

OCD Self-Test

If you think you might have OCD, please take this self-test and check "yes" or "no" for each question. Discuss your responses with your doctor or therapist, who will help determine if you have OCD. Effective treatments are available to help people break free from OCD.

- Y N Do you have unwanted thoughts, ideas, images, or impulses that seem silly, nasty, or horrible?
- Y N Do you worry excessively about dirt, germs, or chemicals?
- Y N Are you constantly worried that something bad will happen because you may not have locked the door or turned off appliances?
- Y N Are you afraid that you will act or speak aggressively when you really don't want to?
- Y N Are there things you feel you must do excessively or thoughts you must repeat to feel comfortable?
- Y N Do you wash yourself or items around you excessively?
- Y N Do you have to check things over and over again or repeat things many times to be sure they are done properly?
- Y N Do you avoid situations or people you worry about hurting through aggressive words or deeds?
- Y N Do you keep many useless things because you feel you can't throw them away?