

PROJECT ECHO[®] ONTARIO CHILD AND YOUTH MENTAL HEALTH

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TeleECHO™ Clinic Session 23 - Tool

Didactic Topic: “I Just Can’t Stop” – How to Help Your Patients with OCD

Interview Strategies for Screening OCD

Open Questions

- Are you the sort of person that needs to do things in a particular order and if you don’t you get distressed about it?
- What about constantly checking things, feeling dirty or having annoying thoughts pop into your mind over and over?
- Would you consider yourself an obsessive person?

Intrusive Thoughts (Obsessions)

- Do you ever have thoughts or impulses that come into your mind even though you try not to have them?
- Do you find them intrusive?
- How do they make you feel in yourself? (**anxiety-producing thoughts**)
- Where do they come from? Are they your own thoughts? (c.f. Thought insertions in schizophrenia where the thoughts come from an outside source) (**This is no longer necessary in DSM-V**)
- Resistance: How hard is it to resist the thoughts or actions?
- Are there any situations that you avoid related to these thoughts or actions?

Compulsions

- What do you do to relieve the anxiety?
- Does it make you feel less anxious?
- What would happen if you didn’t perform the action?
- Do you have any other ways of neutralizing the distressing thoughts?
- Some people may pray or repeat words or count. Do you do anything like that?
- Do you think these thoughts are senseless/excessive or unreasonable?
- How do they affect you?
- Does it affect your work/relationships?