

Signs of Possible OCD Checklist

OCD Tendencies in PANDAS Children as Seen by Parents

www.pandasnetwork.org

It may be hard for some parents to determine what may be OCD in their child. The following check list is adapted from a list of OCD tendencies in PANDAS kids as seen by their parents. The original list can be found at the PANDAS Network website (www.pandasnetwork.org). Hopefully this list will show that your child is not alone in some of the actions and thoughts and help you, as the parent, determine if what they are experiencing may fall under the umbrella of OCD. We created this in checklist form so one may be able to see how many tendencies their child may actually have. Not all possible OCD tendencies are listed here. These are just samples.

- obsessive hand washing, due to fear of germs, stickiness or chemicals
- obsessive need to pee
- obsessively sure that all pee or poop is not out, or that they are not clean/compulsion of obsessive wiping
- brushing teeth for a long period of time
- inability to eat certain foods previously liked
- refusal to brush teeth, bathe, or change clothes
- fear of germ or chemicals
- worry of choking on food/asking for food to be cut into small pieces
- inability to touch certain things, such as food, clothing or toys that were previously loved
- repeating sounds others make, especially a cough or a sneeze
- spitting germs
- obsessive concern about throwing up
- avoidance of certain places or people or things previously enjoyed, such as restaurants, birthday parties
- inability to touch other children when playing age appropriate games
- inability to use public restrooms or bathrooms at school or friends homes
- if they all of a sudden ask you to wipe them in the bathroom when they have been self sufficient
- breathing off to the side
- having to get their own utensils. Keeping utensils separate from others
- aversion to glue, glitter, etc.
- insisting on certain cup / straw / plate to the point that it is that or nothing
- walking with closed fists
- wiping hands on pants over and over after touching something.
- needing to spin or shake after doing something like passing a specific person or a certain room
- needs to get their own food

___ needs to eat self contained foods like cheese in a wrapper, applesauce from a single serve container

___ worrying about one of their actions causing harm to another

example: "I cannot touch that black square on the floor or my sister will be in a car wreck" or "I need to

hug my mom, or she will die".

___ Inability to separate from a parent or authority figure

___ extreme worry about weather or robbers

___ every safety message we'd ever sent turned into a crippling fear

example: never put plastic bags over your head became a terrifying fear of anything plastic touching her

face, not wanting to go near plug sockets,

___ worrying that bath water will be too hot.

___ if someone in the family gets hurt, they need reassurance over and over it will not happen to them

___ fears that parent was going to die

___ fears that a monster was going to get him.

___ repeating certain words or mantra

___ repetitively saying certain things, or asking others to say things in specific ways, tones, etc.

___ lining up things such as toys or pencils.

___ repetitively touching certain things

___ inability to put hands in certain positions

___ retracing steps

___ going in and back out of doorways

___ turning light switches on and off

___ counting toys

___ insistence on a certain order of events

___ counting toys

___ putting together sets of items

___ upset that they can't stop blinking or breathing and trying to stop

___ saying goodnight has to be done a very specific way. If you vary it, you need to start over

___ pushing chair in until it's just right.

example: Making sure the chair is "even". Sit, fix chair. Look left, look right. Make sure it's even.

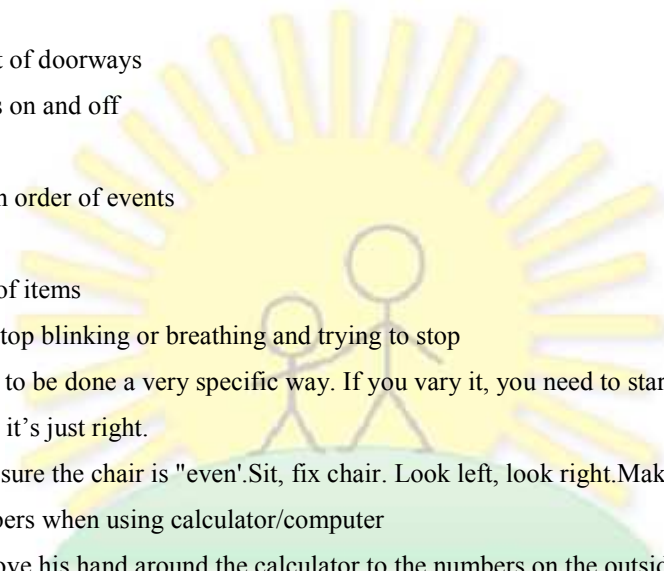
___ can't cross over numbers when using calculator/computer

example: Must move his hand around the calculator to the numbers on the outside first and if he touches another key he must start again...

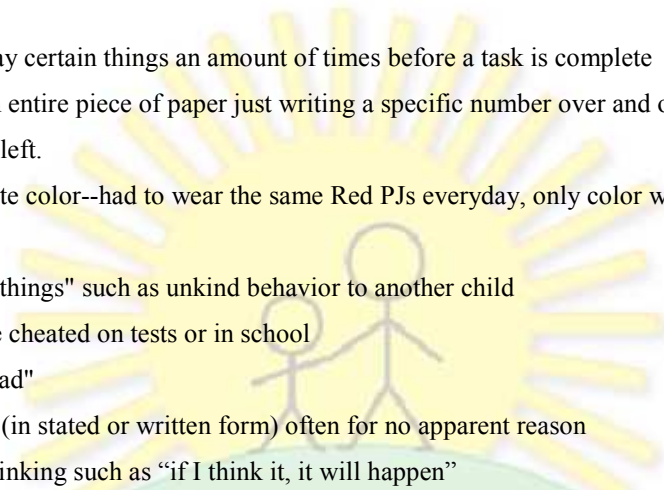
___ breathing in before reading each new sentence.

___ can't sit on lines in carpet

___ fussing with plate until just right.



- ___ eating problems as a result of being unable to disengage from compulsive behaviors.
- ___ has to tell you when to stop pouring a drink. The drink needs to be at a certain level
- ___ messing with seatbelts over and over
- ___ wear the same clothes over and over
- ___ needing games to be played perfectly, played by different rules, or being unable to lose
- ___ constantly asking for reassurance on the same/similar topic
- ___ inability to make a previously simple decision for fear of consequences
- ___ checking doors to make sure they are locked
- ___ constantly changing mind- fear of wrong decision
- ___ perfectionism - often seen in erasing work until the paper rips
- ___ asking permission for things a child would not need permission for
- ___ apologizing
- ___ you have to repeat back what the child says because they need to make sure you heard them
- ___ explaining...explaining, and explaining
 - example: "I didn't mean it like that, what I meant was...and do you understand? Do you understand, no, no, no, you don't understand MAMA!..I want you to understand, but Mama, did you hear me, I wanted to do it like that not THAT--"
- ___ fixation on a certain number - such as needing to do, repeat, touch something 7 times.
- ___ fixation on a certain number as being bad -such as being unable to read anything with the number 7 on it.
- ___ needing a parent to say certain things an amount of times before a task is complete
- ___ child would fill up an entire piece of paper just writing a specific number over and over until there was no room left.
- ___ obsession with favorite color--had to wear the same Red PJs everyday, only color with red crayon.
- ___ scrupulosity
- ___ need to confess "bad things" such as unkind behavior to another child
- ___ feeling that they have cheated on tests or in school
- ___ worry about being "bad"
- ___ obsessive confessing (in stated or written form) often for no apparent reason
- ___ Obsessive magical thinking such as "if I think it, it will happen"
 - example: calling brother a furball then worrying that he will become a furball
- ___ unable to make a small letter "g" in school for fear that something bad will happen.
- ___ touching a green block in the carpet and then saying..."Great, now I have to marry a green Person"



___ hoarding

___ refusing to throw out odd things such as tissue, paper, empty juice boxes

___ anorexia

___ trichotillomania (hair pulling)

___ sexual themes

___ intrusive thoughts of violence to self or others

Other:

