

## SOAQ

Please circle a number from 0 to 4 to indicate how much you agree with each statement:

	Not at all	Slight ly	Modera tely	Very	Extre mely
1. I feel upset if my furniture or other possessions are not always in exactly the same position.	0	1	2	3	4
2. Other people think I spend too much time ordering and arranging my belongings.	0	1	2	3	4
3. It is essential that I arrange my clothing in a particular and specific way.	0	1	2	3	4
4. I am more at ease when my belongings are "just right".	0	1	2	3	4
5. I must keep my papers, receipts, documents, etc. organized according to a specific set of rules.	0	1	2	3	4
6. It is important that my belongings are placed in a symmetrical and evenly distributed way.	0	1	2	3	4
7. If someone accidentally disturbs my belongings – however slightly, I become bothered or upset.	0	1	2	3	4
8. I feel compelled to arrange my possessions until it feels "just right".	0	1	2	3	4
9. When I think that my belongings are out of place, I am uncomfortable or anxious.	0	1	2	3	4
10. When I put things away, I feel compelled to do it carefully and precisely.	0	1	2	3	4
11. The furniture in my home must be in exactly the "right" spot.	0	1	2	3	4
12. I feel calm and relaxed only when objects around me are organized and placed correctly.	0	1	2	3	4
13. I feel compelled to arrange cans or boxes of food on my kitchen shelves in a specific way.	0	1	2	3	4
14. When I see that my belongings are out of place, I become anxious until I can arrange them properly.	0	1	2	3	4
15. I feel compelled to arrange objects so that they are balanced and evenly spaced.	0	1	2	3	4
16. I feel calm/at ease only when my surroundings are neat and tidy.	0	1	2	3	4
17. Even when my home is messy, I keep things organized according to a specific set of rules.	0	1	2	3	4
18. Things in my home have a proper and exact place.	0	1	2	3	4
19. I cannot concentrate unless things are in the right place.	0	1	2	3	4
20. I don't like to disturb objects once they are properly arranged.	0	1	2	3	4