



Obsessive-compulsive Inventory (OCI) - Reproduced & adapted by permission of the authors:
Foa, E.B., Kozak, M.J., Salkovskis, P.M., Coles, M.E., & Amir, N.

Obsessive-Compulsive Inventory (OCI)

Identifier

Date

Please read each statement and select a number 0, 1, 2, 3 or 4 that best describes how much that experience has **distressed or bothered you during the past month**. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a health professional.

0 = Not at all 1 = A little 2 = Moderately 3 = A lot 4 = Extremely

1	Unpleasant thoughts come into my mind against my will and I cannot get rid of them	0
2	I think contact with bodily secretions (sweat, saliva, blood, urine, etc.) may contaminate my clothes or somehow harm me	0
3	I ask people to repeat things to me several times, even though I understood them the first time	0
4	I wash and clean obsessively	0
5	I have to review mentally past events, conversations and actions to make sure that I didn't do something wrong	0
6	I have saved up so many things that they get in the way	0
7	I check things more often than necessary	0
8	I avoid using public toilets because I am afraid of disease or contamination	0
9	I repeatedly check doors, windows, drawers etc .	0
10	I repeatedly check gas / water taps / light switches after turning them off	0
11	I collect things I don't need	0

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12	I have thoughts of having hurt someone without knowing it	0
13	I have thoughts that I might want to harm myself or others	0
14	I get upset if objects are not arranged properly	0
15	I feel obliged to follow a particular order in dressing, undressing and washing myself	0
16	I feel compelled to count while I'm doing things	0
17	I am afraid of impulsively doing embarrassing or harmful things	0
18	I need to pray to cancel bad thoughts or feelings	0
19	I keep on checking forms or other things I have written	0
20	I get upset at the sight of knives, scissors or other sharp objects in case I lose control with them	0
21	I am obsessively concerned about cleanliness	0
22	I find it difficult to touch an object when I know it has been touched by strangers or certain people	0
23	I need things to be arranged in a particular order	0
24	I get behind in my work because I repeat things over and over again	0
25	I feel I have to repeat certain numbers	0
26	After doing something carefully, I still have the impression I haven't finished it	0
27	I find it difficult to touch rubbish or dirty things	0

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28	I find it difficult to control my thoughts	0
29	I have to do things over and over again until it feels right	0
30	I am upset by unpleasant thoughts that come into my mind against my will	0
31	Before going to sleep I have to do certain things in a certain way	0
32	I go back to places to make sure that I have not harmed anyone	0
33	I frequently get nasty thoughts and have difficulty getting rid of them	0
34	I avoid throwing things away because I am afraid I might need them later	0
35	I get upset if others have changed the way I have arranged my things	0
36	I feel that I must repeat certain words or phrases in my mind in order to wipe out bad thoughts, feelings or actions	0
37	After I have done things, I have persistent doubts about whether I really did them	0
38	I sometimes have to wash or clean myself simply because I feel contaminated	0
39	I feel that there are good and bad numbers	0
40	I repeatedly check anything that might cause a fire	0
41	Even when I do something very carefully I feel that it is not quite right	0
42	I wash my hands more often, or for longer than necessary	0
Washing		0

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Checking	0
Doubting	0
Ordering	0
Obsessions	0
Hoarding	0
Neutralising	0
Mean OCI distress	0
Total OCI Score	0

Print Form

Clear Form

For the OCD component of the OCI-R (items 2, 3, 4, 5, 6, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18), the total score ranges from 0 – 60, with higher scores indicative of more severe OCD symptoms. A cutoff score of 12 is used to determine the likelihood of an OCD diagnosis (with a sensitivity of 82% and specificity of 83%).

Normative and clinical percentiles are presented comparing the respondent's scores to other adults (Wootton et al., 2015). A normative percentile rank of 50 indicates an average level of OCD symptoms in comparison to the general population, and is indicative of typical (and healthy) levels of symptomatology. A clinical percentile rank of 50 indicates an average level of OCD symptoms in comparison to the clinical group (with an OCD diagnosis), and is indicative of elevated levels of symptomatology.

For the hoarding disorder subscale of the OCI-R (items 1, 7, 13), the total score ranges from 0 – 12, with higher scores indicative of more severe hoarding symptoms. A cutoff score of 6 is used to determine the likelihood of a hoarding disorder diagnosis (with a sensitivity of 92% and specificity of 93%).

A normative and clinical percentile are presented comparing the respondent's scores to other adults (Wootton et al., 2015). A normative percentile rank of 50 indicates an average level of hoarding symptoms in comparison to the normative group, and is indicative of typical (and healthy) levels of symptomatology. A clinical percentile rank of 50 indicates an average level of OCD symptoms in comparison to the clinical group (with a hoarding disorder diagnosis), and is indicative of elevated levels of symptomatology.

The OCD component of the OCI-R also reports the client's score (between 0 – 12) across 6 subscales, with a clinical percentiles comparing the respondent's scores to a comparison group whom have received a OCD diagnosis (Abramovitch et al., 2020):

- **Washing (items 5, 11, 17)** – assessing difficulty in touching objects that have been touched before and excessive washing due to feeling contaminated.
- **Obsessing (items 6, 12, 18)** – assessing difficulty with thoughts including trying to control them, becoming upset by unpleasant thoughts, and a feeling of excessive unpleasant thoughts.
- **Ordering (items 3, 9, 15)** – assessing challenges with ordering of objects.
- **Checking (items 2, 8, 14)** – assessing excessive checking of items (doors, windows, drawers, taps, switches).
- **Neutralising (items 4, 10, 16)** – assessing compulsions to count and excessive feelings towards numbers.

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The Obsessive-Compulsive Inventory (OCI) was developed to help determine the severity of obsessive-compulsive disorder (OCD). The scale is copyright and is reproduced here with the permission of the authors.

The OCI consists of 42 items composing 7 subscales: Washing, Checking, Doubting, Ordering, Obsessing (i.e. having obsessional thoughts), Hoarding, and Mental Neutralising. Each item is rated on a 5-point (0-4) scale of symptom distress.

Mean scores are calculated for each of the seven subscales, and an overall mean 'distress' score is provided (rounded to 2 decimal places). Each score is presented as a mean out of a possible maximum of '4'. Lower scores are better. A total score of 42 or more, or a mean score of 2.5 or more in any of the subscales suggests the presence of OCD, but is not diagnostic.

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