

Adult OCD Impact Scale (AOIS)

OCD-Related Problems in Functioning

Please indicate whether you have difficulties in these situations or avoid these situations due to your OCD concerns.

	Work/School Problems	<i>No Problem</i>	<i>Slight Problem</i>	<i>Moderate Problem</i>	<i>Significant Problem</i>	<i>Extreme Problem</i>
1.	Getting to work/school on time	[0]	[1]	[2]	[3]	[4]
2.	Absent from work	[0]	[1]	[2]	[3]	[4]
3.	Getting to appointments/class on time	[0]	[1]	[2]	[3]	[4]
4.	Oral presentations/reports	[0]	[1]	[2]	[3]	[4]
5.	Being prepared for meetings/class	[0]	[1]	[2]	[3]	[4]
6.	Writing out tasks, reports, emails, etc.	[0]	[1]	[2]	[3]	[4]
7.	Completing projects	[0]	[1]	[2]	[3]	[4]
8.	Getting good evaluations/grades	[0]	[1]	[2]	[3]	[4]
9.	Attending work functions outside of office hours	[0]	[1]	[2]	[3]	[4]
10.	Concentrating on work	[0]	[1]	[2]	[3]	[4]
11.	Going to bathroom at work	[0]	[1]	[2]	[3]	[4]
12.	Going on work-related outings	[0]	[1]	[2]	[3]	[4]

	Home/Family Problems	<i>No Problem</i>	<i>Slight Problem</i>	<i>Moderate Problem</i>	<i>Significant Problem</i>	<i>Extreme Problem</i>
13.	Getting dressed in the morning	[0]	[1]	[2]	[3]	[4]
14.	Bathing/grooming in the morning	[0]	[1]	[2]	[3]	[4]
15.	Bathing/grooming other times	[0]	[1]	[2]	[3]	[4]
16.	Doing indoor household chores (e.g., washing dishes, cleaning bathroom, vacuuming, etc.)	[0]	[1]	[2]	[3]	[4]
17.	Doing outdoor household chores (e.g., mowing lawn, washing car, etc.)	[0]	[1]	[2]	[3]	[4]
18.	Eating meals at home	[0]	[1]	[2]	[3]	[4]
19.	Watching TV/ listening to music	[0]	[1]	[2]	[3]	[4]
20.	Reading for fun	[0]	[1]	[2]	[3]	[4]
21.	Shopping for food	[0]	[1]	[2]	[3]	[4]
22.	Preparing food	[0]	[1]	[2]	[3]	[4]
23.	Eating food	[0]	[1]	[2]	[3]	[4]
24.	Getting ready for bed at night	[0]	[1]	[2]	[3]	[4]
25.	Sleeping at night	[0]	[1]	[2]	[3]	[4]
26.	Going to bathroom	[0]	[1]	[2]	[3]	[4]
27.	Getting along with children	[0]	[1]	[2]	[3]	[4]
28.	Going on vacation	[0]	[1]	[2]	[3]	[4]
29.	Going to temple or church	[0]	[1]	[2]	[3]	[4]
30.	Pumping gas	[0]	[1]	[2]	[3]	[4]

	Intimacy/Significant Relationship Problems	<i>No Problem</i>	<i>Slight Problem</i>	<i>Moderate Problem</i>	<i>Significant Problem</i>	<i>Extreme Problem</i>
31.	Touching a significant other (e.g., hugging, holding hands, massage)	[0]	[1]	[2]	[3]	[4]
32.	Kissing a significant other	[0]	[1]	[2]	[3]	[4]
33.	Sexual intercourse	[0]	[1]	[2]	[3]	[4]
34.	Oral sex	[0]	[1]	[2]	[3]	[4]
35.	Getting along with spouse/ significant other	[0]	[1]	[2]	[3]	[4]
36.	Having boyfriend/ girlfriend	[0]	[1]	[2]	[3]	[4]
37.	Kissing a child or other close family member	[0]	[1]	[2]	[3]	[4]
38.	Touching with a child (e.g., hugging, giving a bath, etc.)	[0]	[1]	[2]	[3]	[4]
39.	Touching/playing with a family pet	[0]	[1]	[2]	[3]	[4]

	Social Problems	<i>No Problem</i>	<i>Slight Problem</i>	<i>Moderate Problem</i>	<i>Significant Problem</i>	<i>Extreme Problem</i>
40.	Making new friends	[0]	[1]	[2]	[3]	[4]
41.	Keeping friends	[0]	[1]	[2]	[3]	[4]
42.	Leaving the house	[0]	[1]	[2]	[3]	[4]
43.	Being with familiar people	[0]	[1]	[2]	[3]	[4]
44.	Being with a group of strangers	[0]	[1]	[2]	[3]	[4]
45.	Going to friend's house during day	[0]	[1]	[2]	[3]	[4]
46.	Having a friend at house during day	[0]	[1]	[2]	[3]	[4]
47.	Being an overnight guest at friend's house	[0]	[1]	[2]	[3]	[4]
48.	Having house guests spend the night	[0]	[1]	[2]	[3]	[4]
49.	Someone touching/ using things	[0]	[1]	[2]	[3]	[4]

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50.	Being touched (e.g., shaking hands, getting haircut)	[0]	[1]	[2]	[3]	[4]
51.	Going to movies	[0]	[1]	[2]	[3]	[4]
52.	Going shopping/ trying on clothes	[0]	[1]	[2]	[3]	[4]
53.	Eating in restaurant/ fast food	[0]	[1]	[2]	[3]	[4]
54.	Eating in other public places	[0]	[1]	[2]	[3]	[4]
55.	Eating lunch with colleagues, clients, Etc.	[0]	[1]	[2]	[3]	[4]
56.	Engaging in professional relationships at work/ school	[0]	[1]	[2]	[3]	[4]
57.	Engaging in friendly relationships at work/ school	[0]	[1]	[2]	[3]	[4]
58.	Visiting relatives	[0]	[1]	[2]	[3]	[4]

For clinical purposes the items are grouped together in areas of impairment. If you are interested in using this measure for research please contact the authors to obtain a copy of the original ordering and numbering of the measure. Sum all items for a total score. Items with asterisks are provided for further research are unscored.

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