



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have OCD Tendencies?

A 10-question check for obsessive-compulsive patterns

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.”

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn’t decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles

Do I Have OCD Tendencies?

This is a self-assessment tool to help you understand your current mental wellness. Please answer honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you experience thoughts that intrude into your mind and cause distress, even though you don't want them?
- Do you find yourself repeatedly checking things like gas stoves, door locks, or electrical switches after you have already checked them?
- Do you feel compelled to wash or clean things excessively, even when they don't appear dirty?
- Do you have a strong need for things to be arranged in a specific order or be perfectly symmetrical?
- Do you engage in mental rituals, like counting or repeating specific phrases, to reduce distress or prevent something bad from happening?
- Do you frequently seek reassurance from others about your doubts or worries?
- Do you experience significant distress or anxiety due to persistent doubt and uncertainty?
- Do you have intrusive thoughts related to religious beliefs, morality, or causing harm, which cause you significant distress?
- Do you find yourself performing specific rituals, like puja or cleaning related to purity concerns, that feel excessive or difficult to stop?
- Do you experience intense fear of contamination or germs that interferes with your daily life?

Score: Count the total number of 'Yes' answers. This score is just an indicator and not a diagnosis.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Minimal Distress

Your responses suggest a low level of distress. Continue focusing on healthy coping strategies and maintaining your current wellness practices.

SCORE: 4-6

Mild Distress

Your responses indicate mild distress. Consider exploring simple stress-management techniques and self-care routines.

SCORE: 7-8

Moderate Distress

Your responses suggest moderate distress. It might be helpful to speak with a mental wellness professional to explore these feelings further.

SCORE: 9-10

High Distress

Your responses indicate significant distress. We warmly encourage you to connect with a mental wellness professional for support and guidance.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

If you're finding certain thoughts or behaviours overwhelming, gently acknowledge them without judgment and consider seeking support from a trusted friend, family member, or a wellness professional.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these experiences, if any, feel most challenging for you right now?

2. What is one small step you can take today to manage these feelings?

3. How do these experiences impact your relationships or daily activities?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindfulness for Beginners

Learn simple techniques to calm your mind and reduce stress.

₹199

2

Stress Management Toolkit

Practical strategies to navigate daily pressures effectively.

₹99

3

Building Resilience

Develop inner strength to bounce back from challenges.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."

— Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224