

THE BRIEF OBSESSIVE-COMPULSIVE SCALE (BOCS): A SELF-REPORT SCALE FOR OCD AND OBSESSIVE-COMPULSIVE RELATED DISORDERS

The BOCS is a shortened and modified self-administered version of the Y-BOCS and CY-BOCS, and consists of a 15 item Symptom Checklist including three items (hoarding, dysmorphophobia and self-harm) related to the DSM-5 category “Obsessive-compulsive related disorders”, accompanied by a single 6 item Severity Scale for obsessions and compulsions combined (range, 0-24). Since its introduction in Sweden more than a decade ago, it has been widely used in assessment and diagnosis of OCD in adults and older children, which illustrate its face validity. Principal component factor analysis produced five subscales titled “Symmetry”, “Forbidden thoughts”, “Contamination”, “Magical thoughts”, and “Dysmorphic thoughts”.

The BOCS has been validated where it is aimed to be used; among ill psychiatric out-patients. The BOCS has excellent psychometric properties thus there is strong support for the utility of the BOCS in the assessment of OCD amongst psychiatric patients. (Bejerot et al *Nordic Journal of Psychiatry, in press*).

Endorsement of two or more items in the checklist or a mean score of 1.5 or above in the severity scale suggests OCD.