

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates

Scenario

Margaret Smith is a 32-year-old woman who has been referred by her GP because of excessive hand-washing. She is also seeing a dermatologist because of dermatitis of her hands.

Instructions

Take an appropriate history of obsessions and compulsions.

**PLEASE REMEMBER TO HAND YOUR IDENTITY LABEL TO THE
EXAMINER**

Station Number

AFFIX CANDIDATE
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Mental State Examination: Obsessions and
Compulsions

CANDIDATE No:.....

Instructions for Patients

Answer questions based on the following scenario.

Do not volunteer information unless asked.

This station tests the candidate's ability to take a history from a patient, and examine specific aspects of the mental state.

You are Margaret Smith, a 32-year-old woman.

Key Attributes

You are anxious, rubbing your hands, looking around you, embarrassed to be there. You are keen for reassurance and explanation about your symptoms and behaviours. You are cooperative with the interview.

Key Dialogue

History of symptoms

You have had most of these behaviours since your late teens. You report the following:

- You have a worry that germs are present on most surfaces. You clean your house twice a day, taking up to 3 hours per day.
- You have to wash your hands in a specific way every time – you describe a ritual involving a specific order of turning on the taps, washing your hands in a particular way eight times. If this routine is disturbed, you have to start again, until it “feels right”. You don't know why eight times is significant.
- You worry that doors are unlocked and lights are left on. It takes you about 20 minutes to get out of the house, as you have to keep going back in and checking that all the lights are off. You can only leave your house when it feels okay to do so.
- You have intrusive images of people being hurt. Sometimes, when you pass someone in the street you see them being run over, and this goes round in your head repeatedly. The images are very graphic, and are disturbing. They make you anxious, and you have a ritual of touching your fingertips together in a particular way which stops something terrible happening to them.

Quality of experiences

- You think that they are your own thoughts. You don't think that anyone is putting them in your head.
- You find the images anxiety-provoking and intrusive.
- You think that the rituals help to reduce your anxiety levels.
- You try to resist repeating the rituals, but you find this difficult.
- The impulses and images are unpleasantly repetitive.

Personal History

- You have always been quite an anxious person. As a child, you wouldn't step on cracks, or walk under ladders. You used to be terrified by thinking that your parents would be hurt just by you thinking about them.
- You live alone, but your parents live nearby. You don't smoke, and you don't drink alcohol.
- You work as a secretary, but find that your rituals and intrusive images often prevent you from doing your job.

Mental State

- Your symptoms sometimes "get you down", but you don't find yourself being low all the time. You are not tearful.
- You sleep okay when you finally get to bed, but you have a ritual for preparing for bed.
- Your appetite is okay, and you haven't lost/ gained any weight recently.
- You generally answer "no" to any other questions, and your ability to enjoy things is undiminished.

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Mental State Examination: Obsessions and
Compulsions

CANDIDATE No:.....

Instructions for Examiners

***REMEMBER TO ASK THE STUDENT FOR THEIR IDENTITY LABEL AND
AFFIX IT TO THE TOP OF THE MARK SHEET.***

This is an OSCE designed to test:

1. The candidate's history taking and mental state examination skills with regard to symptoms of obsessive-compulsive disorder.
2. Ability to differentiate clearly between obsessions and compulsions.
3. Knowledge of the phenomenology of OCD.

Station Number

Examiner's Name:

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AFFIX CANDIDATE
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CANDIDATE No:.....

Mental State Examination: Obsessions and Compulsions

Marking Sheet

Please circle the appropriate mark for each criterion. The standard expected is that of a psychiatric Senior House Officer.

Criterion	Performed competently	Performed, but not fully competent	Not performed		
Approach to the patient – Rapport, empathy, and style	2	1	0		
Nature/ quality of obsessions (1 point for each, up to a maximum of 3):					
• Thoughts, ideas	1	½	0		
• images	1	½	0		
• ruminations	1	½	0		
• doubts	1	½	0		
Phenomenology of Obsessions (1 point for each, up to a maximum of 4):					
1. recognized as the individual's own thoughts or impulses?	1	½	0		
2. resistance to repetition present to some extent?	1	½	0		
3. act or thought is not pleasurable in itself?	1	½	0		
4. thoughts, images, or impulses must be unpleasantly repetitive?	1	½	0		
Nature/ quality of compulsions (1/2 point for each, up to a maximum of 3):					
• counting	1	½	0		
• washing	1	½	0		
• checking	1	½	0		
• rituals	1	½	0		
Phenomenology of Compulsions (1 point for each, up to a maximum of 4):					
1. Is act a purposeful one?	1	½	0		
2. Performed in accordance with a certain set of rules?	1	½	0		
3. The act is not an end in itself, but is designed to bring about another state of affairs (e.g. averting disaster)	1	½	0		
4. Magical quality between what the patient is doing and what he is trying to achieve?	1	½	0		
Overall Approach to Task	4	3	2	1	0
Score (Max 20)					
Overall Grading of station	Clear Pass		Borderline		Clear Fail