### 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**

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?
   - **0 = None**
   - **1 = Mild (less than 1 hr/day), or occasional u/t (≤ 8 x/day).**
   - **2 = Moderate (1-3 hrs/day), or frequent u/t (> 8 x/day, but most hrs/day are free of u/t).**
   - **3 = Severe (>3 = up to 8 hrs/day) or very frequent u/t (>8 x/day & occur most hrs of day).**
   - **4 = Extreme (> 8 hrs/day), or near constant u/t (too numerous to count and an hour rarely passes w/o several such u/t occurring).**

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).
   - **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.**

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).
   - **0 = None**
   - **1 = Mild, infrequent, and not too disturbing.**
   - **2 = Moderate, frequent, & disturbing, but still manageable.**
   - **3 = Severe, very frequent, and very disturbing.**
   - **4 = Extreme, near constant, and disablign distress.**

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).
   - **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.**

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?
   - **0 = Complete control.**
   - **1 = Much control, usually able to stop/divert urges/thoughts with some effort & 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.**
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).

   - **0 = None**
   - **1 = Mild** (spends less than 1 hr/day in these activities, or occasional involvement in these activities (< 8 times/day).
   - **2 = Moderate** (1-3 hrs/day) or > 8 times/day, but most hours are free of such activities.
   - **3 = Severe** (spends > 3 and up to 8 hrs/day), or very frequent involvement (> 8 times/day and activities performed most hours of the day).
   - **4 = Extreme** (spends > 8 hrs/day in these activities), or near constant involvement (too numerous to count and an hour rarely passes without engaging in several such activities).

7. **INTERFERENCE DUE TO ACTIVITIES RELATED TO SKIN PICKING**
   How much do the above activities interfere with your 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.

   - **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.

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?

   - **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.

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.

   - **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.**

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?

    - **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 & overpowering, rarely able to even momentarily delay skin picking activity**

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**Thought/Urge Subscale Score**

**Behavior Subscale Score**

**Total Score**