

AAQ-OCD

We are interested in your experiences with unwanted intrusive thoughts, ideas, impulses, doubts, images, and feelings that something is “not just right”. These experiences may be bizarre, senseless, and unpleasant; they may seem inconsistent with who you are (your personality) and how you see yourself. These experiences may also seem to occur against your will; you may try hard to ignore them, but they keep coming back. Sometimes people feel the need to do something (a behavior or mental action) to try to control or remove these types of unwanted thoughts, images, or doubts in order to feel more comfortable.

The following are some examples of unwanted intrusive thoughts:

- The thought that you might have become contaminated after touching something.
- Doubts about whether or not you locked the door or turned off an appliance when you left home.
- Thoughts or urges to engage in behaviors (related to sex, immorality, or violence) that are against your morals or religious beliefs (e.g., pushing a stranger in front of oncoming traffic; a blasphemous thought).
- Thoughts or feelings that something isn’t “just right” (e.g., need for symmetry).

Please note we are NOT referring to daydreams or pleasant fantasies. We are also NOT asking about depressive thoughts (e.g., “I’m worthless”) or general worries about everyday matters such as money, school/work, or family issues.

Below you will find a list of statements asking about your experiences with unwanted intrusive thoughts. Please rate how true each statement is for you by selecting a number using the scale below.

1	2	3	4	5	6	7
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

1. My intrusive thoughts determine the actions that I take.	1	2	3	4	5	6	7
2. I try hard to avoid having intrusive thoughts.	1	2	3	4	5	6	7
3. Intrusive thoughts get in the way of my success.	1	2	3	4	5	6	7
4. It seems like other people are handling their unwanted intrusive thoughts better than I am.	1	2	3	4	5	6	7
5. I need to control my intrusive thoughts in order to handle my life well.	1	2	3	4	5	6	7
6. I stop taking care of my responsibilities when I have intrusive thoughts.	1	2	3	4	5	6	7
7. If an unpleasant intrusive thought comes into my head, I try to get rid of it.	1	2	3	4	5	6	7
8. Intrusive thoughts cause problems in my life.	1	2	3	4	5	6	7
9. I’m afraid of my intrusive thoughts.	1	2	3	4	5	6	7
10. My intrusive thoughts prevent me from leading a fulfilling life.	1	2	3	4	5	6	7
11. I can’t stand having intrusive thoughts.	1	2	3	4	5	6	7
12. I worry about not being able to control my intrusive thoughts.	1	2	3	4	5	6	7
13. I try hard to control the physical reactions that I experience in my body when I am having intrusive thoughts (e.g., heart racing, sweating).	1	2	3	4	5	6	7