

# QUIZ: Could My Teen Have OCD?

This checklist can help parents determine if their teen exhibits the symptoms of OCD. **Call the professionals at Artemis at 520.614.8647** to discuss results and learn more about receiving professional treatment.

*Instructions: Read each statement and check off any signs that apply to your child. .*

- ☐ **My teen has obsessive fears about germs, illness, or contamination.**
  - ☐ **They wash their hands or clean excessively, sometimes to the point of skin damage.**
  - ☐ **They check things repeatedly—like locks, appliances, or homework—even when unnecessary.**
  - ☐ **My teen gets stuck in routines and becomes distressed if they're interrupted.**
  - ☐ **They perform repetitive behaviors/rituals they say they "have to do" to feel safe.**
  - ☐ **They spend a lot of time organizing or arranging things in a "just right" way.**
  - ☐ **They seek constant reassurance from me or others to ease anxiety.**
- ☐ **My teen has intrusive thoughts that they find upsetting, disturbing, or hard to control.**
- ☐ **They repeat words, prayers, or numbers silently to "cancel out" bad thoughts.**
- ☐ **They seem overly focused on morality, being perfect, or doing the "right" thing.**
- ☐ **They avoid people, places, or objects that trigger obsessive fears.**
- ☐ **Their rituals or fears interfere with daily activities, like school or socializing.**
- ☐ **They hide behaviors or seem ashamed of certain thoughts or routines.**
- ☐ **They've expressed frustration, confusion, or exhaustion over their own behaviors.**
- ☐ **They have emotional outbursts or anxiety about specific thoughts or rules they've created.**

📞 **NEXT STEPS:** If you checked several boxes, your teen may be struggling with Obsessive Compulsive Disorder (OCD). While this quiz is not a diagnosis, it can help you decide to seek support. Call Artemis Adolescent Healing Center at 520.614.8647 to schedule a professional assessment and learn about personalized treatment options.



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