Abstract
Background: Many explanatory models of obsessive-compulsive disorders (OCD) support the idea that compulsive behaviours are an attempt to avoid an aversive situation. There are few experimental studies carried out on the onset of repetitive behaviours. This study tries to create a repetitive checking behaviour as an analogue explaining similar OCD behaviours. Method: An inter-group design with 3 levels of aversion (minimal, progressive and maximum) in a visuo-spatial reasoning task was used. 48 university students without OCD problems (mean= 23 years old) were the participants, randomly distributed in 16 per group. Checking frequency (semi-hidden chronometer) for each task was measured and the questionnaires TONI-2, STAI, MOCI and YBOCS-SR were applied. Results: Participants with a minimal or maximum level difficulty showed a significantly higher level of checking behaviour than those in the progressive difficulty. The differences occurred between the minimal and the progressive group, and between the minimal and maximum difficulty. There were no differences in any other variable. Conclusion: In this analogue, the continuous checking of a chronometer was reinforced by the elimination of boring tasks. The momentary escape from an aversive situation explains the checking behaviour. This study could be an experimental analogue of checking behaviour, showing its avoidance function.

Keywords
OCD, checking, experimental analogue, avoidance, negative reinforcement.