

## Form 3.3 The Overcontrolled Global Prototype Rating Scale

### Description:

This post-interview prototype rating scale assesses four core OC deficits: 1) Receptivity and Openness, 2) Flexible-Responding, 3) Emotional Expression and Awareness, and 4) Social Connectedness and Intimacy—each deficit has two sub-headings.

### Instructions for use:

AFTER COMPLETING A CLINICAL INTERVIEW, the interviewer should read the description under each sub-heading below and rate the extent the client “matches” the description as a whole using the 5-point rating scale. The idea is to evaluate each sub-feature as a whole, rather than counting individual symptoms. RATINGS SHOULD BE DONE AFTER THE CLIENT HAS LEFT THE INTERVIEW ROOM.

TOTAL UP SUB-HEADING SCORES and use the scoring guide at the end to determine the extent the client represents the OC prototype.

#### Note:

1. Average time to complete all ratings = ~5 minutes
2. OC SUBTYPES are rated only if the client has scored 17 or higher on the global rating scale.
3. A supplemental scoring summary sheet is provided which can be incorporated into the client's medical record.

## 1) Deficits in receptivity and openness

### a. *Hyper-vigilant for stimuli perceived to be threatening, critical, discrepant, disorganized, or lacking symmetry.*

- i. He/she is alert to the potential for harm over the potential for reward when entering new or unfamiliar situations; less likely to find uncertainty or ambiguity enjoyable, stimulating, or potentially profitable. For example, the person will avoid taking unplanned risks (i.e., risk that has not had time for preparation); dislike scrutiny and the ‘limelight’ because it might invite criticism—despite desiring appreciation or recognition for achievements.
- ii. He/she tends to avoid new, uncertain, or novel situations that they have not been able to prepare for—especially if they can do so without calling attention to themselves. He/she tends to prefer situations where rules or prescribed roles are pre-ordained (e.g., will prefer a business meeting to a picnic). He/she will tend to chastise self whenever they perceive themselves as making a mistake, not living up to their values, or not behaving properly.

### Prototype rating for this OC feature

Place a check in the relevant box and record the score in the box below

- |   |
|---|
| <input type="checkbox"/> <b>Little or no match (description does not apply) score = 0</b> |
| <input type="checkbox"/> <b>Some match (some features apply) score = 1</b>                |
| <input type="checkbox"/> <b>Moderate match (has significant features) score = 2</b>       |
| <input type="checkbox"/> <b>Good match (has the majority of features) score = 3</b>       |
| <input type="checkbox"/> <b>Very good match (exemplifies features) score = 4</b>          |

Score for this feature =

### b. *Tend to discount critical feedback or new information.*

- i. When confronted with feedback that they disagree will tend to automatically refute (albeit often this is done silently), minimize or avoid the feedback, and/or pretend to agree as a means of preventing further criticism. For example, may respond to feedback by ruminating about a rebuttal, searching for disconfirming evidence, shutting-down, refusing to listen, counter-attacking, changing the topic, and/or behaving as if “bored”.
- ii. May secretly harbor resentment and or plans for revenge if challenged, questioned, or frustrated or feel thwarted, overwhelmed, or hopeless about achieving a desired goal.
- iii. To avoid critical feedback may be reluctant to reveal their “true beliefs or feelings”.
- iv. May reject a differing opinion based on minor inaccuracies or ‘inappropriate’ word usage (or other perceived inconsistencies) rather than logic or reason.
- v. May automatically go on the offensive or defensive when feeling criticized – e.g., by answering a question with a question, by counter-attacking, by behaving ‘as if’ they had not heard the feedback, by denial, or by providing a vague answer.
- vi. May attempt to beat their imagined critic to the “punch” by criticizing or minimizing their own accomplishments first.

### **Prototype rating for this OC feature**

Place a check in the relevant box and record the score in the box below

- |   |
|---|
| <input type="checkbox"/> <b>Little or no match (description does not apply)</b> score = 0 |
| <input type="checkbox"/> <b>Some match (some features apply)</b> score = 1                |
| <input type="checkbox"/> <b>Moderate match (has significant features)</b> score = 2       |
| <input type="checkbox"/> <b>Good match (has the majority of features)</b> score = 3       |
| <input type="checkbox"/> <b>Very good match (exemplifies features)</b> score = 4          |

Score for this feature =

## **2) Deficits in flexible-responding**

### ***a. Compulsive needs for structure and order.***

- i. Hyper-perfectionism—e.g., set high personal standards for themselves (and others).
- ii. Compulsively rule-governed—tend to hold strong convictions and/or have high moral certitude (e.g., believe there is a ‘right way’ and ‘wrong way’ to behave or believe there is only one correct answer). For example, he/she may feel compelled to follow rules of etiquette even when the rule does not make sense in a given situation. He/she tends to prefer highly structured or rule-governed games (e.g., chess).
- iii. May compulsively ‘hoard’ information or oftentimes relatively meaningless objects ‘in case’ they may be needed in the future.
- iv. Likely to attribute their actions rules *not* current mood or anticipated reward—e.g. “Why did you go to the party?” “Because I *thought* it was the *right thing to do*”.
- v. Compelled to ‘fix’ (even minor) problems immediately—rather than give themselves time to think about it or to obtain a much needed rest before beginning work

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- Good match (has the majority of features) score = 3**
- Very good match (exemplifies features) score = 4**

Score for this feature =

#### b. *Compulsive planning/rehearsal.*

- i. Works beyond what is needed in order to avoid being seen as incompetent (e.g., over-rehearsal of a speech).
- ii. Difficulties altering planned course of action or revising a prior solution after circumstances have changed or after feedback that their prior way of doing things would not be useful in the current context.
- iii. May engage in apparently high-risk activities or sports—but the risk-taking is always carefully planned or premeditated (e.g., scuba diving, sky-diving, stock broker)—i.e. the activity is not performed on a whim.
- iv. Compulsive persistence—e.g., continue engaging in a difficult task in order to achieve a long-term goal even if continued persistence might prove damaging. For example, he/she will persist in an activity (e.g., continue working, running, striving) despite feedback that doing so could result in harm for self or others (e.g., damage a relationship, cause physical injury). He/she may find it difficult to rest (e.g., take a nap) or ask for help when it is obvious that persisting in one's current course will not prove beneficial.

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- Very good match (exemplifies features) score = 4**

Score for this feature =

## 3) Deficits in emotional expression and awareness

#### a. *Diminished emotional experience and awareness.*

- i. Low awareness of emotions and bodily sensations. For example, he/she may report difficulty labeling and distinguishing between emotions and bodily sensations. He/she may report feeling tired or fatigued when depressed or anxious—rather than using emotional words to describe mood. He/she may adamantly insist that they do not experience certain emotions (e.g. anger). He/she may feel numb or empty when experiencing intense emotions (especially anger). He/she tends to report thoughts when asked about emotions or feelings—rather than using emotion words. He/she may use idiosyncratic and/or peculiar language when describing emotions (e.g., “I feel like plastic”).

- ii. Stoical and uncomplaining—minimizes or discounts their emotional experience (e.g., anger, pain, excitement) both publicly and privately (e.g., even when with family). Self-reported mood states are stable, static and with little variability in or contrast in intensity. He/she may hold idiosyncratic beliefs about certain emotions (e.g., may report they never experience anger because to them anger means being out-of-control and fits of rage; or they may believe that showing fear or feeling sad is a sign of weakness or cowardly). He/she tends to underreport emotions. For example, may habitually say “I’m fine” when queried about how they feel—regardless of their current mood state (e.g., even when highly distressed). He/she exhibits high distress-tolerance—able to tolerate pain or discomfort without complaint for long periods—may ignore injuries or medical problems. When angry he/she becomes quieter (rather than louder)—e.g., ‘the silent treatment’; may pout when angry but deny doing so when queried. When an anger outbursts occur—it tends to occur in private (e.g., only in the presence of immediate family members or a therapist)—not in public places (e.g., at a train station, in the street). He/she may communicate a stance that devalues the importance of emotions (e.g., may change topic when emotions are discussed or may quickly attempt to ‘fix’ the emotional distress exhibited by another person by giving them advise).

**Prototype rating for this OC feature**

Place a check in the relevant box and record the score in the box below

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<input type="checkbox"/> <b>Good match (has the majority of features) score = 3</b>
<input type="checkbox"/> <b>Very good match (exemplifies features) score = 4</b>

Score for this feature =

**b. Mask inner feelings (via facial expressions, gestures, actions)**

- i. Strive to “keep up appearances” and to be seen as “in control”.
- ii. Facial expressions or body posture may not match inner experience or may be incongruent—e.g. may smile when afraid/angry, may cry when angry, may sit upright in rigid position with tightly clasped hands while smiling.
- iii. May exhibit little variability in the expression or intensity of positive or negative emotional experiences. May tend to inhibit the expression of both negative and positive emotion, May rarely show extreme excitement or demonstrations of joy.
- iv. Rarely describe self as excitable or enthusiastic—tend to be serious, rarely engage in spontaneous laughter or giggling—although may rehearse jokes and may be able to entertain or make others laugh. May pride self in being witty.
- v. Expressions tend to be either flat, impassive or restrained (e.g., flat-faced when angry or amused), and disingenuous and/or incongruent with inner experience (e.g., smiling when distressed, showing expression of concern when angry).
- vi. Rarely demonstrative in gestures, facial expressions, or actions (e.g., less likely to make large or big gestures, less likely to use hand or arm gestures while talking).
- vii. May consider masking emotions a sign of maturity.

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- Very good match (exemplifies features) score = 4**

Score for this feature =

## 4) Deficits in social connectedness and intimacy.

### a. Aloof/distant interpersonal style of relating to others

- i. In general cautious, restrained, reserved during interactions.
- ii. Conflict avoidant – may abandon relationship rather than deal with conflict.
- iii. In general, finds social interactions fatiguing, mentally exhausting, or unrewarding.
- iv. Attends social-activities out of a sense of duty or obligations—not due to a genuine desire to participate (i.e., anticipatory reward).
- v. Dislikes non-goal focused social-interactions that involve joining with others or sharing inner experiences, lack prescribed roles, and/or free-flowing conversation (e.g., picnics; parties, group celebrations, team building activities)
- vi. Slow to warm up to someone. Less likely to reveal their opinion until they get to know the person better. He/she may be proud that they are not easily impressed or that it takes a long time to get to know them. He/she tends not to talk about self—e.g., rarely will overtly ‘brag’ about self; rarely will spontaneously describe in detail an adventure; less likely to reveal doubts or past failures. Low vulnerable self-disclosure—e.g. tends to rarely reveal socially unacceptable beliefs or emotions or may ay tend to ask others questions rather than reveal.
- vii. Will generally behave ‘pro-socially’ but without revealing much personal information. For example, he/she tends to be polite and cordial during most interactions—especially during greetings or when ending an conversations (e.g., will shake hands, smile, nod, ask appropriate questions). He/she may spend a great deal of time rehearsing the “appropriate response” and/or carefully plan what they might say or how they might behave prior to a social engagement, which can make interactions appear stilted, awkward, or insincere when their prepared script no longer fits the situation. He/she may appear actively engaged in a conversation without revealing personal information. When asked personal questions he/she may give long-winded answers that are intellectual or vague answers, may change the topic, or may turn the question back on the other person (e.g., quickly answers and then asks the other person the same question). More likely to discuss non-social topics (e.g., politics, weather, news) or provide opinions about non-emotional topics (e.g., taste of a meal). He/she may yearn for sensory-deprivation after a prolonged social interaction (e.g., reducing external stimuli by closing all window shades, putting in earplugs, advising family members to leave them alone, and retiring to bed after taking a headache tablet).

## Prototype rating for this OC feature

Place a check in the relevant box and record the score in the box below

- Little or no match (description does not apply) score = 0**
- Some match (some features apply) score = 1**
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- Good match (has the majority of features) score = 3**
- Very good match (exemplifies features) score = 4**

Score for this feature =

**b. *Highly value achievement, performance, and competence (or at least appearing competent).***

- i. Avoiding feelings of vulnerability, humiliation or embarrassment take precedence in relationships (may be willing to damage a relationship in order to avoid being discovered as incorrect, incompetent, or vulnerable).
- ii. Makes frequent social comparisons, and relies on downward social comparisons to boost self-esteem
- iii. May hold onto grudges or past hurts and experience periods of high envy/bitterness
- iv. May secretly harbor feelings of ill-will towards rivals or those they perceive as having unfair advantage over them.
- v. May view themselves as a “social misfit,” and “outsider,” a “loner,” “different,” or “awkward”
- vi. May develop a cynical view about relationships and come to believe love or genuine caring is either false or impossible.
- vii. May feel un-appreciated or un-recognized for their talents, hard work, or self-sacrifices which can lead to resentment and bitterness—and negatively impact relationships. Although they may desire recognition for their efforts they may rarely directly request it.
- viii. Low empathy/validation skills. He/she may struggle to understand the importance of understanding another person’s perspective. He/she may actively make self-sacrifices to help others—but out of a sense of duty or obligation rather strong feelings of warmth, sympathy, or compassion. He/she may believe only outstanding performance is worthy of validation or appreciation. Even when outstanding performance is achieved they may allow themselves little time to rest or bask in glory. He/she may be more likely to say “no” to new ideas or suggestions. He/she may find it difficult to compliment, praise, or help others (or be praised or helped by others). He/she may find it difficult to admit when they have made a mistake. He/she may rarely apologize for wrong-doing or may overly apologize in order to avoid social-disapproval. He/she may frequently provide unsolicited advice to others.

## Prototype rating for this OC feature

Place a check in the relevant box and record the score in the box below

- Little or no match (description does not apply) score = 0**
- Some match (some features apply) score = 1**
- Moderate match (has significant features) score = 2**
- Good match (has the majority of features) score = 3**
- Very good match (exemplifies features) score = 4**

Score for this feature =

Notes:

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**Tally up scores from each feature and use the scale below as a means of determining to what degree the individual “meets” criteria for OC**

**OC Clinical Rating Scale Total Score =**

- 0-7 = unlikely to be OC**
- 8-16 = low to moderate OC features**
- 17-24 = a good match for OC**
- 25-32 = exemplifies OC**

## Overcontrolled Subtype Rating Scale

**Instructions for use:** ONLY COMPLETE THE LAST TWO ITEMS OF THE SCALE IF THE CLIENT HAS SCORED 17 OR HIGHER on the general Overcontrolled Prototype Rating Scale (i.e., this should not be completed if the client is NOT overcontrolled).

### A. The overly-disagreeable subtype:

- i. Motivated to be perceived as *competent but not compliant*.
- ii. Less concerned about social approval, politeness, or social correctness. Willing to appear unfriendly, bad-tempered, or disagreeable in order to achieve an objective, even if it harms interpersonal relations
- iii. Tend to appear business-like or serious when in public. May display flattened or inhibited emotional expressions during social interactions
- iv. Their behavior is usually driven by a sense of duty, obligation, or ambition. For example, they may display friendly, polite, or affable expressions because it is customary or expected according to “rules of etiquette” (e.g., at a wedding; greeting a friend/acquaintance; purchasing something from a sales clerk) or in order to achieve a personal goal (e.g., during a business meeting); not simply because they are feeling particularly warm-hearted or kindly towards someone
- v. When an important personal goal or rule is thwarted or violated; they may quickly lose their pro-social persona and behave indifferently, cold, detached, or critical
- vi. May consider themselves “strong-willed” and may value their ability to resist social pressure or be unaffected by interpersonal issues or conflict
- vii. May genuinely struggle communicating positive emotions and/or feeling easy or laid-back when interacting with others. May find it difficult to communicate desires for affiliation or vulnerable emotions to others. May resist or avoid public displays of affection, even when the situation clearly calls for it
- viii. May find it difficult to apologize, praise, or offer help to others (or believe apologies from others are genuine and accept help or praise from others)
- ix. May be described by others as aloof or arrogant. Tend to value competence over relationships. May believe genuine love or intimacy is false or a waste of time.

#### Prototype rating for this OC feature

Place a check in the relevant box and record the score in the box below

- |   |
|---|
| <input type="checkbox"/> <b>Little or no match (description does not apply)</b> score = 0 |
| <input type="checkbox"/> <b>Some match (some features apply)</b> score = 1                |
| <input type="checkbox"/> <b>Moderate match (has significant features)</b> score = 2       |
| <input type="checkbox"/> <b>Good match (has the majority of features)</b> score = 3       |
| <input type="checkbox"/> <b>Very good match (exemplifies features)</b> score = 4          |

Score for this feature =

### B. The overly-agreeable subtype:

- i. Motivated to be seen as *competent and socially acceptable*
- ii. Tend to be preoccupied with monitoring themselves internally for signs of anxiety and others for signs of disapproval
- iii. Likely to display disingenuous or incongruent expressions in order to avoid social disapproval (e.g., smiling when distressed; laughing when not finding something amusing, expressions of concern or caring when they are not feeling any). May



believe that removing their “mask of acceptability” would lead to extreme social rejection.

- iv. May adopt a style of behaving that avoids personal self-disclosures yet appears intimacy enhancing. For example, they may be highly adept at steering conversations away from themselves by asking “apparently compassionate” questions about the other person’s life. Other examples include feigned interest (e.g., pretending to take notes during a conversation), artificial concern (e.g., polite expressions of sympathy) and false humility (e.g., criticizing oneself before others can).
- v. May quickly agree or concede defeat despite inwardly disagreeing or may flatter/praise a rival to conceal envy
- vi. May feel resentful when their overly solicitous and socially considerate manner is not recognized, appreciated, or reciprocated, yet will work hard to conceal any hostile feelings
- vii. May work hard to convince their therapist that they are “OK” or “normal”
- viii. May obsessively rehearse how they will behave or what they might say prior to social events. Situations requiring spontaneous behavior are avoided. Desire recognition but not the limelight
- ix. May report feeling exhausted after social events because their façade of social acceptability is draining to keep up for long periods of time. The need for rest, following social interactions, may be so intense that it leads to abnormal periods of social isolation (e.g., turning off all lights and going to bed in the mid-afternoon, lack of contact with others for several days) or even states of shut-down or collapse (e.g., frequent sick-leave).

### Prototype rating for this OC feature

Place a check in the relevant box and record the score in the box below

- Little or no match (description does not apply) score = 0**
- Some match (some features apply) score = 1**
- Moderate match (has significant features) score = 2**
- Good match (has the majority of features) score = 3**
- Very good match (exemplifies features) score = 4**

Score for this feature =

## The OC Prototype Rating Scale—Summary Score Sheet

		Little or no match (description does not apply)	Some match (patient has some features)	Moderate match (has significant features)	Good match (has the majority of features)	Very good match (exemplifies features)
<b>1) Deficits in receptivity and openness</b>	Hyper-vigilant for stimuli perceived to be threatening, critical, discrepant, disorganized, or lacking symmetry.	0	1	2	3	4
	Tend to discount critical feedback or new information	0	1	2	3	4
<b>2) Deficits in flexible-responding</b>	Compulsive needs for structure and order	0	1	2	3	4
	Compulsive planning/rehearsal	0	1	2	3	4
<b>3) Deficits in emotional awareness and emotional expression</b>	Diminished emotional experience and awareness.	0	1	2	3	4
	Mask inner feelings (via facial expressions, gestures, actions)	0	1	2	3	4
<b>4) Deficits in forming intimate interpersonal relationships</b>	Aloof/distant interpersonal style of relating to others	0	1	2	3	4
	Highly value achievement, performance, and competence (or at least appearing competent)	0	1	2	3	4
	<b>Tally up scores from each feature</b>  0-7 = unlikely to be OC 8-16 = low to moderate OC features 17-24 = a good match for OC 25-32 = exemplifies OC					
<b>Rate the level of OC subtype (ONLY IF SCORE WAS 17 OR OVER):</b>						
<b>The overly-disagreeable subtype</b>		0	1	2	3	4
<b>The overly-agreeable subtype</b>		0	1	2	3	4