

OCD Recovery Centers of America

Overdoing It Screening Test (ODIST)

INSTRUCTIONS: This inventory is designed for your personal use. There are no right or wrong answers. Usually your first response is the best. Please print these pages out for your personal reference.

- For each item decide if it
 - NEVER applies to you (mark 0)
 - SOMETIMES applies to you (mark 1)
 - OFTEN applies to you (circle 2)
 - FREQUENTLY applies to you (mark 3)
 - USUALLY applies to you (mark 4).
- When you are finished add up your totals in all 5 columns to get your TOTAL SCORE.
- Make sure you base your answers on how you actually behave in your daily life, not on how you would like to be.

I find myself rushing from one task to the next.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find it very difficult to say "no" to requests of my time and energy.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find my thoughts straying to work or projects, even during time I could be relaxing.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
It is difficult for me to "do nothing" (e.g., sit down without reading, watching television or "keeping busy").	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I believe that there are many projects and tasks which require my presence and could not be completed without me.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
it is very important to me to be in "control" of my surroundings.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I get uncomfortable when I am not "on top" of things in my environment.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have found that my social life has been diminished as the result of all the things I need to do.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I become frustrated when I am not able to complete a task which I started.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find myself agreeing to do things which require me to work beyond my usual time limits.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find it necessary to eat my lunch at my desk or to skip lunch altogether	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I become irritable when my work pattern is interrupted by others.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>

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My work occupies more than 40 hours per week on a consistent basis.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel angry, irritable, or resentful much of the time.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find myself doing more than one thing at a time.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find it difficult to concentrate because there are so many things that demand my attention.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I seem to get very little satisfaction or pleasure from all the things I do considering the time that I put in.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I don't like to "waste" time. For example, I read if I am eating alone.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I notice that I feel "numb" or disconnected from my body.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
My enjoyment and satisfaction in my home life has been negatively affected by my need to work or keep busy.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
Others who are close to me would say that I work too much, or that I am not available for recreation.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
When I have time off I feel irritable, empty, or purposeless.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have experienced physical problems which I believe, or have been told, are related to my level of stress (e.g., chronic headaches, backaches, high blood pressure, ulcers, strokes, heart disease, stomach problems).	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I catch myself thinking about work or planning what I need to take care of next while others are talking.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I avoid having time off when I do not have something to do, or a "project".	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have had to make efforts to control my work hours and/or the amount of work that I take on.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I occasionally have caught myself 'aiding" work that I want to do from others so they do not see me working.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel guilty at times about my need to work or keep busy.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have had to give up relationships and/or social activities because of the demands of my work.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
It is difficult or impossible for me to stop a task half-way through.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
It is difficult for me to discuss a reduction in my work with others.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel that my life is controlled by the things I "should" do rather than what I "want" to do.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>

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One or both of my parents were not as available as I wished them to be because of all they needed to accomplish.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel a sense of dread about my job. I feel I may become a failure if I don't work hard enough.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel my work behavior is unmanageable or out of control.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find that my body is tense.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I tend to judge my accomplishments based on how others view me.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have difficulty falling asleep or maintaining sleep during the night.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have one or more activities which I used to do for leisure that I now use to make money.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel envious or irritated with people who seem comfortable relaxing.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find it difficult to relax.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I am frequently late for things. Others have "given up" waiting for me.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel that I am less worthy or worthwhile than others in spite of my efforts and accomplishments.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I look to others for clues as to how I should feel or act.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
My daily life seems to have a "drivenness" or obsessive quality.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find myself feeling isolated from others, or lonely.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I seem to find myself forgetting things more often than others around me. (I worry about my forgetfulness.)	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have the feeling that I need to keep everything together, or get things "all set".	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have times when I am able to work non-stop yet at other times I feel it is difficult to do anything at all	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find work to be exhilarating. My work is the most exciting thing in my life.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I would describe myself as being a "perfectionist".	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find myself wanting to be in control of projects or relationships even when I do not need to be.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find it difficult to "open up" to others, or show my feelings and needs to them.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>

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I find myself getting physically ill. I experience physical illnesses more frequently than others seem to.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I experience myself as "set apart" or as being "different" from others.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find myself relying on lists in order to make sure I get everything done that I need to do.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I seem to be less emotional and have less feelings than others do.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find myself feeling worn out or exhausted.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find that I have not allowed enough time to finish a project.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I take "homework" with me even during relaxation time (e.g., vacations, meal times, etc.).	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>

SCORING: Total the number of points in each of the columns. Add all columns together to get your ODIST TOTAL SCORE

- MINIMAL OVER DOING - 0 to 59 points
- MILD OVER DOING - 60 to 109 points
- MODERATE OVER DOING - 110 to 159 points
- HIGH OVER DOING (Addiction Level) - 160 to 209 points
- EXTREME OVER DOING (Addiction Level) - 210 to 240 points

ABOUT THE INVENTORY: When we are overly focused on doing as opposed to being it affects all aspects of our life (e.g., chores at home, recreation activities, social relationships, etc.). These items are intended to be applied to your lifestyle in general and not specifically to your job or employment. For the purposes of this test the term "doing" is used interchangeably with the term "work". Both are intended to represent any form of activity, project, accomplishment or "should". Note that individuals can have normal work hours and few excessive demands at their jobs and still suffer from compulsive doing.