

Five Factor Obsessive-Compulsive Inventory

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This questionnaire contains 120 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. It usually takes quite a bit to get me stressed out
2. I am a warm and engaging person
3. If it sounds exciting, I'd try anything once.
4. I usually consider the feelings of others when making a decision.
5. I prefer not having a schedule to stick to.
6. What is right or wrong sometimes depends on the situation.
7. I sometimes sacrifice the quality of my work, just to get it finished.
8. I don't spend much time on organizing or ordering things.
9. When I really think about it, I guess I don't take my responsibilities seriously enough.
10. I don't have a list of my major goals or aspirations in life.
11. It's OK to let things slip sometimes.
12. Every once in awhile I like to leap first and ask questions later.
13. I don't really worry about things too much.
14. I enjoy getting to know people on a personal level.
15. I love the excitement of making risky decisions.
16. How people feel deep down inside is important to me.
17. I like to explore new and unusual places and things.
18. My motto is live and let live.
19. I don't get bogged down in making sure everything is just right.
20. I am not a particularly methodical or well organized person.
21. I don't always take the rules and regulations too seriously.
22. If something really fun came up, I'd stop work for the day even if I hadn't finished things yet.
23. I don't always finish everything I start.

24. I sometimes do things impulsively without thinking it through in advance.
25. I tend to get very nervous that my work won't be good enough.
26. I take a personal interest in the people I meet.
27. I sometimes do dangerous things just for the fun of it.
28. I find it difficult to feel what other people are feeling.
29. People have often complained that I am stuck in my ways.
30. I feel it is very important to correct the viewpoints of others.
31. People often think I work too long and hard to make things perfect.
32. The smallest details are often the most important.
33. Following the rules is always important, even if I'm playing a game by myself.
34. My work-ethic allows me to meet any goal.
35. I'm fanatical about getting things done when they need to be.
36. I examine every detail of an issue before coming to a decision.
37. Sometimes unimportant details cause me a great deal of worry.
38. I often come across as formal and reserved.
39. I much prefer playing it safe, even if miss out on something.
40. Empathy, or putting myself in someone else's shoes, is not my strong suit.
41. Sticking to my routine is the only way to avoid trouble.
42. Matters of morality are "black and white" and have no room for grey.
43. Doing something "good enough" is not OK for me.
44. I take such good care of my things that they last much longer than they probably should.
45. I have such a strong sense of duty that I sometimes become over-committed.
46. My drive to succeed keeps me going when others have stopped.
47. If I start something I work until it is complete.
48. I pride myself on making intelligent decisions on every detail of my life.
49. The thought of throwing something away makes me nervous because I might need it again.
50. I tend to be serious around others.
51. I believe that safe and predictable beats exciting and dangerous every time.
52. I am not a person who is into how people feel about things.
53. My life is on such a schedule that others do find me a bit dull at times.
54. Morality means adhering to a strict set of rules and principles.
55. I strive for perfection, even on what other people might call minor details
56. Other people have said that I'm extremely detail oriented, almost to a fault.
57. Knowing the proper etiquette in all situations is very important for me.
58. Success is something that can only be achieved through working diligently.
59. When I put my mind to something, nothing can stop me from finishing
60. I often dwell on every possible thing that might go wrong.
61. I often worry about the future.
62. I must admit that I am not a particularly warm person.

63. While others might prefer a big, wild party, I'd prefer a quiet time at home.
64. I tend to rely on logic rather than feelings.
65. I like to keep to the "tried and true" rather than try new things.
66. There is never an excuse for deviating from a moral code.
67. I take great pride in the quality of my work.
68. I take excellent care of things so they'll stay in perfect condition.
69. People often suggest I take my responsibilities too seriously.
70. I usually find myself thinking about work, even in the middle of a vacation.
71. It is easy for me to get myself to do what I should be doing.
72. No decision is too small for me not to think through all the consequences.
73. I worry a great deal over whether I will succeed in life.
74. Warmth and intimacy are not my strengths.
75. I live a pretty steady, safe, subdued life.
76. I am a thinker, not a feeler.
77. My life is pretty much the same every week, and that's how I like it.
78. Permissiveness is essentially a break down in morality.
79. I'm something of a perfectionist.
80. I am a very methodical person; perhaps too much so.
81. I can be pretty exacting when it comes to duty and honor.
82. I am known as something of a "workaholic."
83. I sometimes have trouble getting myself to stay on task.
84. Some persons might say that I spend too much time deliberating over things.
85. I ruminate and worry over lots of different things.
86. People consider me a rather serious and reserved person.
87. I never take any unnecessary or even minimal risks.
88. How I feel about something is always much less important than how I think about it.
89. I believe there is always one 'best' way to do things.
90. I live my life by a set of tough, unyielding moral principles.
91. I take great pride in being efficient and effective.
92. I need to consider every little detail.
93. I firmly believe that you should always play strictly by the rules.
94. I get so caught up in my work that I lose time for other things.
95. I have an extremely strong sense of self-discipline.
96. I like to be really sure about things before I act.
97. I am a worrier.
98. My way of showing affection is to get things done for people.
99. My way of life might be dull to others, but at least it is safe and secure.
100. Strong emotions are not that important in my life.
101. I much prefer predictability than exploring the unknown.
102. I don't believe in excuses for violating an ethical, moral code.
103. I like my work to be flawless and unblemished.

104. I probably spend more time than is needed organizing and ordering things.
105. I take pride in being someone who is reliable, no matter what happens.
106. I don't regret working real hard because, for me, work is my pleasure.
107. I have a strong, perhaps at times even excessive, single-minded determination.
108. I think things over and over and over before I make a decision.
109. I am often concerned, even nervous, about things going wrong.
110. I don't really know my close friends that well.
111. I would always sacrifice fun and thrills for the security of my future.
112. I don't experience a particularly wide range of emotions or feelings.
113. My friends have at times said that I am much too predictable.
114. It troubles me how society is losing its strong moral core.
115. I think it's terribly important to get things just right.
116. I always make sure that my work is very well planned and organized.
117. Some persons suggest I can be excessive in my emphasis on being proper and moral.
118. While others are playing, I'm getting ahead.
119. I am to the maximum dogged, determined, and disciplined.
120. No decision I make is ever done impulsively.

Scoring algorithm:

N1 = Excessive Worry: 1(R) + 13(R) + 25 + 37 + 49 + 61 + 73 + 85 + 97 + 109

E1 = Detached Coldness: 2(R) + 14(R) + 26(R) + 38 + 50 + 62 + 74 + 86 + 98 + 110

E5 = Risk-Aversion: 3(R) + 15(R) + 27(R) + 39 + 51 + 63 + 75 + 87 + 99 + 111

O3 = Constricted: 4(R) + 16(R) + 28 + 40 + 52 + 64 + 76 + 88 + 100 + 112

O4 = Inflexible : 5(R) + 17(R) + 29 + 41 + 53 + 65 + 77 + 89 + 101 + 113

O6 = Dogmatism: 6(R) + 18(R) + 30 + 42 + 54 + 66 + 78 + 90 + 102 + 114

C1 = Perfectionism: 7(R) + 19(R) + 31 + 43 + 55 + 67 + 79 + 91 + 103 + 115

C2 = Fastidiousness: 8(R) + 20(R) + 32 + 44 + 56 + 68 + 80 + 92 + 104 + 116

C3 = Punctiliousness: 9(R) + 21(R) + 33 + 45 + 57 + 69 + 81 + 93 + 105 + 117

C4 = Workaholism: 10(R) + 22(R) + 34 + 46 + 58 + 70 + 82 + 94 + 106 + 118

C5 = Doggedness: 11(R) + 23(R) + 35 + 47 + 59 + 71 + 83(R) + 95 + 107 + 119

C6 = Ruminative Deliberation: 12(R) + 24(R) + 36 + 48 + 60 + 72 + 84 + 96 + 108 + 120