YOUR ANSWERS. YOUR PERSPECTIVE.

OCD

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 22 / 22 | 4 PROFILE AREAS

1

Checking and reassurance

You describe repeated checking or asking even when something appears settled. Reassurance may then take more time than the original task.

2

Recurring thoughts

You describe recurring thoughts and a wish to determine their meaning or mentally counteract them. An unwanted thought is not itself an intention or action. Some responses differ substantially from this direction.

3

Individual responses matter

Recurring thoughts: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

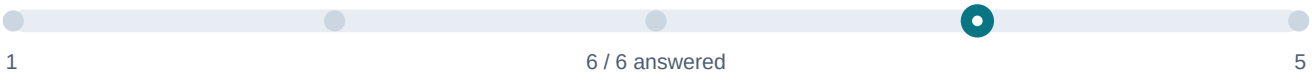
Note only when a thought returns and how much attention it takes. You do not need to record its personal content.

02 / YOUR REPORT

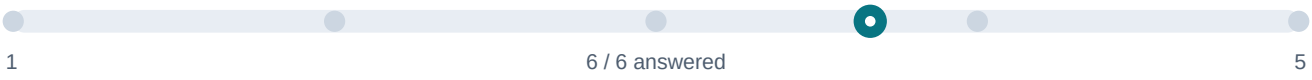
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

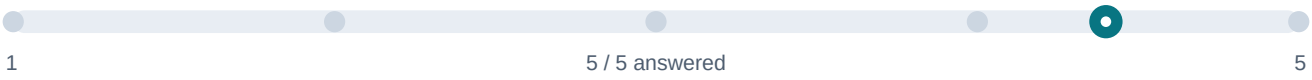
Checking and reassurance — **4.0 / 5**



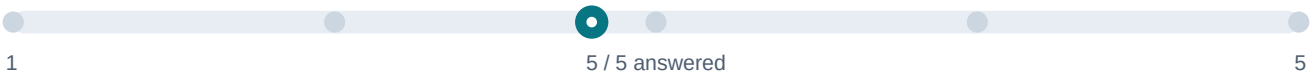
Recurring thoughts — **3.7 / 5**



Order and fixed routines — **4.4 / 5**



Uncertainty in daily life — **2.8 / 5**



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

You receive an account of your reported checking, thought and ordering patterns and approach to uncertainty. These original questions do not establish obsessive-compulsive disorder.

Your result in words

Checking and reassurance: You describe repeated checking or asking even when something appears settled. Reassurance may then take more time than the original task.

Recurring thoughts: You describe recurring thoughts and a wish to determine their meaning or mentally counteract them. An unwanted thought is not itself an intention or action.

Recurring thoughts: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: I mentally replay past conversations to be completely sure I said nothing wrong. | Mostly untrue

Item 11: I sometimes try to counter an uncomfortable thought with another thought. | Very true

Consider a possible everyday situation

Note only when a thought returns and how much attention it takes. You do not need to record its personal content.

04 / YOUR REPORT

Checking and reassurance

Trace your responses and connect them with everyday situations.

These statements concern repeated checking and how long reassurance feels sufficient. The count is not a measure of a condition.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe repeated checking or asking even when something appears settled. Reassurance may then take more time than the original task.

Scale direction: less reported strain / more reported strain.

Two concrete responses

Item 3: A clear memory of a completed task is usually enough for me.

Your response: Partly true (reverse-scored in the calculation)

Item 5: I can usually finish an ordinary check without starting again.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Describe a situation involving repeated checking: what did you want to know, and how long did the answer feel sufficient?

When does this fit me - and when does it not?

05 / YOUR REPORT

Recurring thoughts

Trace your responses and connect them with everyday situations.

This area concerns thoughts that recur without being wanted. A thought is neither an intention nor proof that something will happen.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe recurring thoughts and a wish to determine their meaning or mentally counteract them. An unwanted thought is not itself an intention or action.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported strain / more reported strain.

Two concrete responses

Item 10: I mentally replay past conversations to be completely sure I said nothing wrong.

Your response: Mostly untrue

Item 11: I sometimes try to counter an uncomfortable thought with another thought.

Your response: Very true

A prompt for further reflection

Note only when a thought returns and how much attention it takes. You do not need to record its personal content.

When does this fit me - and when does it not?

06 / YOUR REPORT

Order and fixed routines

Trace your responses and connect them with everyday situations.

This area concerns a feeling that something must be exactly right or happen in a particular order. Personal preferences are not automatically treated as a problem.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe repeating or rearranging until a process feels right. Changes or interruptions may then require more effort than the practical task itself.

Scale direction: less reported strain / more reported strain.

Two concrete responses

Item 17: I can usually leave a workable solution as it is even if it does not look perfect.

Your response: Partly true (reverse-scored in the calculation)

Item 16: I sometimes repeat a movement or small action until it feels right.

Your response: Very true

A prompt for further reflection

Choose a fixed sequence from daily life. When does it help, and when does it take more time or attention than you want?

When does this fit me - and when does it not?

07 / YOUR REPORT

Uncertainty in daily life

Trace your responses and connect them with everyday situations.

These statements describe how doubts and repetition take up space in daily life. A response value is neither a time measurement nor a clinical distress scale.

Your response value **2.8 / 5**



1 5 / 5 answered 5

What this means in practice

Your answers fall between “less reported strain” and “more reported strain”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: less reported strain / more reported strain.

Two concrete responses

Item 18: I postpone a decision because a small amount of uncertainty remains.

Your response: Mostly untrue

Item 20: I feel responsible for completely ruling out even very unlikely mistakes.

Your response: Mostly true

A prompt for further reflection

Which specific activity is delayed by doubts? Describe the sequence factually without judging yourself for it.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Checking and reassurance

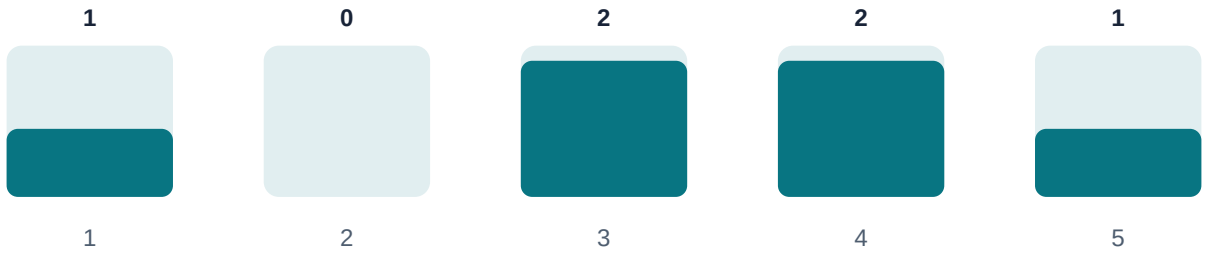
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Recurring thoughts. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Note only when a thought returns and how much attention it takes. You do not need to record its personal content.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original, non-clinically-validated reflection questions related to OCD. This is not the OCI-R, Y-BOCS or another established instrument. Response values describe agreement with the listed statements only; they do not detect OCD, measure clinical severity or replace an assessment. Frequent checking or a preference for order can have different explanations.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I check something already completed again even though I remember the first check.**	Checking and reassurance | Mostly true
2	**I repeatedly ask others for the same assurance or confirmation.**	Checking and reassurance | Very true
3	**A clear memory of a completed task is usually enough for me.**	Checking and reassurance | Partly true | reverse-scored
4	**I lose time because I want to check a process again.**	Checking and reassurance | Mostly true
5	**I can usually finish an ordinary check without starting again.**	Checking and reassurance | Not at all true | reverse-scored
6	**Even after checking carefully, I sometimes feel that I missed something.**	Checking and reassurance | Partly true
7	**A thought returns even though I want to focus on something else.**	Recurring thoughts | Partly true
8	**I mentally examine whether an unwanted thought says something about me.**	Recurring thoughts | Very true
9	**I can usually recognise that an unwanted thought need not be an intention of mine.**	Recurring thoughts | Mostly untrue | reverse-scored
10	**I mentally replay past conversations to be completely sure I said nothing wrong.**	Recurring thoughts | Mostly untrue
11	**I sometimes try to counter an uncomfortable thought with another thought.**	Recurring thoughts | Very true
12	**I can usually leave an odd thought unexplained without needing to resolve it fully.**	Recurring thoughts | Partly true | reverse-scored
13	**I arrange things again because they do not yet feel correctly positioned.**	Order and fixed routines | Very true
14	**An interrupted sequence can lead me to start a routine again from the beginning.**	Order and fixed routines | Mostly true

Your responses in full / CONTINUED

15	**I can usually change my usual sequence when the situation calls for it.**	Order and fixed routines | Not at all true | reverse-scored
16	**I sometimes repeat a movement or small action until it feels right.**	Order and fixed routines | Very true
17	**I can usually leave a workable solution as it is even if it does not look perfect.**	Order and fixed routines | Partly true | reverse-scored
18	**I postpone a decision because a small amount of uncertainty remains.**	Uncertainty in daily life | Mostly untrue
19	**I sometimes avoid an ordinary task because I expect a long cycle of thought.**	Uncertainty in daily life | Partly true
20	**I feel responsible for completely ruling out even very unlikely mistakes.**	Uncertainty in daily life | Mostly true
21	**I can usually act in daily life even when not every detail is certain.**	Uncertainty in daily life | Partly true | reverse-scored
22	**A small unresolved point usually does not prevent me from carrying on with my day.**	Uncertainty in daily life | Mostly true | reverse-scored