



Overview

Obsessive-compulsive disorder (OCD) is characterized by the experience of recurring, intrusive, and troubling thoughts, ideas, or sensations (obsessions) that make an individual feel driven to do something repeatedly (compulsions). Given the time-consuming and maladaptive nature of OCD, it can impair functioning, cause distress, and interfere with all aspects of life.

The Owl measure library has many evidence-based measures to assess adult OCD symptomatology based on DSM-5 criteria. These self-report measures are not designed to yield a clinical diagnosis but can be used in conjunction with objective semi-structured clinical interviews.

Owl's OCD Measures for Adults

- Appropriate for use with patients ages 18+
- Screen, monitor, and measure the presence and severity of OCD symptoms at baseline and over time
- Compare the frequency and intensity of various types of obsessions and compulsions
- Determine positive screens and identify patients at risk of symptom deterioration and treatment failure
- Can be used with clinical and non-clinical populations in various settings, such as primary care, inpatient and outpatient
- Supports clinical decision-making to determine optimal treatments
- Supports the diagnostic process and ongoing monitoring of a patient's response to intervention
- Fosters meaningful and effective dialogue with patients around their symptoms and presenting problems

Key References

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Adult OCD Measure Options in Owl

Dimensional Obsessive-Compulsive Scale (DOCS)	20-item self-report measure to assess the severity of obsessive-compulsive symptoms over the past month.
Dimensional Obsessive-Compulsive Scale (Spanish) (DOCS (Spanish))	20-item self-report measure in Spanish to assess the severity of obsessive-compulsive symptoms over the past month.
Obsessive-Compulsive Inventory - Revised (OCI-R)	18-item self-report measure to screen, monitor, and measure the frequency and severity of OCD symptoms at baseline and over time.
Obsessive-Compulsive Inventory - 12 (OCI-12)	12-item self-report rating scale to screen, monitor, and measure the frequency and severity of OCD symptoms at baseline and over time. <i>Note: parallel to OCI-R</i>
Obsessive-Compulsive Inventory - 4 (OCI-4)	4-item self-report measure to efficiently and effectively identify individuals who may be suffering from OCD symptoms and to track progress with treatment. <i>Note: the OCI-4 was created by selecting items that best correspond to the four OCD symptom domains of the OCI-R.</i>
SCIP - Obsessive Compulsive Disorder - Self-Report (SCIP-OCD-SR)	18-item self-report measure to assess the main criteria of OCD and assist in assigning the degree of severity and likelihood of meeting a diagnosis for each subtype (Obsessions and Compulsions) over the past week.
SCIP - Obsessive-Compulsive Disorder - Clinician-Report (SCIP-OCD-CR)	18-item clinician-rated measure to assess the main criteria of OCD and assist in assigning the degree of severity and likelihood of meeting a diagnosis for each subtype (Obsessions and Compulsions) over the past week.