

## Five Factor Obsessive-Compulsive Inventory – Short Form

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This questionnaire contains 48 items. Each item is scored on a 1 to 5 scale, where 1 = that the statement is false or that you strongly disagree; 2 = that the statement is mostly false or you disagree; 3 = that the statement is about equally true or false, you cannot decide, or you are neutral on the statement; 4 = that that the statement is mostly true or you agree; and 5 = that the statement is definitely true or you strongly agree.

Please read each item carefully and provide your answer that best corresponds to your agreement or disagreement. There are no right or wrong answers. Describe yourself honestly and state your opinions as accurately as possible.

1. I often worry about the future.
2. I am a warm and engaging person
3. I love the excitement of making risky decisions.
4. I am not a person who is into how people feel about things.
5. My life is on such a schedule that others do find me a bit dull at times.
6. I live my life by a set of tough, unyielding moral principles.
7. I take great pride in the quality of my work.
8. I need to consider every little detail.
9. I firmly believe that you should always play strictly by the rules.
10. I get so caught up in my work that I lose time for other things.
11. I'm fanatical about getting things done when they need to be.
12. No decision is too small for me not to think through all the consequences.
13. I ruminate and worry over lots of different things.
14. I enjoy getting to know people on a personal level.
15. I much prefer playing it safe, even if miss out on something.
16. I find it difficult to feel what other people are feeling.
17. I like to keep to the "tried and true" rather than try new things.
18. There is never an excuse for deviating from a moral code.
19. I'm something of a perfectionist.
20. Other people have said that I'm extremely detail oriented, almost to a fault.
21. Following the rules is always important, even if I'm playing a game by myself.
22. I am known as something of a "workaholic."
23. If I start something I work until it is complete.
24. I examine every detail of an issue before coming to a decision.
25. I am a worrier.

26. I must admit that I am not a particularly warm person.
27. I believe that safe and predictable beats exciting and dangerous every time.
28. Strong emotions are not that important in my life.
29. My life is pretty much the same every week, and that's how I like it.
30. Permissiveness is essentially a break down in morality.
31. I take great pride in being efficient and effective.
32. I probably spend more time than is needed organizing and ordering things.
33. People often suggest I take my responsibilities too seriously.
34. I don't regret working real hard because, for me, work is my pleasure.
35. I have an extremely strong sense of self-discipline.
36. I like to be really sure about things before I act.
37. I am often concerned, even nervous, about things going wrong.
38. Warmth and intimacy are not my strengths.
39. My way of life might be dull to others, but at least it is safe and secure.
40. I don't experience a particularly wide range of emotions or feelings.
41. I much prefer predictability than exploring the unknown.
42. I don't believe in excuses for violating an ethical, moral code.
43. I like my work to be flawless and unblemished.
44. I always make sure that my work is very well planned and organized.
45. Some persons suggest I can be excessive in my emphasis on being proper and moral
46. While others are playing, I'm getting ahead.
47. I am to the maximum dogged, determined, and disciplined.
48. I think things over and over and over before I make a decision.

### **Scoring algorithm for Short Form Scales:**

N1 = Excessive Worry: 1 + 13 + 25 + 37

E1 = Detached Coldness: 2(R) + 14(R) + 26 + 38

E5 = Risk-Aversion: 3(R) + 15 + 27 + 39

O3 = Constricted: 4 + 16 + 28 + 40

O4 = Inflexible : 5 + 17 + 29 + 41

O6 = Dogmatism: 6 + 18 + 30 + 42

C1 = Perfectionism: 7 + 19 + 31 + 43

C2 = Fastidiousness: 8 + 20 + 32 + 44

C3 = Punctiliousness: 9 + 21 + 33 + 45

C4 = Workaholism: 10 + 22 + 34 + 46

C5 = Doggedness: 11 + 23 + 35 + 47

C6 = Ruminative Deliberation: 12 + 24 + 36 + 48