

Table 5.1  
**Potential reasons behind an obsessional doubt**

<i>Primary Inference of Doubt</i> <i>"My food might be poisonous"</i>
<b>Abstract facts and ideas – Things that you know or believe to be true in general.</b>
<ul style="list-style-type: none"> <li>a. Contaminated and poisoned food is being recalled all the time.</li> <li>b. Medication has tamper proof packaging yet most foods do not.</li> <li>c. There are slow-acting poisons you cannot even feel or detect.</li> <li>d. Everyone can access and poison unsecured food products in the supermarket.</li> <li>e. Food contamination can occur at any point in the supply chain.</li> </ul>
<b>Personal experience – Your own personal experience, past or present</b>
<ul style="list-style-type: none"> <li>a. I once got very sick after eating out and I still don't know exactly why.</li> <li>b. I have seen food being prepared next to commercial cleaning products.</li> <li>c. I once bought food that smelled off and had to throw it away.</li> <li>d. I found a foreign object in my food once.</li> <li>e. I have a family member who got food poisoning from improperly stored food.</li> </ul>
<b>Values, standards and rules – The way of doing things according to an accepted principle.</b>
<ul style="list-style-type: none"> <li>a. Better safe than sorry.</li> <li>b. Food has to be prepared correctly to prevent any poisoning.</li> <li>c. You're not supposed to buy food in damaged packaging.</li> <li>d. It's a rule to always wash fruits and vegetables before eating.</li> <li>e. Avoiding food from untrusted sources is a standard precaution.</li> </ul>
<b>Authorities – A person, institution or organization that is perceived as important.</b>
<ul style="list-style-type: none"> <li>a. A famous doctor advised to be alert to any signs of poisoning.</li> <li>b. There's a national poison help hotline for a reason.</li> <li>c. Health organizations regularly warn about foodborne illnesses.</li> <li>d. Government agencies have stringent regulations to prevent food poisoning.</li> <li>e. Food safety experts often emphasize the importance of being vigilant about potential contamination.</li> </ul>
<b>Hearsay and news – Information that you got from other people, substantiated or not.</b>
<ul style="list-style-type: none"> <li>a. I heard of medications being poisoned by someone.</li> <li>b. My friend once told me he saw pesticides being sold right next to food.</li> <li>c. I saw on the news that there is a terrorist threat aimed at poisoning food.</li> <li>d. A neighbor mentioned hearing about a local food contamination incident.</li> <li>e. Social media often reports on food recalls due to contamination.</li> </ul>
<b>Anything else – Anything that does not fit well in the previous categories</b>
<ul style="list-style-type: none"> <li>a. My intuition tells me it could happen.</li> <li>b. Just by chance it is bound to happen eventually.</li> <li>c. I would not have the thought if there was nothing to it.</li> <li>d. My dreams sometimes feature scenarios of food being poisoned.</li> <li>e. It just feels very real to me.</li> </ul>