

Am I Experiencing Obsessive Compulsive Disorder (OCD)?

A diagnosis of OCD should only be made by a mental health professional. However, answering the questions below can give you an idea of whether you might find it helpful have a professional assessment.

Do you have unwanted thoughts, images, or impulses that seem uncontrollable?

Never Occasionally Sometimes Often

Do you try to get rid of these thoughts, images, or impulses?

Never Occasionally Sometimes Often

Do you have rituals or repetitive behaviours that take up a lot of time in a day?

Never Occasionally Sometimes Often

Do you wash or clean a lot?

Never Occasionally Sometimes Often

Do you keep checking things over and over again?

Never Occasionally Sometimes Often

Are you troubled by these problems?

Not at all A little bit Quite a lot Very much

If you ticked the rightmost box to lots of these questions, it is an indication that you could be experiencing OCD.