

Y-BOCS Severity Brackets & Documentation Workflow

Original reference for clinicians. Contains no scale items and no checklist content. The Y-BOCS is a copyrighted instrument licensed through Mapi Research Trust (ePROVIDE); obtain the official copy there. Total = items 1–10 summed (obsessions 1–5, compulsions 6–10), each 0–4, range 0–40. Record the total and both subtotals every time.

Conventional severity brackets

Total score	Severity band	What it typically looks like in the room
0–7	Subclinical	Minimal or no symptoms; passing intrusive thoughts without meaningful cost
8–15	Mild	Symptoms present and noticed, but functioning largely intact
16–23	Moderate	Clear daily interference; the client works around symptoms and loses real time to them
24–31	Severe	Symptoms structure the day; work, relationships, and self-care visibly compromised
32–40	Extreme	Near-constant symptoms; functioning substantially disabled

Brackets are convention, not derivation. Empirical CGI-anchored benchmarks (Storch et al., 2015; n = 954): 0–13 mild, 14–25 moderate, 26–34 moderate-severe, 35–40 severe. Report the conventional band; hold the empirical bands in mind near boundaries.

Improvement is percent change, not band-crossing (consensus definitions, Mataix-Cols et al., 2016): response = $\geq 35\%$ reduction from baseline + CGI-I "much improved" or better, ≥ 1 week • partial response = $25\text{--}35\%$ • remission = total ≤ 12 + CGI-S "normal"/"borderline", ≥ 1 week. Compute every time: $(\text{baseline} - \text{current}) \div \text{baseline}$.

The six-field documentation workflow

What to record	Why it matters	Example entry
Date + rating window	Scores are only comparable across identical windows	"2026-08-18, past week"
Total score	The headline severity number	"Total 16/40"
Both subtotals	Shows which side of the disorder is moving	"Obsessions 8, Compulsions 8"
Severity band	The shorthand other readers recognize	"Moderate range"
% change from baseline	The consensus improvement metric	"38% below intake baseline of 26"
Clinical action	Makes the measurement mean something	"Extend exposure hierarchy to workplace triggers"

Example composite entry: "Y-BOCS (past week): total 16 (Obsessions 8, Compulsions 8), moderate range; 38% below baseline of 26. Meets the consensus $\geq 35\%$ response threshold; CGI-I 'much improved', second consecutive week. Continue current protocol."