

Client Quiz 1

When OCD Begins

(Please check all answers which apply)

1. OCD begins with . . .
 - a feeling of tiredness.
 - a doubt.
 - seeing something wrong.
 - none of the above.

2. A doubt is about . . .
 - a need for control.
 - a possibility.
 - lacking confidence in life.
 - none of the above.

3. Thinking you will get ill if you might become contaminated is . . .
 - a sign of being ill.
 - a consequence of a doubt.
 - the primary thought responsible for your symptoms.
 - none of the above.

4. Without obsessional doubt . . .
 - you would not feel anxious.
 - you would have no compulsions.
 - you would have no other OCD symptoms.
 - all of the above.

5. The thought that you hurt someone if you ran over the person in your car is ...
 - Irrational.
 - a sign that you worry too much.
 - realistic if the initial doubt 'maybe I ran over the person' is correct.
 - none of the above,

6. In which of the following subtypes of OCD does obsessional doubt play a crucial role?
 - Checking
 - Washing
 - Symmetry
 - Obsessions about harm
 - Hoarding
 - All of the above

Please check your answer by referring to the Quiz Answers Sheet.