
Appendix A

Child Obsessive Compulsive Inventory (Child OCI)

The following statements are about things that happen to many people in their everyday lives. For each statement, draw a circle around the number which says best how much it has troubled you in the **last week**.

0 = has not troubled me at all

1 = troubled me a little

2 = definitely troubled me

3 = troubled me a lot

4 = troubled me extremely

	<i>Not at all</i>	<i>A little</i>	<i>Definitely</i>	<i>A lot</i>	<i>Extremely</i>
1 Bad thoughts come into my mind even if I don't want them to, and I can't get rid of them.	0	1	2	3	4
2 If I touch or if I'm near sweat, saliva, blood, or urine I might get germs on my clothes or somehow be harmed.	0	1	2	3	4
3 I ask people to repeat things to me many times, even though I knew what they meant the first time.	0	1	2	3	4
4 I have to wash and clean all the time.	0	1	2	3	4

	<i>Not at all</i>	<i>A little</i>	<i>Definitely</i>	<i>A lot</i>	<i>Extremely</i>
5 I have to think through things that happened in the past to make sure that I didn't do something wrong.	0	1	2	3	4
6 I have saved up so many things that they get in the way.	0	1	2	3	4
7 I check things more often than I need to.	0	1	2	3	4
8 I try not to use public toilets because I am afraid of disease or germs.	0	1	2	3	4
9 I check doors, windows, drawers, etc. over and over.	0	1	2	3	4
10 I check water taps and light switches over and over after turning them off.	0	1	2	3	4
11 I collect things I don't need.	0	1	2	3	4
12 I sometimes think I might have hurt someone without knowing it.	0	1	2	3	4
13 I have thoughts that I might want to hurt myself or others.	0	1	2	3	4
14 I get upset if things are not arranged properly.	0	1	2	3	4
15 I have to follow a certain order in dressing, undressing and washing myself.	0	1	2	3	4
16 I feel I have to count while I am doing things.	0	1	2	3	4
17 I am afraid of doing embarrassing or harmful things on impulse.	0	1	2	3	4

18	I need to pray to stop bad thoughts or feelings.	0	1	2	3	4
19	I keep on checking homework or other things I have written.	0	1	2	3	4
20	I get upset at the sight of knives, scissors and other sharp objects in case I lose control with them.	0	1	2	3	4
21	I am concerned too much about being clean.	0	1	2	3	4
22	I find it hard to touch an object when I know it has been touched by strangers or certain people.	0	1	2	3	4
23	I need things to be arranged in a certain order.	0	1	2	3	4
24	I get behind in my schoolwork because I do the same things over and over again.	0	1	2	3	4
25	I feel I have to repeat certain numbers.	0	1	2	3	4
26	After doing something carefully, I still feel I have not finished it.	0	1	2	3	4
27	I find it hard to touch rubbish or dirty things.	0	1	2	3	4
28	I find it hard to control my own thoughts.	0	1	2	3	4
29	I have to do things over and over again until it feels right.	0	1	2	3	4
30	I am upset by bad thoughts that come into my mind even though I don't want them to.	0	1	2	3	4

	<i>Not at all</i>	<i>A little</i>	<i>Definitely</i>	<i>A lot</i>	<i>Extremely</i>
31 Before going to sleep I have to do certain things in a certain way.	0	1	2	3	4
32 I go back to places to make sure that I have not harmed anyone.	0	1	2	3	4
33 I often get nasty thoughts and it's hard to get rid of them.	0	1	2	3	4
34 I try not to throw things away because I am afraid I might need them later.	0	1	2	3	4
35 I get upset if others change the way I have arranged my things.	0	1	2	3	4
36 I feel that I must repeat certain words or phrases in my mind to wipe out bad thoughts, bad feelings or bad things I do.	0	1	2	3	4
37 After I have done things, I'm never quite sure whether I really did them.	0	1	2	3	4
38 I sometimes have to wash or clean myself just because I feel have germs.	0	1	2	3	4
39 I feel that there are good and bad numbers.	0	1	2	3	4
40 I check anything which could go on fire over and over.	0	1	2	3	4
41 Even when I do something very carefully I feel that it is not quite right.	0	1	2	3	4
42 I wash my hands more often or longer than I need to.	0	1	2	3	4

W	C	D	O	Ob	H	N
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
			Total			
			<input type="text"/>			

Instructions for scoring the Child Obsessive Compulsive Inventory

- Add together the scores for questions 2, 4, 8, 16, 21, 22, 27, 38, 42 to obtain the score for Washing subscale (box labelled W).
- Add together the scores for questions 3, 7, 9, 10, 19, 24, 32, 40 to obtain the score for the Checking subscale (box labelled C)
- Add together the scores for questions 26, 37, 41 to obtain the score for the Doubting subscale (box labelled D)
- Add together the scores for questions 14, 15, 23, 29, 31, 35 to obtain the score for the Ordering subscale (box labelled O)
- Add together the scores for questions 1, 12, 13, 17, 20, 28, 30 to obtain the score for the Obsessionality subscale (box labelled Ob)
- Add together the scores for questions 6, 11, 34 to obtain the score for the Hoarding subscale (box labelled H)
- Add together the scores for questions 5, 18, 25 to obtain the score for the Neutralising subscale (box labelled N)
- Add all the above scores to generate the total score for the OCI.

Appendix B

Child Responsibility Attitude Scale (CRAS)

This questionnaire lists beliefs which people sometimes have. Read each statement carefully and decide how much you agree or disagree with it. For each of the beliefs, put a circle round the words which **best describe how you think**. Choose only one answer for each attitude. Because people are different, there are no right or wrong answers. To decide whether a given attitude is like your way of looking at things, simply keep in mind what you are like **most of the time**.

1	I often feel responsible for things that go wrong.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
2	If I think bad things, this is as bad as <i>doing</i> bad things.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
3	I worry a lot about what might happen because of things that I do or don't do.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
4	Not stopping bad things happening is as bad as making them happen.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
5	I should always try to stop harm happening when I have thought it might.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
6	I must always think through what might happen as a result of even the smallest things I do.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
7	I often take responsibility for things which other people don't think are my fault.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
8	Everything I do can cause serious problems.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE

9	I often nearly cause harm.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
10	I must protect others from harm.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
11	I should never cause even the smallest amount of harm to others.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
12	I will be condemned for my actions.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
13	I must try to stop bad things from happening, if there is any chance that what I do might make a difference.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
14	Doing nothing when bad things might happen is the same as making it happen.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
15	You should never be careless, when what you do might affect someone else.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE
16	If I do nothing that can cause as much harm as doing something bad.	TOTALLY AGREE	AGREE VERY MUCH	AGREE SLIGHTLY	NEUTRAL	DISAGREE SLIGHTLY	DISAGREE VERY MUCH	TOTALLY DISAGREE

- 17 I can't forgive myself, once I think it is possible that I have caused harm.
 TOTALLY AGREE AGREE VERY MUCH AGREE SLIGHTLY NEUTRAL DISAGREE SLIGHTLY DISAGREE VERY MUCH TOTALLY DISAGREE
- 18 Lots of things I have done have been meant to prevent harm to others.
 TOTALLY AGREE AGREE VERY MUCH AGREE SLIGHTLY NEUTRAL DISAGREE SLIGHTLY DISAGREE VERY MUCH TOTALLY DISAGREE
- 19 If I am careful enough then I can prevent any harmful accidents.
 TOTALLY AGREE AGREE VERY MUCH AGREE SLIGHTLY NEUTRAL DISAGREE SLIGHTLY DISAGREE VERY MUCH TOTALLY DISAGREE
- 20 I often think that bad things will happen if I am not careful enough.
 TOTALLY AGREE AGREE VERY MUCH AGREE SLIGHTLY NEUTRAL DISAGREE SLIGHTLY DISAGREE VERY MUCH TOTALLY DISAGREE

Scoring instructions

For each item score:

- 1 for 'Totally agree'
- 2 for 'Agree very much'
- 3 for 'Agree slightly'
- 4 for 'Neutral'
- 5 for 'Disagree slightly'
- 6 for 'Disagree very much'
- 7 for 'Totally disagree'.

The total score on the questionnaire is then calculated by summing the item scores.

NB This means that the score increases as the child shows fewer responsibility attitudes.

Appendix C

Children's Responsibility Interpretation Questionnaire (CRIQ)

Instructions

We are interested in how you feel about thoughts that have just popped into your mind in the last week. The type of thoughts we're interested in usually interrupt what you are thinking or doing and you can have them more than once. They may be words, pictures, or a sudden feeling that you're going to do something. These are usually called **INTRUSIVE** thoughts.

We are interested in intrusive thoughts you have that you find hard to deal with. We know that most people have this type of thought at some time, so there's nothing unusual about this. Some examples of unpleasant intrusive thoughts are:

- Repeated pictures in your mind of hurting someone
- Suddenly thinking that your hands are dirty and you may spread germs
- Suddenly thinking that you might not have turned off a water tap, or left an outside door or window open
- Repeated pictures in your mind, that don't make any sense, of someone you love (like your Mum or Dad) getting hurt
- Repeated urge to hurt someone or hit them (even though you would never do this).

These are just a few examples of intrusive thoughts to give you an idea of what we're looking at. People have lots of different thoughts.

Important

Please write down two thoughts like these that you have had in the last week:

- 1
- 2

The questions on the next two pages are about any intrusive thoughts like these you have had in the last week. On the next page are some ideas that might go through your mind when you have unpleasant intrusive thoughts.

Frequency

We'd like to know how often you had the ideas below, when you were bothered by these intrusive thoughts. Circle the number that shows how often you had these ideas *over the last week*:

- 0 I never had this idea.
- 1 I sometimes had this idea.
- 2 I had this idea half of the times when I had worrying intrusive thoughts.
- 3 I usually had the idea.
- 4 I always had the idea when I had worrying intrusive thoughts.

	Never had this idea	Sometimes had this idea	Half the time	Usually had this idea	Always had this idea
If I don't try to stop these thoughts, I'm not being responsible.	0	1	2	3	4
I could cause something really bad to happen.	0	1	2	3	4
I can't risk this thought coming true.	0	1	2	3	4
If I don't do something now, bad things will happen and it will be my fault.	0	1	2	3	4
I need to be sure something awful won't happen.	0	1	2	3	4
I shouldn't think this type of thing.	0	1	2	3	4
It wouldn't be responsible to ignore these thoughts.	0	1	2	3	4
I'll feel awful unless I do something about this thought.	0	1	2	3	4
Because I've thought of bad things happening, I must do something to stop them.	0	1	2	3	4
Since I've thought of this I must want it to happen.	0	1	2	3	4
Now I've thought of things that could go wrong it is up to me to make sure I don't let them happen.	0	1	2	3	4
Thinking this could make it happen.	0	1	2	3	4
I have to get control of my thoughts.	0	1	2	3	4
It's wrong to ignore these thoughts.	0	1	2	3	4
Because these thoughts come from my own mind, I must want to have them.	0	1	2	3	4

Belief

Over the last week, when these worrying intrusive thoughts bothered you, how much did you believe each of the ideas below was true? Mark the point on the line that shows how much you believed the idea at the time you had the intrusive thought.

I did not believe 0 10 20 30 40 50 60 70 80 90 100 **I really believed this**
this idea at all **idea was true**

If I don't try to stop these thoughts, I'm not being responsible.	0	10	20	30	40	50	60	70	80	90	100
I could cause something really bad to happen.	0	10	20	30	40	50	60	70	80	90	100
I can't risk this thought coming true.	0	10	20	30	40	50	60	70	80	90	100
If I don't do something now, bad things will happen and it will be my fault.	0	10	20	30	40	50	60	70	80	90	100
I need to be sure something awful won't happen.	0	10	20	30	40	50	60	70	80	90	100
I shouldn't think this type of thing.	0	10	20	30	40	50	60	70	80	90	100
It wouldn't be responsible to ignore these thoughts.	0	10	20	30	40	50	60	70	80	90	100
I'll feel awful unless I do something about this thought.	0	10	20	30	40	50	60	70	80	90	100
Because I've thought of bad things happening, I must do something to stop them.	0	10	20	30	40	50	60	70	80	90	100
Since I've thought of this I must want it to happen.	0	10	20	30	40	50	60	70	80	90	100
Now I've thought of things that could go wrong it is up to me to make sure I don't let them happen.	0	10	20	30	40	50	60	70	80	90	100
Thinking this could make it happen.	0	10	20	30	40	50	60	70	80	90	100
I have to get control of my thoughts.	0	10	20	30	40	50	60	70	80	90	100
It's wrong to ignore these thoughts.	0	10	20	30	40	50	60	70	80	90	100
Because these thoughts come from my own mind, I must want to have them.	0	10	20	30	40	50	60	70	80	90	100

Appendix D

Diaries

<p>Triggering situations What was going on? Who was around?</p>	<p>What was the intrusive thought or image that came into your head?</p>	<p>How distressed did this make you? (0–10 where 0 is 'not at all' and 10 is 'very distressed')</p>	<p>How many times did you get this obsession during the day?</p>
			<p>Monday: Tuesday: Wednesday: Thursday: Friday: Saturday: Sunday:</p>
			<p>Monday: Tuesday: Wednesday: Thursday: Friday: Saturday: Sunday:</p>
			<p>Monday: Tuesday: Wednesday: Thursday: Friday: Saturday: Sunday:</p>

<p>What was going on? Who was around?</p>	
<p>What was the intrusive thought or image that came into your head?</p>	
<p>What went through your head when you had the thought/picture? What did it mean to you? How much did you believe this at the time (0–100%)?</p>	
<p>How did this make you feel? How bad did you feel (0–10%)?</p>	
<p>What happened after that? What did you do?</p>	

Appendix E

Experiments

BELIEF	DISCUSSION AND EXPERIMENTS	PREDICTIONS
<p>Thinking about harm means it will happen.</p>	<p>Build motivation for experiments by asking the child to make a list of (1) all the times when their thoughts made something bad happen and (2) all the times when they had a bad thought and nothing bad happened. Discussion focuses on the concept of coincidence. If something bad has happened in the past, the idea that this is just bad luck can be proved by repeating the experiment.</p> <p>The therapist role models an attempt to make something happen by thinking about it (e.g. turning off a light). The child copies the therapist.</p> <p>The therapist tries to make someone in the room collapse by thinking about it. The child is then asked to make the therapist sick by thinking about it. The therapist jumps on and off a chair while asking the child to make them fall off by thinking or imagining it. The child is asked to cause structural harm by thinking about it (e.g. thinking about a shelf collapsing).</p> <p>While the child's mother goes for walk the child has a bad thought on purpose or waits for a bad thought to naturally occur. Simultaneously, the child does not carry out rituals to prevent harm.</p>	<p>If OCD is right about thoughts causing things to happen then: the light will go off, the therapist will be sick, the therapist will fall off the chair, the shelf will collapse and my mother will be harmed.</p> <p>If OCD is a liar then the light will not go off, the therapist will not be sick, the therapist will not fall off the chair, the shelf will be fine and my mother will be fine. All of this means that thoughts don't cause harm.</p>

<p>Intrusive thoughts mean I can read the future.</p>	<p>Ask the child to recall times when they accurately and inaccurately predicted the future. Provide alternative explanations for the occurrence of the event (e.g. bad luck, coincidence, responsibility pie charts).</p> <p>Ask the child to predict the winning lottery numbers this week.</p> <p>Therapist writes down eight numbers from one to 100 and the child attempts to predict every single number.</p>	<p>If OCD is right about my ability to read the future then I will predict the correct lottery numbers and I will predict all eight numbers written down by the therapist.</p> <p>If OCD is a liar my predictions will be wrong.</p>
<p>The more I think about this thought the more likely it will happen.</p>	<p>Ask the child to think about a cake suddenly appearing. Then ask the child to think about this 20 times in row. Discussion focuses on the idea that thoughts do not make things happen and that it doesn't matter how many times you think about it. The therapist and the child practise saying a scary thought out loud 20 times. Discussion focuses on why it is okay to play this kind of game with words (i.e. thoughts are not dangerous, they just feel a bit horrible because they don't fit with who you are).</p>	<p>If OCD is telling the truth then cake will appear or my thought will come true.</p> <p>If OCD is a liar then cake will not appear and my thought will not come true.</p>
<p>Having an urge to do something means I will do it.</p>	<p>Normalise violent and sexual urges by providing lots of examples and carrying out surveys with at least seven people. Ask the child what would happen in the world right now if intrusive violent and sexual urges were truly dangerous (everyone should be dead or in prison).</p>	<p>If OCD is right that urges are dangerous then the therapist will hurt her neck and the child will hurt someone.</p> <p>If OCD is a liar nothing bad will happen because urges on their own do not cause harm.</p>

BELIEF	DISCUSSION AND EXPERIMENTS	PREDICTIONS
<p>Rituals can stop harm some time in the future.</p>	<p>The child is asked to consider all the steps required to carry out a complex action (e.g. move your hand, pick up a knife, move the knife toward your brother, ignore your brother's cries, etc.). Having an urge is not enough.</p> <p>The therapist holds a knife to their own neck and reports a normal urge to press it harder. The child is encouraged to allow violent and/or sexual urges to stay so they can to find out that urges are harmless and alone do not lead to harm (e.g. hold a knife to the therapist's throat, hold their sister near a balcony, touch sister's hand while having intrusive sexual thoughts or feelings.)</p>	
<p>Rituals can stop harm some time in the future.</p>	<p>Ask the child to imagine what they would say to a policeman if a scary man was following them: that is, would they ask the policeman (1) to carry out rituals and then walk away or (2) or to run after the scary man and catch him? Discussion focuses on the idea that if a policeman wouldn't use rituals why would you?</p> <p>Ask the child to prevent the therapist from throwing a pen at their mother by carrying out rituals in the session.</p> <p>If a child believes that future harm could be attributed to their failure to carry out rituals, then the child needs to specify what this harm would be so that exaggerated beliefs about responsibility can be challenged via responsibility pie graphs.</p>	<p>If OCD is right that rituals can stop harm then the pen will not hit my mother.</p> <p>If OCD is a liar then the pen will hit my mother because rituals don't stop harm.</p>

<p>Germs will make me very ill or kill me.</p>	<p>The child is asked to list all the times when they or their friends were seriously harmed because of germs. Pie graphs are used to challenge excessive responsibility beliefs.</p> <p>Experiments may include: (1) the therapist touching objects in the office and then touching their face and mouth; (2) encouraging the child to touch several objects in the office and also to touch their face and their parent; (3) encouraging the child to walk around the building pretending that they hate OCD by touching lots of objects and then making a cup of tea to drink; (4) the therapist touching lots of objects in the bathroom including the toilet seat and then wiping their arms and face; (5) encouraging the child to touch the therapist's arm and then eat a biscuit without washing; (6) have the child make an anti-OCD movie by walking around the building, touching lots of germ stuff and eating a sandwich with their germ hands. Encourage the child to design his or her own experiment without telling the therapist.</p>	<p>If OCD is right I will become very ill and I will die. If OCD is a liar I will be very scared because I am worried about dying, but I will be okay.</p>
<p>Rituals make me feel better.</p>	<p>Ask the child to alternate between carrying out rituals and not carrying out rituals for a period of time in order to see what happens to the size of their worry. For example, if a child believes that holding their head forward will stop their worry about eyeballs rolling into the back of their head, then this child can be encouraged to spend five minutes doing rituals (i.e. holding their head forward) while trying to have a normal conversation. The therapist asks how this</p>	<p>If OCD is right I will feel better when I do my rituals. If OCD is a liar I will feel better when I stop doing my rituals and get on with life.</p>

BELIEF	DISCUSSION AND EXPERIMENTS	PREDICTIONS
	<p>feels and what they are thinking about while doing this ritual. For the next five minutes the therapist plays a game with the child (e.g. Simon Says) while refraining from rituals. The child is asked what they enjoyed more: doing rituals or not doing rituals. The child can also be encouraged to double their rituals to find out if this makes them feel better or makes them feel worse.</p>	
<p>Reassurance makes me feel better.</p>	<p>Ask the child to alternate between seeking reassurance and carrying on with life normally so that the child can see what happens to the size of their worry. For example, a child could spend five minutes asking their mother lots of questions about harm, followed by five minutes of letting the worry stay in their mind and just carrying on with normal life (e.g. playing a game, having a conversation, or drawing a picture). Discussion focuses on what gave them more worries – asking for reassurance or not asking for reassurance.</p>	<p>If OCD is right I will feel better if I can ask for lots of reassurance from Mum. If OCD is a liar I will feel better when I don't ask for reassurance and carry on with life normally.</p>
<p>Looking out for signs of danger in my body or in the environment helps me feel better because then I can be prepared.</p>	<p>The child could be asked to focus on their neck for two minutes followed by describing everything that they noticed (e.g. it is hard to swallow, it sounds loud, lots more saliva). Discussion focuses on the idea that looking for body symptoms increases their intensity and increases the chances of noticing normal reactions. The therapist then engages the child in a game for a few minutes and asks the child what happened to the signs in their body that they noticed</p>	<p>If OCD is right then looking for danger in my body will make me feel better. If OCD is a liar then looking danger in my body will make me worse. It is normal to notice strange things when you look for them and it is normal for the feelings to become stronger the more I focus on my body.</p>

	<p>before. Most children report that their bodily symptoms disappeared when they stopped looking for danger.</p> <p>Another experiment involves taking the child for two walks. During the first walk the child is asked to do lots of 'OCD looking' such as looking for harm and scary things. During the second walk the child is asked to act as if they hate OCD and to stop looking for danger and to walk around normally. The child is asked what walk they enjoyed more and why.</p>	
<p>I will go mad with worry if I don't wash my hands after touching germy things.</p>	<p>Ask the child to remember how many times they have gone mad or lost their mind before. Ask the child how they will know when they gone mad (e.g. run around in circles or jump out the window). Educate the child about anxiety (refer to Chapter 4). Encourage the child to touch something germy so that they can find out they do not go mad with worry.</p>	<p>If OCD is right then I will go mad with worry (e.g. run around the room like a crazy person). If OCD is a liar then I will feel worried at first, but after a while I will be fine.</p>