The Short OCD Screener (SOCS)

PLEASE ANSWER EACH QUESTION BY TICKING THE BOX THAT MOST APPLIES:

	No	A bit	A lot
Does your mind often make you do things - such as checking or touching things or counting things - even though you know you don't really have to?	☐	☐	☐
Are you particularly fussy about keeping your hands clean?	☐	☐	☐
Do you ever have to do things over and over a certain number of times before they seem quite right?	☐	☐	☐
Do you ever have trouble finishing your school work or chores because you have to do something over and over again?	☐	☐	☐
Do you worry a lot if you've done something not exactly the way you like?	☐	☐	☐

WHEN ANSWERING THE NEXT TWO QUESTIONS, PLEASE THINK OF WHAT WAS MENTIONED IN THE FIRST FIVE QUESTIONS, ESPECIALLY THOSE THAT YOU HAVE ANSWERED 'A lot' or 'A bit':

	No	A bit	A lot
Do these things interfere with your life?	☐	☐	☐
Do you try to stop them?	☐	☐	☐

Reference: Uher R, Heyman I, Mortimore C, Frampton I and Goodman R (2007). Screening young people for obsessive compulsive disorder. British Journal of Psychiatry (in press).