

Table 5.1
 Potential reasons behind an obsessional doubt

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