

Padua Inventory – Washington State University Revision

Subscales:

1. Contamination Obsessions and Washing Compulsions Subscale:

Items: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

2. Dressing/Grooming Compulsions Subscale:

Items: 11, 12, 13

3. Checking Compulsions Subscale:

Items: 14, 15, 16, 17, 18, 19, 20, 21, 22, 23

4. Obsessional Thoughts of Harm to Self/Others Subscale:

Items: 24, 25, 26, 27, 28, 29, 30

5. Obsessional Impulses to Harm Self/Others Subscale:

Items: 31, 32, 33, 34, 35, 36, 37, 38, 39

Reference:

Burns, G.L., Keortge, S., Formea, G., & Sternberger, L. (1996). Revision of the Padua Inventory of obsessive-compulsive disorder symptoms: Distinctions between worry, obsessions, and compulsions. **Behaviour Research and Therapy**, **34**, 163-173.

Padua Inventory – WSUR

The following statements refer to thoughts and behaviors which may occur to everyone in everyday life. For each statement, circle the reply which best seems to fit you and the degree of disturbance which such thoughts or behaviors may create

1	I feel my hands are dirty when I touch money.	Not at all	A little	Quite a lot	A lot	Very much
2	I think even the slightest contact with bodily secretions (perspiration, saliva, urine, etc.) may contaminate my clothes or somehow harm me.	Not at all	A little	Quite a lot	A lot	Very much
3	I find it difficult to touch an object when I know it has been touched by strangers or by certain people.	Not at all	A little	Quite a lot	A lot	Very much
4	I find it difficult to touch garbage or dirty things.	Not at all	A little	Quite a lot	A lot	Very much
5	I avoid using public toilets because I am afraid of disease and contamination.	Not at all	A little	Quite a lot	A lot	Very much
6	I avoid using public telephones because I am afraid of contagion and disease.	Not at all	A little	Quite a lot	A lot	Very much
7	I wash my hands more often and longer than necessary.	Not at all	A little	Quite a lot	A lot	Very much
8	I sometimes have to wash or clean myself simply because I think I may be dirty or “contaminated”.	Not at all	A little	Quite a lot	A lot	Very much
9	If I touch something I think is “contaminated”, I immediately have to wash or clean myself.	Not at all	A little	Quite a lot	A lot	Very much
10	If an animal touches me, I feel dirty and immediately have to wash myself or change my clothing.	Not at all	A little	Quite a lot	A lot	Very much
11	I feel obliged to follow a particular order in dressing, undressing, and washing myself.	Not at all	A little	Quite a lot	A lot	Very much
12	Before going to sleep, I have to do certain things in a certain order.	Not at all	A little	Quite a lot	A lot	Very much

13	Before going to bed, I have to hang up or fold my clothes in a special way.	Not at all	A little	Quite a lot	A lot	Very much
14	I have to do things several times before I think they are properly done.	Not at all	A little	Quite a lot	A lot	Very much
15	I tend to keep on checking things more often than necessary.	Not at all	A little	Quite a lot	A lot	Very much
16	I check and recheck gas and water taps and light switches after turning them off.	Not at all	A little	Quite a lot	A lot	Very much
17	I return home to check doors, windows, drawers, etc., to make sure they are properly shut.	Not at all	A little	Quite a lot	A lot	Very much
18	I keep checking forms, documents, checks, etc., in detail to make sure I have filled them in correctly.	Not at all	A little	Quite a lot	A lot	Very much
19	I keep on going back to see that matches, cigarettes, etc., are properly extinguished.	Not at all	A little	Quite a lot	A lot	Very much
20	When I handle money, I count and recount it several times.	Not at all	A little	Quite a lot	A lot	Very much
21	I check letters carefully many times before posting them.	Not at all	A little	Quite a lot	A lot	Very much
22	Sometimes I am not sure I have done things which in fact I knew I have done.	Not at all	A little	Quite a lot	A lot	Very much
23	When I read, I have the impression I have missed something important and must go back and reread the passage at least two or three times.	Not at all	A little	Quite a lot	A lot	Very much
24	I imagine catastrophic consequences as a result of absent-mindedness or minor errors which I make.	Not at all	A little	Quite a lot	A lot	Very much
25	I think or worry at length about having hurt someone without knowing it.	Not at all	A little	Quite a lot	A lot	Very much
26	When I hear about a disaster, I think it is somehow my fault.	Not at all	A little	Quite a lot	A lot	Very much

27	I sometimes worry at length for no reason that I have hurt myself or have some disease.	Not at all	A little	Quite a lot	A lot	Very much
28	I get upset and worried at the sight of knives, daggers, and other pointed objects.	Not at all	A little	Quite a lot	A lot	Very much
29	When I hear about a suicide or crime, I am upset for a long time and find it difficult to stop thinking about it.	Not at all	A little	Quite a lot	A lot	Very much
30	I invent useless worries about germs and disease.	Not at all	A little	Quite a lot	A lot	Very much
31	When I look down from a bridge or a very high window, I feel an impulse to throw myself into space.	Not at all	A little	Quite a lot	A lot	Very much
32	When I see a train approaching, I sometimes think I could throw myself under its wheels.	Not at all	A little	Quite a lot	A lot	Very much
33	At certain moments, I am tempted to tear off my clothes in public.	Not at all	A little	Quite a lot	A lot	Very much
34	While driving, I sometimes feel an impulse to drive the car into someone or something.	Not at all	A little	Quite a lot	A lot	Very much
35	Seeing weapons excites me and makes me think violent thoughts.	Not at all	A little	Quite a lot	A lot	Very much
36	I sometimes feel the need to break or damage things for no reason.	Not at all	A little	Quite a lot	A lot	Very much
37	I sometimes have an impulse to steal other people's belongings, even if they are of no use to me.	Not at all	A little	Quite a lot	A lot	Very much
38	I am sometimes almost irresistibly tempted to steal something from the supermarket.	Not at all	A little	Quite a lot	A lot	Very much
39	I sometimes have an impulse to hurt defenseless children or animals.	Not at all	A little	Quite a lot	A lot	Very much