Exploring Clinical and Community Interventions for Hoarding and Cluttering
7th Annual Hoarding Pre-Conference Training
IOCDF
July 18, 2019
Austin, TX

Road map for the day

- Hoarding 101 (9-10:30)
  - Randy Frost & Gail Steketee
- Skill-Building for Treatment (10:45-12:30)
  - Christiana Bratiotis, Jordana Muroff, Jesse Edsel-Vetter
- Lunch (12:30-1:30)
- Peer & Family Supports (1:30-2:30)
  - Lee & Bec Shuer
- Using Video (2:45-3:45)
  - Randy Frost & Marnie Cooper
- Panel (4:00-5:00)
  - Moderator and members of the crew

Hoarding 101
Randy Frost & Gail Steketee

- What is hoarding? – symptoms & diagnosis
- Why do people hoard?
- Insight and motivation
- Emerging research

DSM-5 Criteria for Hoarding Disorder (HD) - OC Spectrum condition (APA, 2013)
A. Persistent difficulty discarding or parting with possessions, regardless of their actual value.

B. Due to a perceived need to save the items and distress associated with discarding them.

C. Accumulation of possessions that clutter active living areas and substantially compromise their intended use. If living areas are uncluttered, it is only because of the interventions of third parties (e.g., family members, cleaners, authorities).

Hoarding Disorder Criteria

D. Causes clinically significant distress or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others).

E. Not attributable to another medical condition (e.g., brain injury, cerebrovascular disease).

F. Not better accounted for by another DSM-5 disorder (e.g., OCD, major depression, psychotic disorder, dementia, autism spectrum disorder).

Manifestations of Hoarding

Acquisition

Saving

Disorganization
Excessive Acquisition in Hoarding

- 60% No Acq
- 28% Avoid
- 8% Past Acq
- 4% Excessive Acq

Frost et al., 2013

Percentage with Significant Acquisition Problems

- 80%
- 70%
- 60%
- 50%
- 40%
- 30%
- 20%
- 10%
- 0%

Frost et al., J Anxiety Disord 2009;23:632-639

Phil Thrift Store video

Phil Dumpster Diving Video
Compulsive Saving / Difficulty Discarding

- Types of items
  - Clothes, newspapers, books, containers
  - Worthless & worn out??

- Attachments
  - Sentimental
  - Instrumental
  - Intrinsic

Disorganization

- Condition of Home
  - Clutter
  - Mixed importance

- Behavior
  - Churning
  - Out of sight fear

Associated Features of Hoarding

- Poor health and/or disability
- Indecisiveness
- Perfectionism
- Procrastination
- Attention focus: “Can’t see the forest for the trees”

Prevalence

- Meta-analysis -- 2.5% [Postlethwaite et al., 2019]
- Germany
  - 4.6% (Mueller et al., 2009)
  - 5.8% (Timpano et al., 2011)
- UK
  - 2.3% (Iervolini et al., 2010)
  - 1.5% (Nordsletten et al., 2013)
- Sweden -- 2% [Adolescents; Ivanov et al., 2013]

COMORBID DISORDERS IN HD

Frost et al., 2011

Trauma in Hoarding and OCD

HD

OCD

Frost et al., 2011
Emotion Regulation

• Anxiety Sensitivity
  - Coles et al., 2003; Medley et al., 2013; Shaw et al., 2015; Phung et al., 2015

• Distress Tolerance
  - Timpano et al., 2014; 2016; Shaw et al., 2015; Shaw & Timpano, 2016

• Negative Urgency
  - Rash & regrettable acts when aroused
    - Phung et al., 2013; Timpano et al., 2015/2016

• Experiential Avoidance
  - De la Cruz et al., 2013; Wheaton et al., 2013; Ayers et al., 2014

Hoarding in Anxiety Disorder Clinic Patients (n=139)

Age of Onset in Hoarding
Meta-analysis = 16.7 years

% of Respondents with Moderate to Severe Hoarding

Concerns/barriers in treating late life hoarding

• Overlapping ADHD
• Reactions to touching/moving objects
• Little insight
• Abnormal personification

• Possible cognitive impairment
• Need for assistance in physical ADLs
  – Care and moving of the body
  – Walking, bathing, dressing, toileting, brushing teeth, eating
• Need for help with instrumental ADLs
  – Activities that support independent living
  – Cooking, cleaning, driving, communication via phone or computer, shopping, tracking finances, managing medications
Concerns/barriers in treating late life hoarding

- Not familiar/comfortable with psychiatric treatment
- Availability and role of family members and other social supports
- Limited/fixed income
- Multiple medications/multiple medical providers
- Possible negative life events (i.e., death of spouse)
- Risk of losing independent living status

Hazards of Hoarding

- Poor Sanitation
- Mobility Hazard
- Blocked Exits
- Community Cost
- Homelessness
- Fire Hazard

Melbourne Fire Brigade Study-2010

- 10 years of records
- 0.25% of fires involved hoarding
- 24% of fire related deaths involved hoarding

Familial aspects

- 37% grew up in cluttered homes vs. 16% for OCD and 10% for controls
- ~55% had parents & 1st degree relatives with HD
- Family conflict is common

Family Hostility: Patient Rejection Scale

- Hoarding
- OCD
- Schizophrenia
Phil Marital conflict video

Family Burden
- Growing up in a hoarding home associated with...
  - Increased embarrassment
  - Decreased inviting friends over
  - Increased strain in relationship with parents
  - Less happy childhood

What is animal hoarding?
- Accumulation of a large number of animals
- Failure to provide minimal standards
  - Nutrition
  - Sanitation
  - Veterinary care
- Failure to act on deteriorating
  - Condition of the animals
  - Condition of the environment

How big of a problem is it?
- 3000 new cases per year (Patronek, 2006)
- Condition of home
- Health risks
- Condition of animals
- Cost

Animal Hoarding: Who does it?
- Mostly women
- Mid 50s
- Single
- Socially isolated
- Mainly cats and dogs
- 30-40 animals or more

Types of Animal Hoarding
- Overwhelmed Caregiver
- Rescuer or Mission Driven
- Exploiter
Overwhelmed Caregiver

- Some insight
- Passive acquisition
- Triggered by change in circumstance
- Poor problem-solving
- Socially isolated
- Self-esteem linked to caregiving
- Few problems with authority

Rescue or Mission-Driven

- Sense of mission
- Believes is only one to provide care
- Active acquisition
- Rescue never followed by adoption out
- May have network of enablers or operate in a group
- Avoids authorities
- Fear of death

Exploiter

- Sociopathic
- Lacks empathy for people or animals
- Indifferent to harm
- Rejects outsiders’ concerns
- Superficial charm & charisma
- Lacks guilt or remorse
- Manipulative, cunning
- Adopts role of expert w/ need to control

Findings from Interviews with People who Hoard Animals

- Problems with early attachment
- Chaotic childhood environments
- Shy & socially awkward
- Mental health problems
- Dysfunctional relationships
- Tolerance of poor hygiene
- Poor insight / delusional
- Ascribe human qualities to animals
- Early strong associations with animals
- More closely attached to animals than people
- Believe they have special abilities relating to animals

Stekete, et al., 2011

Attachment-based Disorder

- Violation of attachment security at critical age
- Failure to develop mentalization (theory of mind)
  - The ability to appreciate the reality of others
- “Pure Love”

Why do people hoard?

- Information Processing Problems
- Acquisition & Saving Behaviors
- Reinforcement Patterns
- Vulnerability
- Attachments and Saving Beliefs
- Healthy Attachment Cycle

CLUTTER
Information Processing Deficits

- Attention
- Categorization
- Memory
- Perception
- Association
- Complex Thinking

Decision-making Difficulties

Emotional Attachments and Beliefs

- Beauty/aesthetics
- Memory
- Utility/opportunity
- Sentimental
- Comfort
- Identity/potential identity
- Control
- Mistakes
- Responsibility/waste
- Completeness
- Safety

Reinforcement Patterns

- Positive reinforcement (positive emotions)
- Negative reinforcement (negative emotions)
- No opportunity to test beliefs & appraisals (avoidance)
- No opportunity to develop alternative beliefs (avoidance)

Motivation and Ambivalence: Why don’t people change?

Costs of change

Benefits of change

Insight: Hoarding

What is absent insight?

- Insight (anosognosia)
- Clutter blindness
- Fear of discovery
- Hopelessness
- Defensiveness & resentment
- Coping
- Overvalued beliefs about possessions
Social Context

- Language
- TV
- Family
- Who’s asking?

Motivation

- What makes people motivated to change?
  - Importance
  - Confidence
- Focus on Ambivalence

Ambivalence

- Even people with poor insight are ambivalent
  - They know others’ view of the way they live.
  - They feel shame when others see their home.
- No one appreciates the other side of their ambivalence.
  - We must begin here if we hope to get them to change.

Listen to what people tell you about the meaning of their possessions.

Your Frame of Reference

- Suspend your ideas about how a house should look
- Focus on celebrating possessions, not on discarding them
- Focus on Safety and Function
- Start your journey with clients by looking at this as a strength

If we don’t start there, the client’s experience is...

- “I want to get control over my clutter,”
- But the therapist just wants me to get rid of my stuff.”
- You are on the wrong side. When you argue for change, they must argue against it.
### CBT for Hoarding

- Assessment and Case Formulation
- Motivational Enhancement
- Organizational Skills Training
- Changing Attachments to Things
- Changing Acquiring Patterns
- Sorting and Discarding

### Controlled Trial: Saving Inventory-Revised

**% Reduction**

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<th>CBT Waitlist</th>
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**Partial ETA² = .223**

29% reduction

Steketee et al., 2010, Depress&Anx, 27, 474-484

### Treatment Responders (%)

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### Important Factors for Successful Treatment

- Homework completion
- Home Visits
- Perfectionism
- Changing Emotional Attachments

(Levy et al., 2017; Muroff et al., 2014; Tolin et al., 2010; 2015)

### Thank you!

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