

## Yale Brown Obsessive Compulsive Scale (Y-BOCS) Calculator

This Yale Brown Obsessive Compulsive Scale (Y-BOCS) calculator assesses the severity of symptoms experienced in the past week and monitors OCD evolution. You can find more information about the scale and the extra symptom checklist below the form.

How does this Yale Brown Obsessive Compulsive Scale (Y-BOCS) calculator work?

This is a health tool that evaluates the severity and type of OCD characteristic symptoms in patients. It is a self-report scale, therefore the patient is let to personally assess the presence and intensity of the symptoms. The interpretation of the result and any additions are then left at the clinical judgment of the assessor.

The scale was built by Wayne K Goodman and fellow researchers in 1989, in the attempt to develop a severity diagnosis and a monitoring tool.

Before beginning the interview, the evaluator is advised to define both the concept of compulsions and that of obsessions to the patient and provide some examples, for further reference. The recommended definitions are:

- **Obsessions** are unwelcome and distressing ideas, thoughts, images or impulses that repeatedly enter your mind. They may seem to occur against your will. They may be repugnant to you, you may recognize them as senseless, and they may not fit your personality.
- **Compulsions**, on the other hand, are behaviors or acts that you feel driven to perform although you may recognize them as senseless or excessive. At times, you may try to resist doing them but this may prove difficult. You may experience anxiety that does not diminish until the behavior is completed.

The ten questions in the scale are focused on the main effect and **life quality alteration** due to the presence of the mental health disturbance:

1. Time occupied by obsessive thoughts.
2. Interference due to obsessive thoughts.
3. Distress associated with obsessive behavior.
4. Resistance against obsessions.
5. Degree of control over obsessive thoughts.
6. Amount of time spent performing compulsive behaviors.
7. Interference due to compulsive behaviors.
8. Distress associated with compulsive behavior.
9. Resistance against compulsions.
10. Degree of control over compulsive behavior.

## Score interpretation

There are 10 questions in the Yale Brown Obsessive Compulsive Scale (Y-BOCS) calculator that aim at interpreting the symptoms in the time period of a week.

The evaluator is advised to interview the patient by asking the questions in the order they are provided as well as listing the choices of answers. Each answer is awarded a number of points, ranging from 0 for the least intensity to 4 for the highest severity that will form the total result at the end.

There are two partial scores given as well, one summing the scores of questions 1 to 5 (for obsessions) and the second summing the scores from items 6 to 10 (for compulsions).

The total score interpretation is as follows:

Score	Level of OCD
0 - 7	Sub clinical
8 - 15	Mild
16 - 23	Moderate
24 - 31	Severe
32 - 40	Extreme

The higher the patient rates in either of the components, the more significant the negative impact of the present symptoms on the quality of life and interpersonal relations.

### References

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- 2) Rosario-Campos MC, Miguel EC, Quatrano S, Chacon P, Ferrao Y, Findley D, Katsovich L, Scahill L, King RA, Woody SR, Tolin D, Hollander E, Kano Y, Leckman JF. (2006) **The Dimensional Yale-Brown Obsessive-Compulsive Scale (DY-BOCS): an instrument for assessing obsessive-compulsive symptom dimensions.** Mol Psychiatry; 11(5):495-504.
- 3) Garnaat SL, Norton PJ. (2010) **Factor structure and measurement invariance of the Yale-Brown Obsessive Compulsive Scale across four racial/ethnic groups.** J Anxiety Disord; 24(7):723-8.
- 4) Federici A, Summerfeldt LJ, Harrington JL, McCabe RE, Purdon CL, Rowa K, Antony MM. (2010) **Consistency between self-report and clinician-administered versions of the Yale-Brown Obsessive-Compulsive Scale.** J Anxiety Disord; 24(7):729-33.

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