

Please complete the survey below.

Thank you!

This questionnaire asks you about 4 different types of concerns that you might or might not experience. For each type, there are 5 questions about your experiences with these thoughts and behaviors. Please answer the questions based on your experiences in the last month.

Continue

This question asks about your experiences with thoughts and behaviors related to contamination over the last month.

About how much time have you spent each day thinking about contamination and engaging in washing or cleaning behaviors because of contamination?

- None at all
- Less than 1 hour each day
- Between 1 and 3 hours each day
- Between 3 and 8 hours each day
- 8 hours or more each day

This question asks about your experiences with thoughts and behaviors related to contamination over the last month.

To what extent have you avoided situations in order to prevent concerns with contamination or having to spend time washing, cleaning, or showering?

- None at all
- A little avoidance
- A moderate amount of avoidance
- A great deal of avoidance
- Extreme avoidance of nearly all things

This question asks about your experiences with thoughts and behaviors related to contamination over the last month.

If you had thoughts about contamination but could not wash, clean, or shower (or otherwise remove the contamination), how distressed or anxious did you become?

- Not at all distressed/anxious
- Mildly distressed/anxious
- Moderately distressed/anxious
- Severely distressed/anxious
- Extremely distressed/anxious

This question asks about your experiences with thoughts and behaviors related to contamination over the last month.

To what extent has your daily routine (work, school, self-care, social life) been disrupted by contamination concerns and excessive washing, showering, cleaning, or avoidance behaviors?

- No disruption at all
- A little disruption, I function well
- Moderate disruption, but I can manage
- Great disruption, I have trouble managing
- Complete disruption, I cannot function

This question asks about your experiences with thoughts and behaviors related to contamination over the last month.

How difficult is it for you to disregard thoughts about contamination and refrain from behaviors such as washing, showering, cleaning, and other decontamination routines when you try to do so?

- Not at all difficult
- A little difficult
- Moderately difficult
- Very difficult
- Extremely difficult

This question asks about your experiences with thoughts and behaviors related to harm and disasters over the last month.

About how much time have you spent each day thinking about the possibility of harm or disasters and engaging in checking or efforts to get reassurance that such things do not (or did not) occur?

- None at all
- Less than 1 hour each day
- Between 1 and 3 hours each day
- Between 3 and 8 hours each day
- 8 hours or more each day

This question asks about your experiences with thoughts and behaviors related to harm and disasters over the last month.

To what extent have you avoided situations so that you did not have to check for danger or worry about possible harm or disasters?

- None at all
- A little avoidance
- A moderate amount of avoidance
- A great deal of avoidance
- Extreme avoidance of nearly all things

This question asks about your experiences with thoughts and behaviors related to harm and disasters over the last month.

When you think about the possibility of harm or disasters, or if you cannot check or get reassurance about these things, how distressed or anxious did you become?

- Not at all distressed/anxious
- Mildly distressed/anxious
- Moderately distressed/anxious
- Severely distressed/anxious
- Extremely distressed/anxious

This question asks about your experiences with thoughts and behaviors related to harm and disasters over the last month.

To what extent has your daily routine (work, school, self-care, social life) been disrupted by thoughts about harm or disasters and excessive checking or asking for reassurance?

- No disruption at all
- A little disruption, I function well
- Moderate disruption, but I can manage
- Great disruption, I have trouble managing
- Complete disruption, I cannot function

This question asks about your experiences with thoughts and behaviors related to harm and disasters over the last month.

How difficult is it for you to disregard thoughts about possible harm or disasters and refrain from checking or reassurance-seeking behaviors when you try to do so?

- Not at all difficult
- A little difficult
- Moderately difficult
- Very difficult
- Extremely difficult

This question asks about your experiences with unwanted thoughts that come to mind against your will and behaviors designed to deal with these kinds of thoughts over the last month.

About how much time have you spent each day with unwanted unpleasant thoughts and with behavioral or mental actions to deal with them?

- None at all
- Less than 1 hour each day
- Between 1 and 3 hours each day
- Between 3 and 8 hours each day
- 8 hours or more each day

This question asks about your experiences with unwanted thoughts that come to mind against your will and behaviors designed to deal with these kinds of thoughts over the last month.

To what extent have you been avoiding situations, places, objects and other reminders (e.g., numbers, people) that trigger unwanted or unpleasant thoughts?

- None at all
- A little avoidance
- A moderate amount of avoidance
- A great deal of avoidance
- Extreme avoidance of nearly all things

This question asks about your experiences with unwanted thoughts that come to mind against your will and behaviors designed to deal with these kinds of thoughts over the last month.

When unwanted or unpleasant thoughts come to mind against your will how distressed or anxious did you become?

- Not at all distressed/anxious
- Mildly distressed/anxious
- Moderately distressed/anxious
- Severely distressed/anxious
- Extremely distressed/anxious

This question asks about your experiences with unwanted thoughts that come to mind against your will and behaviors designed to deal with these kinds of thoughts over the last month.

To what extent has your daily routine (work, school, self-care, social life) been disrupted by unwanted and unpleasant thoughts and efforts to avoid or deal with such thoughts?

- No disruption at all
- A little disruption, I function well
- Moderate disruption, but I can manage
- Great disruption, I have trouble managing
- Complete disruption, I cannot function

This question asks about your experiences with unwanted thoughts that come to mind against your will and behaviors designed to deal with these kinds of thoughts over the last month.

How difficult is it for you to disregard unwanted or unpleasant thoughts and refrain from using behavioral or mental acts to deal with them when you try to do so?

- Not at all difficult
- A little difficult
- Moderately difficult
- Very difficult
- Extremely difficult

This question asks about your experiences with feelings that something is not "just right" and behaviors designed to achieve order, symmetry, or balance over the last month.

About how much time have you spent each day with unwanted thoughts about symmetry, order, or balance and with behaviors intended to achieve symmetry, order or balance?

- None at all
- Less than 1 hour each day
- Between 1 and 3 hours each day
- Between 3 and 8 hours each day
- 8 hours or more each day

This question asks about your experiences with feelings that something is not "just right" and behaviors designed to achieve order, symmetry, or balance over the last month.

To what extent have you been avoiding situations, places or objects associated with feelings that something is not symmetrical or "just right?"

- None at all
- A little avoidance
- A moderate amount of avoidance
- A great deal of avoidance
- Extreme avoidance of nearly all things

This question asks about your experiences with feelings that something is not "just right" and behaviors designed to achieve order, symmetry, or balance over the last month.

When you have the feeling of something being "not just right," how distressed or anxious did you become?

- Not at all distressed/anxious
- Mildly distressed/anxious
- Moderately distressed/anxious
- Severely distressed/anxious
- Extremely distressed/anxious

This question asks about your experiences with feelings that something is not "just right" and behaviors designed to achieve order, symmetry, or balance over the last month.

To what extent has your daily routine (work, school, self-care, social life) been disrupted by the feeling of things being 'not just right', and efforts to put things in order or make them feel right?

- No disruption at all
- A little disruption, I function well
- Moderate disruption, but I can manage
- Great disruption, I have trouble managing
- Complete disruption, I cannot function

This question asks about your experiences with feelings that something is not "just right" and behaviors designed to achieve order, symmetry, or balance over the last month.

How difficult is it for you to disregard thoughts about the lack of symmetry and order, and refrain from urges to arrange things in order or repeat certain behaviors when you try to do so?

- Not at all difficult
- A little difficult
- Moderately difficult
- Very difficult
- Extremely difficult