

DIAGNOSING OVERCONTROL

STEP BY STEP

FIRST: ASK THE CLIENT TO COMPLETE TWO SELF-REPORT QUESTIONNAIRES

1. *Styles of Coping word-pairs*

Note: This measure does not assess maladaptive OC or UC coping. Thus, an individual can score high on the word-pair measure and yet still be psychologically healthy

2. *OC Trait Rating Scale*

3. *(Optional additional measures: AAQ-II and PNS)*

SECOND: CONDUCT A CLINICAL INTERVIEW

ASSESS FOR AXIS I AND AXIS II DISORDERS THAT CHARACTERIZE OVERCONTROL

- **Axis I:** chronic depression, anorexia nervosa, autism spectrum disorders, treatment resistant anxiety
- **Axis II:** obsessive compulsive PD, paranoid PD, avoidant PD, schizoid PD
- **Use supplemental questions:** “How might you describe yourself?” to help identify broad features during the interview

RO Supplemental Interview Questions

How might you describe yourself?

- Do you believe it is important to do “do things properly” or “right”?
- Are you a perfectionist?
- Are you cautious and careful about how you do things?
- Do you prefer order and structure? Are you organized?
- Do you like to plan ahead? Do you think before acting?
- Are you able to delay gratification? Are you able to easily inhibit an impulse?
- Do you consider yourself conscientious? Are you dutiful?
- Are you quiet, restrained, or reserved by nature?
- Is it hard to impress you?
- Does it take time to get to know you?
- Are you likely to not reveal your opinion immediately until you get to know someone better?

THIRD: AFTER THE CLINICAL INTERVIEW AND THE CLIENT HAS LEFT THE ROOM THE ASSESSOR THEN COMPLETES...

4. ***The Overcontrolled Global Prototype Rating Scale***: If the client scores 17 or higher—then complete...
 - ***OC Subtype Rating Scales***—to ascertain whether the client appears to match more closely the Overly-Agreeable or the Overly-Disagreeable subtype

FOURTH: NEXT THE ASSESSOR OR THERAPIST COMPLETES THE...

5. ***Clinician rated OC Trait Rating Form***
 - **A score of 40 or higher suggests OC 'caseness'**—i.e., the individual matches closely the predicted OC trait pattern.
 - **Use individual trait ratings to guide treatment planning** (e.g., high scores on emotion expression inhibition highlight the importance of targeting this feature in treatment).