

Instructions to Clinicians Using the Obsession and Compulsion Log

The Obsession and Compulsion Log (OCL) provides two kinds of clinical information. First, it illustrates the nature of a patient's current obsessions and compulsions. Second, it is an index of clinical severity by providing information on the frequency of obsessions and the amount of time spent engaged in compulsive rituals.

Typically, patients are instructed to record all obsessions and compulsions that occur over the course of a single day. However, the time period within which obsessions and compulsions are recorded will vary according to the patient's condition. For example, when obsessions are relatively infrequent, the patient may need to complete the log for several days or longer to provide sufficient clinical data. On the other hand, patients with constant or very frequent obsessions may have difficulty completing the log for an entire 24-hour period. These patients can be instructed to record obsessions and compulsions for some designated time period less than 24 hours. When considering what time period to assign, remember the purpose of the OCL is to obtain a sample of obsessions and compulsions adequate enough to make clinical decisions.

OBSESSION AND COMPULSION LOG

NAME _____ DATE _____

In the appropriate column below, please write each obsession (e.g., an unpleasant thought or image, a “contaminated” object, etc.) you encounter, the time of the obsession, the compulsion, (e.g., washing, checking, repeating a mental ritual) you performed in response to the obsession, and how long you spent performing the compulsion.

Time	Obsession	Compulsion	Duration