



Depression and Relationship Counselling Services

700 Tecumseh Rd. East Suite #303

Windsor, ON N8X 4T4

Phone : (519) 253-1519 Fax: (519) 253-4407

Email: wlimarzi@bellnet.ca

Obsessive-Compulsive Disorder Quiz and Treatment

Obsessive compulsive disorder is easy to mistake for being a “clean freak.” Eventually it will take over your life and rob you of your happiness and relationships. Concerned? Read the quiz.

Yes/ No _____ Do you have to check things over and over or repeat actions numerous times to be sure they are done properly?

Yes/ No _____ Do you wash a part of yourself or things around you excessively?

Yes / No _____ Are you persistently concerned that something horrible will happen because you forgot something significant, like locking the door or turning off an appliance?

Yes / No _____ Do you have unwanted, images, impulses or ideas that seem trivial, or horrible or offensive?

Yes / No _____ Are you afraid you speak or act aggressively when you really don't want to?

Yes / No _____ Are you always fearful you will lose something of value?

Yes / No _____ Are there things you feel you must do repeatedly or thoughts you must think repetitively to feel comfortable or ease anxiety?

Yes / No _____ Do you worry disproportionately about, germs, or chemicals, dirt, ect?

Yes / No _____ Do you have trouble falling or staying asleep, or experience twitchy and unsettled sleep

Yes / No _____ Do you ever experience “jelly” legs?

Yes /No _____ Do you experience shortness of breath?

Yes / No _____ Do you find yourself avoiding people or situations, or do you worry about hurting others by destructive actions or words?

Yes / No _____ Do you find yourself keeping many useless things because you feel that you are unable to throw them away?

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Depression and substance abuse are among the conditions that occasionally complicate obsessive-compulsive disorder.

Yes/ No _____ Have changes in sleeping or eating habits become an issue?

Yes/ No _____ Do you feel so overwhelmed by your thoughts that you become disinterested in life?

Yes/ No _____ Are you sad or depressed/feel worth or guilty?

During the last year, has the use of alcohol or drugs...

Yes/ No _____ Resulted in your failure to fulfill responsibilities with family work, relationships, or school ?

Yes/ No _____ Have you continued in spite of it causing problems for you and the people you love ?

Yes/ No _____ Have you placed yourself in a dangerous situation, such as driving a car under the influence?

OCD can be treated with cognitive behaviour therapy (CBT).