends because you were intrusive or overprotective?	Yes	No
87.	...believed that you could change the course of events by following special practices or rituals (for example, touching or moving objects according to a set procedure, reciting spells or magic formulas)?	Yes	No
88.	...believed that the world is governed by destiny or by supernatural forces?	Yes	No
89.	...believed that you have a 'sixth sense'?	Yes	No
90.	...believed in things such as horoscopes, palm readers, or psychics, or that certain numbers or colors bring bad or good luck?	Yes	No
91.	...believed that thinking of something could make it happen?	Yes	No
92.	...spent nearly every minute of the day working or studying (for example, while on vacation, at the hairdresser, while in a waiting room, while waiting for food to cook or during television commercials)?	Yes	No
93.	...left the table right after you've finished eating so that you could begin doing something else, instead of just relaxing for awhile?	Yes	No
94.	...felt obligated to fill free time with productive activities (for example, exercising, studying, working)?	Yes	No

**In the past month, have you considered yourself or has anybody told you that you...**

95.	...wasted time and energy on insignificant details, treating them as much more important than they were?	Yes	No
96.	...took much more time than your colleagues to finish something because you were never satisfied with the small details?	Yes	No
97.	...often arrived late for appointments either because you lost track of time, you hadn't finished previous tasks, or you didn't want to be kept waiting?	Yes	No
98.	...sometimes arrived excessively early for appointments?	Yes	No

**In the past month, has anybody told you that you...**

99.	...were very slow when carrying out normal daily activities (for example, eating, speaking, reading, writing, dressing or washing)?	Yes	No
100.	...moved in 'slow motion'?	Yes	No

**In the past month, have you considered yourself a person who...**

101.	...was extremely orderly and precise?	Yes	No
102.	...wasn't good at seeing the overall picture at work or school, because you got bogged down in the details?	Yes	No
103.	...was dissatisfied with your own decisions or the results of your own work, despite being extremely thoughtful, precise, and careful (for example, being unhappy with the clothes you wore after taking hours to choose them, or being convinced that the house is dirty after a thorough cleaning)?	Yes	No
104.	...re-wrote lecture notes many times before beginning to study?	Yes	No
105.	...wrote a minutely detailed list of all the things you had to do?	Yes	No
106.	...felt that you had to go to sleep every night at the same hour or in exactly the same position?	Yes	No
107.	...always needed to have things in your house or office in exactly the same place?	Yes	No
108.	...had to finish something even if it was no longer necessary or interesting (for example, finish a boring book before starting another)?	Yes	No
109.	...needed to answer questions thoroughly, to the point of consulting reference books or encyclopedias, even on trivial matters?	Yes	No
110.	...paid attention to minute details of a house, shop, party, meeting, exhibition, book, or document?	Yes	No

**In the past month, have you considered yourself a person who...**

111.	...saved things, even though they might not have any value (for example, used stamps, postcards, coins, photographs, magazines, recipes, or other things of little use)?	Yes	No
112.	...liked to have a complete set of anything, once you had gotten the first one (for example, of books, dolls, sports cards, tools)?	Yes	No
113.	...kept old clothes even if you might never wear them again?	Yes	No
114.	...kept the address and phone number of anyone you know, so that you could always have the number close at hand?	Yes	No
115.	...read newspapers or magazines regularly and systematically?	Yes	No
116.	...waited for the next show when you were late for a movie, rather than miss the first few minutes?	Yes	No
117.	...bought a book because you needed to own it, even though you had already read it?	Yes	No
118.	...was extremely concerned about aesthetics (for example, symmetry, matching colors, taste in clothes, or furnishings)?	Yes	No
119.	Have you felt compelled to repeat something until you did it just right (for example, locking and unlocking a door, turning the light on and off, getting in and out of a parking space with the car)?	Yes	No
120.	Have you had the urge to repeat something over and over when there is no particular reason?	Yes	No
121.	Have you had the urge to repeat a particular word over and over again, in an effort to improve your pronunciation, or give more emphasis to your speech?	Yes	No

**In the past month, have you felt compelled to...**

122.	...walk in a particular way?	Yes	No
123.	...repeat a movement for no reason?	Yes	No
124.	...imitate the accent of a person you are speaking with?	Yes	No
125.	...repeatedly touch an object or part of your body for no reason?	Yes	No
126.	...count things pointlessly (for example, counting numbers on license plates, pages of a book, windows or floors in an office building)?	Yes	No
127.	...repeatedly trace letters or words in something you have written?	Yes	No
128.	...do something like shouting, spitting, or sniffing even if it is inappropriate at the time?	Yes	No

**In the past month, have you felt compelled to...**

129.	...keep repeating a slogan or humming a tune to yourself, without being able to get it out of your head?	Yes	No
130.	...clear your nose or throat before speaking, or make certain movements with your hands before writing or before knocking on a door?	Yes	No

**In the past month, have you felt preoccupied with unwanted thoughts of...**

131.	...dirt, germs or contaminants?	Yes	No
132.	...eating spoiled food or taking outdated medications?	Yes	No
133.	...toxic substances in your body?	Yes	No
134.	...pollution?	Yes	No
135.	...infections from using public toilets?	Yes	No
136.	...dirt or germs when using towels and dishes in restaurants or bed linens when sleeping away from home?	Yes	No
137.	...becoming ill when with sick people, even if you knew that the illness was not contagious?	Yes	No

**In the past month, have you felt compelled to...**

138.	...be very meticulous in matters of personal hygiene (for example, frequently washing your hands, hair, nails, brushing your teeth, or showering more than once a day)?	Yes	No
139.	...insist that other people be very meticulous with regard to personal hygiene (for example, your children or spouse)?	Yes	No
140.	...clean your house or car even if it is already very clean?	Yes	No
141.	...clean a certain part of your house everyday while neglecting other areas (for example, cleaning the sink carefully, but neglecting the rest of the bathroom)?	Yes	No

**In the past month, have you felt preoccupied with unwanted thoughts of...**

142.	...your sexual identity?	Yes	No
143.	...your sexual performance?	Yes	No
144.	...scenes of sexual intercourse or unusual sexual activities?	Yes	No
145.	...having the impulse to look at someone's crotch or touch other people's genitals?	Yes	No
146.	...sins?	Yes	No
147.	...religious duties?	Yes	No
148.	...thinking, saying, or doing something inappropriate or even obscene during a religious service?	Yes	No

**In the past month, have you felt preoccupied with unwanted thoughts of...**

149.	...the need to make up for a sin or mistake whether imaginary or real (for example, by denying yourself food, a moment of relaxation, or something you like)?	Yes	No
150.	...the future?	Yes	No
151.	...time passing and being unable to relive the seconds, minutes, hours?	Yes	No
152.	...aging and the deterioration of your body?	Yes	No
153.	...the inability to start or maintain a meaningful personal relationship or friendship?	Yes	No
154.	...philosophical and religious matters (for example, the meaning of life, of the world, of God)?	Yes	No
155.	...harming yourself (for example, cutting yourself or throwing yourself out a window, from a balcony, or under a train or bus)?	Yes	No
156.	...harming or killing someone (for example, when handling knives or scissors, or by causing a fire or tampering with a security device)?	Yes	No
157.	...dreadful and terrifying images or scenes about traumatic events (for example, accidents, catastrophes, deaths)?	Yes	No
158.	...insulting people?	Yes	No
159.	...stealing or lying?	Yes	No
160.	...having a sudden impulse to throw yourself out of a window or over a balcony or under a train or a bus?	Yes	No
161.	...having a similar impulse to do these things to someone else?	Yes	No
162.	Have you become violent, aggressive or lost control because of your obsessions?	Yes	No
163.	Have you become violent, aggressive, or lost control because other people were trying to prevent you from carrying out your rituals, or because they did not do what you wanted them to do?	Yes	No

**In the past month, have you felt compelled to...**

164.	...do physical exercise and diet?	Yes	No
165.	...get drunk?	Yes	No
166.	...stuff yourself with food?	Yes	No
167.	...take your medications all at once?	Yes	No
168.	...shout and use rude words, or generally behave in a way that is quite unlike you?	Yes	No
169.	...gamble?	Yes	No
170.	...make useless or excessive purchases?	Yes	No



**In the past month, have you felt compelled to...**

171.	...scratch yourself to the point of breaking the skin and making yourself bleed?	Yes	No
172.	...bite your nails until your fingers bled?	Yes	No
173.	...masturbate repeatedly?	Yes	No
174.	...steal something?	Yes	No
175.	...take unnecessary risks?	Yes	No
176.	...play with fire until you started one?	Yes	No
177.	...provoke accidents?	Yes	No
178.	...commit sexual violence?	Yes	No

**In the past month, have you felt preoccupied with unwanted and intrusive thoughts of...**

179.	...physical defects (for example, on your face, genitalia, legs, breasts, buttocks) such that you felt compelled to check in the mirror, or to camouflage them (by hands, hairstyle, make-up, clothing, or cosmetic surgery)?	Yes	No
180.	...smelling badly (for example, from perspiration)?	Yes	No
181.	...having a severe illness (for example, AIDS, cancer)?	Yes	No
182.	...losing your hair or teeth?	Yes	No
183.	...substances which might permanently change your way of thinking or your personality?	Yes	No