

**Checklist for Obsessive
Compulsive Disorder
in Children**

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Checklist for Obsessive Compulsive Disorder in Children

Compiled by Phillips & Phillips

Please answer True or False for each of the following statements that may describe OCD symptoms in your child. Circle the appropriate answer:

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| 1. Child leaves the toilet a mess including toilet paper on floor, wet sink surface and toilet not flushed. | TRUE | FALSE |
| 2. Child often lines up dolls, cars, or other objects during play. | TRUE | FALSE |
| 3. Child's daily separation from parent involves a ritual. | TRUE | FALSE |
| 4. Child's preparations for bed involve a rigid ritual. | TRUE | FALSE |
| 5. Child tends to get "stuck" more when sleep hours are reduced. | TRUE | FALSE |
| 6. Child must have a parent beside her to fall asleep. | TRUE | FALSE |
| 7. Child has difficulty knowing if she completed something or just thinks that she did. | TRUE | FALSE |
| 8. Child awakes during night if parent leaves the bedroom. | TRUE | FALSE |
| 9. Child fusses over clothing that "doesn't feel right". | TRUE | FALSE |
| 10. Child does not like to place rubbish in a street rubbish bin. | TRUE | FALSE |
| 11. Child makes hateful statements such as "I hope you die" then follows with being loving soon thereafter. | TRUE | FALSE |
| 12. Child gets upset when an object goes out of sight i.e. airplane, bath water, etc. | TRUE | FALSE |
| 13. Child requests that things be said a certain way. | TRUE | FALSE |
| 14. Child repeats parts of a prayer until they "feel" right. | TRUE | FALSE |
| 15. Child repeats certain movements such as touching and retouching a chair or light switch. | TRUE | FALSE |
| 16. Child repeatedly goes through a doorway until he passes through in just the "right" way. | TRUE | FALSE |
| 17. Child does not want his/her room, clothes or toys touched or moved by others. | TRUE | FALSE |
| 18. Child asks, "Is it OK?" repeatedly. | TRUE | FALSE |
| 19. Child wants someone else to do things for her that she can easily do for himself /herself. | TRUE | FALSE |

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| 20. Child avoids certain numbers such as “5” and loves certain numbers like “3” or “9”. | TRUE | FALSE |
| 21. Child requires a certain comfort item such as his/her blanket and a tantrum will occur if this item is misplaced. | TRUE | FALSE |
| 22. Child asks the name of a substance or the cause of every stain he/she sees. | TRUE | FALSE |
| 23. Child avoids touching items with stains on them. | TRUE | FALSE |
| 24. Child avoids touching public chairs, desks, etc. out of fear for the lack of hygiene of the previous user. | TRUE | FALSE |
| 25. He/she asks “what if” questions that others would not, ie. “What if that dust falls off that fan onto my head?” | TRUE | FALSE |
| 26. He/she requires the exact same routines of others. | TRUE | FALSE |
| 27. Child limits food choices to less than 10. | TRUE | FALSE |
| 28. Child requires that he/she be washed more than one time in shower/bath. | TRUE | FALSE |
| 29. He/she is very difficult to “move” when he/she must get ready to leave. | TRUE | FALSE |
| 30. Child may use words like “kill”, “hate” or “die” inappropriately in an effort to “conquer” some thought. | TRUE | FALSE |
| 31. Child picks skin irregularities, especially if a bite, bump or cut exists. | TRUE | FALSE |
| 32. Child may state that brushing hair “hurts” and may resist this activity. | TRUE | FALSE |
| 33. Child often “retaliates” at a parent for saying “no” to something he/she is set on. | TRUE | FALSE |
| 34. Child requires that everything be done a certain way, yet personal belongings are preferred to be untidy. | TRUE | FALSE |
| 35. After the child understands death, he/she seeks reassurance of being destined for heaven. | TRUE | FALSE |
| 36. Child may fear individuals whose hygiene appears compromised. | TRUE | FALSE |
| 37. Child is very quick to announce his/her feeling about smells, and is upset if the scent of the air isn’t desirable. | TRUE | FALSE |
| 38. He/she worries that someone may die if he/she does not do certain rituals. | TRUE | FALSE |
| 39. He/she fears that his parents may die in a car accident. | TRUE | FALSE |
| 40. Child is preoccupied with getting a serious medical condition, when no known medical validation exists. | TRUE | FALSE |

Checklist series

This checklist is designed to help identify symptoms of Obsessive Compulsive disorder in children. You should take this with you to your pediatrician to discuss diagnosis and treatment of the concerns that you have identified in your young child.

Symptoms of Obsessive Compulsive Disorder in Children follow the general descriptions listed in the Diagnostic and Statistical Manual 4R, with essential modifications for the individual child's developmental and chronological ages. The OCD symptoms in children checklist will assist you and your physician in diagnosing OCD in your child.