

# Vancouver Obsessional Compulsive Inventory (VOCI)

## Instructions:

Below are statements that may or may not apply to you. Please tap "Not at all", "A little", "Some", "Much", or "Very much" to indicate how much each question applies to you.

How much is each of the following statements true of you?

		Not at all	A little	Some	Much	Very much
1	I feel compelled to check letters over and over before mailing them.	0	1	2	3	4
2	I am often upset by my unwanted thoughts of using a sharp weapon.	0	1	2	3	4
3	I feel very dirty after touching money.	0	1	2	3	4
4	I find it very difficult to make even trivial decisions.	0	1	2	3	4
5	I feel compelled to be absolutely perfect.	0	1	2	3	4
6	I repeatedly experience the same unwanted thought or image about an accident.	0	1	2	3	4
7	I repeatedly check and recheck things like taps and switches after turning them off.	0	1	2	3	4
8	I use an excessive amount of disinfectants to keep my home or myself safe from germs.	0	1	2	3	4
9	I often feel compelled to memorize trivial things (e.g., license plate numbers, instructions on labels)	0	1	2	3	4
10	I have trouble carrying out normal household activities because my home is so cluttered with things I have collected.	0	1	2	3	4
11	After I have decided something, I usually worry about my decision for a long time.	0	1	2	3	4
12	I find that almost every day I am upset by unpleasant thoughts that come into my mind against my will.	0	1	2	3	4
13	I spend far too much time washing my hands.	0	1	2	3	4
14	I often have trouble getting things done because I try to do everything exactly right.	0	1	2	3	4
15	Touching the bottom of my shoes makes me very anxious.	0	1	2	3	4

**TOTAL**

		Not at all	A little	Some	Much	Very much
16	I am often upset by my unwanted thoughts or images of sexual acts.	0	1	2	3	4
17	I become very anxious when I have to make even a minor decision.	0	1	2	3	4
18	I feel compelled to follow a very strict routine when doing ordinary things.	0	1	2	3	4
19	I feel upset if my furniture or other possessions are not always in exactly the same position.	0	1	2	3	4
20	I repeatedly check that my doors or windows are locked, even though I try to resist the urge to do so.	0	1	2	3	4
21	I find it very difficult to touch garbage or garbage bins.	0	1	2	3	4
22	I become very tense or upset when I think about throwing anything away.	0	1	2	3	4
23	I am excessively concerned about germs and disease.	0	1	2	3	4
24	I am often very late because I can't get through ordinary tasks on time.	0	1	2	3	4
25	I avoid using public telephones because of possible contamination.	0	1	2	3	4
26	I am embarrassed to invite people to my home because it is full of piles of worthless things I have saved.	0	1	2	3	4
27	I repeatedly experience the same upsetting thought or image about death.	0	1	2	3	4
28	I am often upset by unwanted thoughts or images of blurting out obscenities or insults in public.	0	1	2	3	4
29	I worry far too much that I might upset other people.	0	1	2	3	4
30	I am often frightened by unwanted urges to drive or run into oncoming traffic.	0	1	2	3	4
31	I almost always count when doing a routine task.	0	1	2	3	4
32	I feel very contaminated if I touch an animal.	0	1	2	3	4
33	One of my major problems is repeated checking.	0	1	2	3	4
34	I often experience upsetting and unwanted thoughts about losing control.	0	1	2	3	4
35	I find it almost impossible to decide what to keep and what to throw away.	0	1	2	3	4

**TOTAL**

		Not at all	A little	Some	Much	Very much
36	I am strongly compelled to count things.	0	1	2	3	4
37	I repeatedly check that my stove is turned off, even though I resist the urge to do so.	0	1	2	3	4
38	I get very upset if I can't complete my bedtime routine in exactly the same way every night.	0	1	2	3	4
39	I am very afraid of having even slight contact with bodily secretions (blood, urine, sweat, etc.).	0	1	2	3	4
40	I am often very upset by my unwanted impulses to harm other people.	0	1	2	3	4
41	I spend a lot of time every day checking things over and over again.	0	1	2	3	4
42	I have great trouble throwing anything away because I am very afraid of being wasteful.	0	1	2	3	4
43	I frequently have to check things like switches, faucets, appliances, and doors several times.	0	1	2	3	4
44	One of my major problems is that I am excessively concerned about cleanliness.	0	1	2	3	4
45	I feel compelled to keep far too many things like old magazines, newspapers, and receipts because I am afraid I might need them in the future.	0	1	2	3	4
46	I repeatedly experience upsetting and unacceptable thoughts of a religious nature.	0	1	2	3	4
47	I tend to get behind in my work because I repeat the same thing over and over again.	0	1	2	3	4
48	I try to put off making decisions because I'm so afraid of making a mistake.	0	1	2	3	4
49	I often experience upsetting and unwanted thoughts about illness.	0	1	2	3	4
50	I am afraid to use even well kept public toilets because I am so concerned about germs.	0	1	2	3	4
51	Although I try to resist, I feel compelled to collect a large quantity of things I never actually use.	0	1	2	3	4
52	I repeatedly experience upsetting and unwanted immoral thoughts.	0	1	2	3	4
53	One of my major problems is that I pay far too much attention to detail.	0	1	2	3	4
54	I am often upset by unwanted urges to harm myself.	0	1	2	3	4
55	I spend far too long getting ready to leave home each day because I have to do everything exactly right.	0	1	2	3	4

**TOTAL**

### Developer Reference:

Thordarson, D.S., Radomsky, A.S., Rachman, S., Shafran, R., Sawchuk, C.N., Hakstian, A.R. (2004). The Vancouver Obsessional Compulsive Inventory (VOCI). Behaviour Research & Therapy, 42(11), 1289-1314