

OCD

1. Explore concerns about contamination
2. How is it affecting your life?
3. Do you wash hand excessively? How many times? Enquire about excessive cleaning and grooming.
4. How do you decide when to stop?
5. How long has this been going on?
6. The thoughts about dirt/contamination are they your own thoughts?
7. Do you find them intrusive?
8. Do you try to resist them? What about ignoring them?
9. Are they pleasurable?
10. Do you think that these thoughts are reasonable?
11. Do you try to neutralize these thoughts in any way?
12. Do you have to keep checking things repeatedly like making sure light are switched off, stove is off, doors are locked or water faucets are not running? How many times?
13. What about arranging and evening up things (both socks pulled up to same level)? Do you have to keep things in a special order?
14. Do you have to collect objects, which are of little sentimental or emotional value to you? (Hoarding)
15. Do you see images or experience impulses which are unacceptable or not in keeping with your moral or religious beliefs?
16. Do you have to touch things or count over and over again?
17. Do you avoid certain colours or numbers?
18. Do you need to confess repeatedly?
19. Do you keep examining your body for signs of illness?
20. Rule out psychosis

Co morbidities

1. Anxiety
2. Depression
3. Substance abuse
4. Sudden movements or sounds
5. Pulling out hair leaving bald patches