

**Yale-Brown Obsessive Compulsive Scale Modified for Neurotic Excoriation**

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**FOR EACH ITEM CIRCLE THE NUMBER IDENTIFYING THE RESPONSE WHICH BEST CHARACTERIZES THE PATIENT**

<p>1. TIME OCCUPIED BY URGES/THOUGHTS ABOUT SKIN PICKING How much of your time is occupied by urges/thoughts (u/t) related to skin picking and/or skin picking-related activities? How frequently does this occur?</p>	<p>0 = None 1 = Mild (less than 1 hr/day), or occasional u/t (<math>\leq 8</math> x/day). 2 = Moderate (1-3 hrs/day), or frequent u/t (<math>\geq 8</math> x/day, but most hrs/day are free of u/t) 3 = Severe (<math>&gt;3</math> = up to 8 hrs/day) or very frequent u/t (<math>&gt;8</math> x/day &amp; occur most hrs of day). 4 = Extreme (<math>&gt; 8</math> hrs/day), or near constant u/t (too numerous to count and an hour rarely passes w/o several such u/t occurring).</p>
<p>2. INTERFERENCE DUE TO URGES/THOUGHTS ABOUT SKIN PICKING How much do your urges/thoughts (u/t) interfere with your social or work (or role) functioning? Is there anything that you don't do because of this? (If not currently working, determine how much performance would be affected if employed).</p>	<p>0 = None 1 = Mild, slight interference with social or occupational activity but overall performance not impaired. 2 = Moderate, definite interference with social or occupational performance, but manageable. 3 = Severe, causes substantial impairment in social or occupational performance. 4 = Extreme, incapacitating.</p>
<p>3. DISTRESS ASSOCIATED WITH URGES/THOUGHTS ABOUT SKIN PICKING How much distress do your urges/thoughts about skin picking cause you? (Rate "disturbing" feeling or anxiety that seems to be triggered by these thoughts, not generalized anxiety or anxiety associated w/other symptoms).</p>	<p>0 = None 1 = Mild, infrequent, and not too disturbing. 2 = Moderate, frequent, &amp; disturbing, but still manageable. 3 = Severe, very frequent, and very disturbing. 4 = Extreme, near constant, and disabling distress.</p>
<p>4. RESISTANCE AGAINST URGES/THOUGHTS OF SKIN PICKING How much of an effort do you make to resist these urges/thoughts? How often do you try to disregard them: (Only rate effort made to resist, not success or failure in actually controlling these thoughts. How much one resists the urges/thoughts may/may not correlate w/ability to control them).</p>	<p>0 = Makes effort to always resist, symptoms so minimal doesn't need to actively resist. 1 = Tries to resist most of the time. 2 = Makes some effort to resist. 3 = Yields to all such urges/ thoughts without attempting to control them, but does so with some reluctance. 4 = Completely and willingly yields to all such urges/ thoughts.</p>
<p>5. DEGREE OR CONTROL OVER URGES/THOUGHTS ABOUT SKIN PICKING How much control do you have over urges/thoughts about skin picking? How successful are you in stopping or diverting these urges/thoughts?</p>	<p>0 = Complete control. 1 = Much control, usually able to stop/divert urges/thoughts with some effort &amp; consideration. 2 = Moderate control, sometimes able to stop/divert these urges/thoughts. 3 = Little control, rarely successful in stopping these urges/thoughts, can only divert attention with difficulty. 4 = No control, experienced as completely involuntary, rarely able to even momentarily divert urges/thoughts.</p>

<p>6. TIME SPENT IN ACTIVITIES RELATED TO SKIN PICKING How much time do you spend in activities related to skin picking? (directly related to skin picking itself or activities such as camouflaging with makeup, caring for infections).</p>	<p>0 = None 1 = Mild (spends less than 1 hr/day in these activities, or occasional involvement in these activities (<math>\leq 8</math> times/day). 2 = Moderate (1-3 hrs/day) or <math>&gt; 8</math> times/day, but most hours are free of such activities. 3 = Severe (spends <math>&gt; 3</math> and up to 8 hrs/day), or very frequent involvement (<math>&gt; 8</math> times/day and activities performed most hours of the day). 4 = Extreme (spends <math>&gt; 8</math> hrs/day in these activities), or near constant involvement (too numerous to count and an hour rarely passes without engaging in several such activities).</p>
<p>7. INTERFERENCE DUE TO ACTIVITIES RELATED TO SKIN PICKING How much do the above activities interfere with you social/work (or role) functioning? Is there anything that you don't do because of them? If currently not working determine how much performance would be affected if patient were employed.</p>	<p>0 = None. 1 = Mild, slight interference with social or occupational activities, but overall performance not impaired. 2 = Moderate, definite interference with social/occupational performance, but still manageable. 3 = Severe, causes substantial impairment in social/occupational performance. 4 = Extreme, incapacitating.</p>
<p>8. DISTRESS ASSOCIATED WITH BEHAVIOR RELATED TO SKIN PICKING How would you feel if prevented from performing these activities? (Pause) How anxious would you become?</p>	<p>0 = None. 1 = Mild, only slightly anxious if behavior prevented, or only slight anxiety during the behavior. 2 = Moderate, reports that anxiety would mount but remains manageable if behavior is prevented, or that anxiety increases but remains manageable during such behaviors. 3 = Severe, prominent and very disturbing increase in anxiety if behavior is interrupted, or prominent and very disturbing increase in anxiety during the behavior. 4 = Extreme, incapacitating anxiety from any intervention aimed at modifying activity, or incapacitating anxiety develops during behavior related to skin picking.</p>
<p>9. RESISTANCE AGAINST SKIN PICKING How much of an effort do you make to resist these activities? How much the patient resists behaviors may/may not correlate w/ability to control them.</p>	<p>0 = Makes an effort to always resist, or symptoms so minimal doesn't need to actively resist 1 = Tries to resist most of the time 2 = Makes some effort to resist. 3 = Yields to almost all of these behaviors without attempting to control them, but does so with some reluctance. 4 = Completely and willingly yields to all behaviors related to skin picking.</p>
<p>10. DEGREE OF CONTROL OVER SKIN PICKING BEHAVIOR How strong is the drive to pick? How much control do you have over the behaviors associated with skin picking-related activities?</p>	<p>0 = Complete control. 1 = Much control, experiences pressure to pick, but usually able to exercise voluntary control over it. 2 = Moderate control, strong pressure to pick, must be carried to completion, can only delay with difficulty. 3 = Little control, very strong drive to pick, must be carried to completion, can only delay with difficulty, 4 = No control, drive to pick experienced as completely involuntary &amp; overpowering, rarely able to even momentarily delay skin picking activity</p>

Thought/Urge Subscale Score \_\_\_\_\_

Behavior Subscale Score \_\_\_\_\_

Total Score \_\_\_\_\_