

'OBSESSIONS' – Checklist¹

Child's name: _____ Person completing form: _____
Relationship to child: _____ Date(s) behaviour monitored/observed: _____

Please mark an "X" beside any symptoms previously noted, or presently observed.

(Common compulsions may include, BUT ARE NOT limited to, contamination, harm, illness, death and constant doubt.)

- Being afraid of losing things
- Being concerned about dirt/germs/illness (i.e. AIDS)
- Being concerned with colors of special significance
- Being concerned with symmetry, exactness, cleanliness, order
- Being preoccupied with knives, scissors, blood, fire
- Counting letters, steps, objects, breaths
- Focusing on a movie, TV show, computer/video game, music, sounds
- Focusing on minute details
- Focusing on moral issues (is something 'right' or 'wrong', fairness)
- Focusing on sensory input (noises made by fluorescent lights, textures of clothing, computer games, pain)
- Focusing on specific numbers/words
- Having aggressive thoughts, images, impulses
- Having 'sexual' thoughts, images or desires
- Needing to have a 'perfect body'
- Needing to know or remember things
- Obsessing about obsessions
- Performing mental rituals (counting, reciting, spelling)
- Ruminating on one idea, action, feeling (hurt feelings, embarrassing events, angry encounters)
- Scrupulosity (thinking about religion)
- Thinking about food and eating
- Thinking about forbidden behaviours

¹ Dombush, Marilyn Pierce, 1993. "Teaching the Tiger: A handbook for individuals involved in the education of students with attention deficit disorders, Tourette syndrome, or obsessive-compulsive disorder. Hope Press.

Child's name: _____ OBSESSIONS – Checklist pg. 2

___ Thinking about hoarding/collecting things

___ Thinking macabre or gory thoughts

___ Worrying about harming self/others

___ Worrying that something terrible might happen (fire, burglary, divorce, death)

Other behaviours? _____

Date: ____/____/____ (dd/mon/year)

'COMPULSIONS' – Checklist¹

Child's name: _____ Person completing form: _____
Relationship to child: _____ Date(s) behaviour monitored/observed: _____

Please mark an "X" beside any symptoms previously noted, or presently observed.

(Common compulsions may include washing, cleaning, checking, repeating, touching and counting rituals.)

- Adjusting/re-adjusting clothing to feel 'just right' (i.e. Socks, sleeves)
- Asking the same question(s) repeatedly
- Avoiding people/objects
- Biting (nails, arms, objects, others, self)
- Checking/re-checking (doors, locks, windows, lights, stoves)
- Constantly 'fiddling' with objects or clothes
- Coprolalia (uttering obscene words)
- Copropraxia (making obscene gestures)
- Counting/grouping objects repeatedly
- Cracking joints/knuckles
- Echolalia (repeating the words of others)
- Echopraxia (repeating the actions of others)
- "Erasing" action, repeatedly
- "Evening-up" action (i.e. Socks, touching with one hand and then the other)
- Excessively hand washing, bathing, cleaning
- Excessively ordering/arranging objects
- Having to respond with a verbalization even when unnecessary
- Hoarding
- Licking/biting objects
- Needing to engage in rituals for good luck
- Needing to experience sensations (pinch, cut or burn self)
- Needing to finish verbalizations, if interrupted
- Needing to start over, if interrupted
- Needing to say/do what they've been told NOT to say/do
- Not being able to change to new task/activity

¹ Dombush, Marilyn Pierce, 1993. "Teaching the Tiger: A handbook for individuals involved in the education of students with attention deficit disorders, Tourette syndrome, or obsessive-compulsive disorder. Hope Press.

Child's name: _____ COMPULSIONS' – Checklist pg. 2

- Palilalia (repeating aloud one's own words)
- Perseverating on a task(s)
- Picking skin/sores/scabs
- Playing computer/video games over and over in their mind
- Reading/re-reading, reading backwards
- Reciting sequence of statements/series of numbers
- Repeating actions (in/outdoor, up/down from chair)
- Repeating sounds, words, numbers, music, movies to self
- Seeking reassurance
- Sexual touch of others (breasts, buttocks, genitals)
- Sexual touch of self (sometimes masturbation)
- Sniffing or smelling hands/objects
- Stealing
- Sucking thumb
- Touching objects an exact number of times
- Touching objects, self, others, wounds
- Trichotillomania (pulling hair out)
- Visualizing particular image, repeatedly
- Vomiting/gagging
- Writing/re-writing until paper looks 'perfect', or erasing until holes in paper

Other behaviours? _____

Date: ____ / ____ / ____ (dd/mon/year)

"TIC' Monitoring sheet¹ - MOTOR

Child's name: _____
 Person completing form: _____ Relationship to child: _____
 Date(s) behaviour monitored/observed: _____

Motor Symptoms (most common are eye-blinking, head jerking, shoulder shrugging)

Please mark an "X" beside any symptoms previously noted, or presently observed.

| | |
|--------------------------------|----------------------------|
| Abdominal jerking | Jumping |
| Ankle flexing/moving | Kicking |
| Arm flailing/flapping | Kissing – hand/others |
| Arm flexing/jerking | Knee, deep bending |
| Blowing on hands/fingers | Knee knocking |
| Body jerking/tensing/posturing | Knuckle cracking |
| Chewing clothes/paper/hair | Leg bouncing |
| Clapping | Leg jerking |
| Eye blinking | Lip licking/smacking |
| Eye rolling/squinting | Lip pouting |
| Eye twitching | Muscle flexing/ Un-flexing |
| Facial contortions | Muscle tensing/ Un-tensing |
| Facial grimacing | Nose twitching |
| Finger tapping | Picking at lint |
| Finger moving | Pinching |
| Foot dragging | Pulling clothes |
| Foot shaking/tapping | Scratching |
| Hair - tossing/twisting | Shivering |
| Hair - pulling out | Shoulder shrugging/rolling |
| Hand clenching/unclenching | Skipping |
| Head jerking/rolling | Smelling fingers/objects |
| Hitting – others/self | Spitting |
| Hopping | Squatting |
| Inhaling/exhaling | Stepping backwards |
| Jaw / mouth moving | Stomping |
| Joint cracking | Stooping |

Child's name: _____

- Table banging
- Tapping objects
- Tearing books/paper
- Teeth clenching/un-clenching
- Throwing things
- Toe walking
- Tongue thrusting
- Twirling in circles
- Twirling objects

Other behaviours?

Date:

Date: ____/____/____ (dd/mon/yr)

1 Dombush, Marilyn Pierce, 1993. "Teaching the Tiger: A handbook for individuals involved in the education of students with attention deficit disorders, Tourette syndrome, or obsessive-compulsive disorder. Hope Press.

"TIC' Monitoring sheet¹ - VOCAL

Child's name: _____
 Person completing form: _____ Relationship to child: _____
 Date(s) behaviour monitored/observed: _____

Vocal Symptoms (most common are sniffing and throat clearing)

Please mark an "X" beside any symptoms previously noted, or presently observed.

| | |
|--|---|
| Barking Belching Blowing noises Calling out Clicking/clacking Coughing Gasping Grunting Gurgling Hiccupping Hissing Honking Humming Laughing Making animal noises Making "tsk", "pft" noises Making guttural sounds Making motor/jet noises Making unintelligible noises Moaning Noisy breathing Repeating own words Repeating others' words Saying "hey hey", "ha ha" Screaming Screeching Shouting | Shrieking Sniffing Snorting Squealing <u>Syllables</u> : "hmmm", "oh", "wow", "uh", yeah" Talking in character voices Throat clearing Uttering obscene words <u>Unusual speech patterns</u> (accenting words peculiarly/stammering or stuttering) <u>Using unusual vocal rhythms</u> ('sing song' pattern) Whistling Yelping |
|--|---|

Child's name: _____

Other behaviours?

_____ Date:

Date: ____/____/____ (dd/mon/yr)

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