CY-BOCS Severity Ratings

Children's Yale-Brown Obsessive Compulsive Scale

Administering the CY-BOCS Symptom Checklist and CY-BOCS Severity Ratings

- 1. Establish the diagnosis of obsessive compulsive disorder.
- 2. Using the CY-BOCS Symptom Checklist (other form), ascertain current and past symptoms.
- 3. Next, administer the 10-item severity ratings (below) to assess the severity of the OCD during the last week.
- 4. Readminister the CY-BOCS Severity Rating Scale to monitor progress.

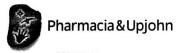
| Patient | | | | | | | | | |
|---|---|---|--|--|---|--|--|--|--|
| Date 1st Report | | | Date This Report | | | | | | |
| Obsession Rating Scale (circle appropriate score) Note: Scores should reflect the composite effect of all the patient's obsessive compulsive symptoms. Rate the average occurrence of each item during the prior week up to and including the time of interview. QUESTIONS ON OBSESSIONS (ITEMS 1-5) "I AM NOW GOING TO ASK YOU QUESTIONS ABOUT THE THOUGHTS YOU CANNOT STOP THINKING ABOUT." (Review for the informant(s) the Target Symptoms and refer to them while asking questions 1-5). | | | | | | | | | |
| | cupied by Obsessive Thougl ude ruminations and preoccupations whi None | | nic and rational (but exaggerated)] Moderate 1 to 3 hrs/day or frequent intrusion | Severe greater than 3 and up to 8 hrs/day or very frequent intrusion | Extreme greater than 8 hrs/day or near constant intrusion | | | | |
| Score | 0 | 1 | 2 | 3 | 4 | | | | |
| How much do | nce Due to Obsessive Thou, o these thoughts get in the way of schooling that you don't do because of them? None | of or doing things with friends? | how much performance would be a Moderate definite interference with social or school performance, but still manageable | affected if patient were in school) Severe causes substantial impairment in social or school performance | Extreme incapacitating | | | | |
| Score | 0 | 1 | 2 | 3 | 4 | | | | |
| 3. Distress | Associated with Obsessive None | Thoughts Mild infrequent, and not too disturbing | Moderate frequent, and disturbing, but still manageable | Severe very frequent, and very disturbing | Extreme near constant, and disabling distress/frustration | | | | |
| Score | 0 | 1 | 2 | 3 | 4 | | | | |
| How hard do y | ce Against Obsessions you try to stop the thoughts or ignore the ted to resist them. In such cases, a ratin None makes an effort to always resist, or symptoms so minimal doesn't need to actively resist | | t success or failure in actually control Moderate makes some effort to resist | Severe yields to all obsessions without attempting to control them, but does so with some reluctance | ens are minimal, the patient may Extreme completely and willingly yields to all obsessions | | | | |
| Score | 0 | 1 | 2 | 3 | 4 | | | | |
| 5. Degree of | f Control Over Obsessive Ti Complete Control | Much Control usually able to stop or divert obsessions with some effort and concentration | Moderate Control sometimes able to stop or divert obsessions | Little Control rarely successful in stopping obsessions, can only divert attention with difficulty | No Control experienced as completely involuntary, rarely able to even momentarily divert thinking | | | | |

QUESTIONS ON COMPULSIONS (ITEMS 6-10) "I AM NOW GOING TO ASK YOU QUESTIONS ABOUT THE HABITS YOU CAN'T STOP"

(Review for the informant(s) the Target Symptoms and refer to them while asking questions 6-10)

| 6. Time Spent | Performing Compulsiv | e Behaviors | | | | | |
|-------------------------------------|--|---|---|--|--|--|--|
| | None | Mild less than 1 hr/day | Moderate 1 to 3 hrs/day | Severe greater than 3 & up to 8 hrs/day | Extreme greater than 8 hrs/day | | |
| Score | 0 | 1 | 2 | 3 | 4 | | |
| | e Due to Compulsive Be | | | | | | |
| | ese habits get in the way of schoo | | w much performance would be offere | ted if naticet were in acheal \ | | | |
| • is there anything | None | currently not in school, determine ho | w much performance would be affect Moderate | Severe | Extreme | | |
| | NOTIG | slight interference with social | definite interference with | causes substantial impairment | incapacitating | | |
| | | or school activities, but overall | social or school performance, | in social or school performance | | | |
| | | performance not impaired | but still manageable | | | | |
| Score | 0 | 1 | 2 | 3 | 4 | | |
| | sociated with Compuls | | | | | | |
| How would you f | | your habits? How upset would you be | | 0 | F. 4 | | |
| | None | Mild | Moderate | Severe | Extreme | | |
| | | only slightly anxious if compulsions prevented | anxiety would mount but remain manageable | prominent and very disturbing increase in anxiety | incapacitating anxiety from any intervention | | |
| | | ii compaisions proventes | if compulsions prevented | if compulsions interrupted | aimed at modifying activity | | |
| Score | 0 | 1 | 2 | 3 | 4 | | |
| 9. Resistance | Against Compulsions | | | | | | |
| How much do yo | u try to fight the habits? (Only rate | e effort made to resist, not success or f | ailure in actually controlling the con | | | | |
| | None | Mild | Moderate | Severe | Extreme | | |
| | makes an effort to | tries to resist | makes some effort | yields to all obsessions | completely and willingly | | |
| | always resist, or | most of the time | to resist | without attempting to control them, but does so | yields to all obsessions | | |
| | symptoms so minimal doesn't need to actively resist | | | with some reluctance | | | |
| | 100 | | • | 2 | | | |
| Score | 0 | 1 | 2 | 3 | 4 | | |
| | Control Over Compulsi e feeling that you have to carry ou | | | | | | |
| | fight them, what happens? | t the habit(s): | | | | | |
| | Complete Control | Much Control | Moderate Control | Little Control | No Control | | |
| | | experiences pressure to | moderate control, | little control, very strong | no control, drive to perform | | |
| | | perform the behavior, | strong pressure to | drive to perform behavior, | behavior experienced as | | |
| | | but usually able to exercise | perform behavior, | must be carried | completely involuntary and | | |
| | | voluntary control over it | can control it only with difficulty | to completion, can only delay with difficulty | overpowering, rarely able to delay activity [even momentarily] | | |
| Score | 0 | 1 | 2 | 3 | 4 | | |
| | | | Compulsion sub | Compulsion subtotal (add items 6-10) | | | |
| | | | CY-BOCS total (add items 1-10) Total CY-BOCS score: range of severity for patients | | | | |
| | | | | | | | |
| | who have both obsessions and compulsions | | | | | | |
| | | | 0-7 Subclinic | al 24-31 | Severe | | |

Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS) utilized with permission from Wayne K. Goodman, MD © 1986.



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32-40 Extreme

8-15 Mild

16-23 Moderate