

The Penn Inventory of Scrupulosity (PIOS)-Revised

Instructions: The following statements refer to experiences that people sometimes have. Please indicate how often you have these experiences using the following key:

0 = never; 1 = almost never; 2 = sometimes; 3 = often; 4 = constantly

- 1. I worry that I might have dishonest thoughts
- 2. I fear I will act immorally
- 3. I feel urges to confess sins over and over again
- 4. I worry about heaven and hell
- 5. Feeling guilty interferes with my ability to enjoy things I would like to enjoy
- 6. Immoral thoughts come into my head and I can't get rid of them
- 7. I am afraid my behavior is unacceptable to God
- 8. I must try hard to avoid having certain immoral thoughts
- 9. I am very worried that things I did may have been dishonest
- 10. I am afraid I will disobey God's rules/laws
- 11. I am afraid of having sexual thoughts
- 12. I feel guilty about immoral thoughts I have had
- 13. I worry that God is upset with me
- 14. I am afraid of having immoral thoughts
- 15. I am afraid my thoughts are unacceptable to God