



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Severe Is My OCD?

10 questions about obsessions, compulsions, and their impact

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.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“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.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



How Severe Is My OCD?

This assessment helps you understand your current mental wellness. It provides insights into your emotional state and suggests ways to enhance your well-being.

Assessment Questions

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

- How many hours per day do you spend thinking about unwanted thoughts or urges (obsessions)?
- How many hours per day do you spend performing repetitive actions or mental rituals (compulsions)?
- On a scale of 0 to 10, how much distress do your obsessions cause you?
- On a scale of 0 to 10, how much do your obsessions and compulsions interfere with your daily life (work, studies, social activities)?
- On a scale of 0 to 10, how much difficulty do you have resisting the urge to perform compulsions?
- On a scale of 0 to 10, how much has your life become restricted to avoid triggers for your obsessions or compulsions?
- On a scale of 0 to 10, how much have your obsessions and compulsions impacted your relationships with family and friends?
- On a scale of 0 to 10, how much have your obsessions and compulsions impacted your performance at work or in your studies?
- On a scale of 0 to 10, how much shame or secrecy do you feel regarding your obsessions and compulsions?
- On a scale of 0 to 10, how much hope do you feel for improvement in your well-being?

Score: Count the number of 'Yes' answers.



Your Results

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

SCORE: 0-3

Minimal Concern

Your responses suggest you are managing well. Continue focusing on positive coping strategies.

SCORE: 4-6

Mild Concern

Your responses indicate some challenges. Consider exploring healthy ways to manage these feelings.

SCORE: 7-8

Moderate Concern

Your responses suggest you are facing significant difficulties. It may be beneficial to seek support.

SCORE: 9-10

High Concern

Your responses indicate a high level of concern. We strongly encourage you to connect with a mental wellness professional for guidance and support.

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

DR. PRIYA'S TIP

If your results indicate a higher level of concern, remember that seeking support is a sign of strength, and many effective strategies can help you feel better.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific thoughts or actions are most bothersome for you?

2. What small steps can you take today to reduce distress or interference?

3. Who can you talk to about what you are experiencing?

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 Inner Peace

Learn simple techniques to calm your mind.

₹199

2

Stress Management Toolkit

Practical strategies to cope with daily pressures.

₹99

3

Building Resilience

Develop the inner strength to face 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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"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