

VOCI - MC Scale

Please rate the extent to which you agree with the following statements?	Not at all	A little	Some	Much	Very much
1. Often I look clean but feel dirty.	0	1	2	3	4
2. Having an unpleasant image or memory can make me feel dirty inside.	0	1	2	3	4
3. Often I cannot get clean no matter how thoroughly I wash myself.	0	1	2	3	4
4. If someone says something nasty to me it can make me feel dirty.	0	1	2	3	4
5. Certain people make me feel dirty or contaminated even without any direct contact.	0	1	2	3	4
6. I often feel dirty under my skin.	0	1	2	3	4
7. Some people look clean, but feel dirty.	0	1	2	3	4
8. I often feel dirty or contaminated even though I haven't touched anything dirty.	0	1	2	3	4
9. Often when I feel dirty or contaminated, I also feel guilty or ashamed.	0	1	2	3	4
10. I often experience unwanted and upsetting thoughts about dirtiness.	0	1	2	3	4
11. Some objects look clean, but feel dirty.	0	1	2	3	4
12. I often feel dirty or contaminated without knowing why.	0	1	2	3	4
13. Often when I feel dirty or contaminated, I also feel angry.	0	1	2	3	4
14. Unwanted and repugnant thoughts often make me feel contaminated or dirty.	0	1	2	3	4
15. Standing close to certain people makes me feel dirty and/or contaminated.	0	1	2	3	4
16. I often feel dirty inside my body.	0	1	2	3	4
17. If I experience certain unwanted repugnant thoughts, I need to wash myself.	0	1	2	3	4
18. Certain people or places that make me feel dirty or contaminated leave everyone else completely unaffected.	0	1	2	3	4
19. The possibility that my head will be filled with worries about contamination makes me very anxious.	0	1	2	3	4
20. I often feel the need to cleanse my mind.	0	1	2	3	4