

Hoarding: The Basics

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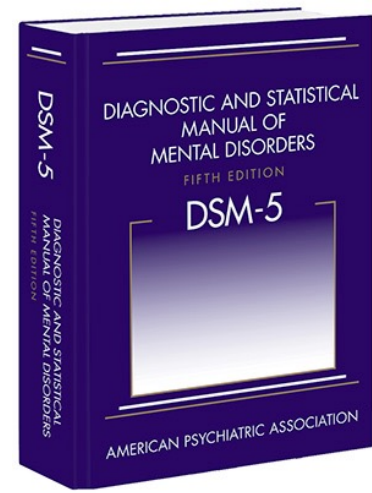
Road Map

- Symptoms and diagnosis
- Understanding hoarding
- Motivation
- Treatment



DSM-5 Criteria for Hoarding Disorder (HD) an 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).

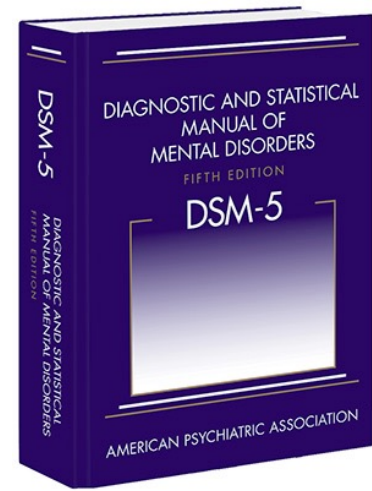


Hoarding Disorder Criteria

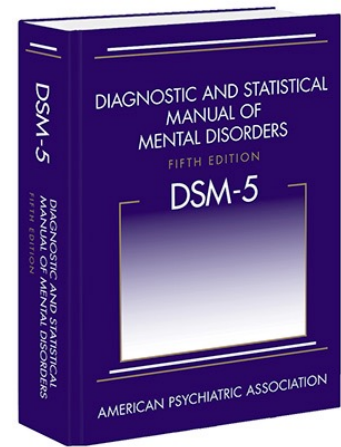
D. Causes clinically significant distress or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others).

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)



Diagnostic Specifiers



- With Excessive Acquisition

- Insight
 - Good or Fair
 - Poor
 - Absent (16% research clinic; 50% community)

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



Manifestations of Hoarding

Acquisition

Saving

Disorganization

CLUTTER

The word 'CLUTTER' is written in a large, bold, 3D-style font with a yellow-to-brown gradient. It is the central focus of the diagram, with three arrows pointing towards it from the left. The arrows originate from the words 'Acquisition', 'Saving', and 'Disorganization' respectively. The word 'CLUTTER' is slightly offset to the right, creating a sense of depth.

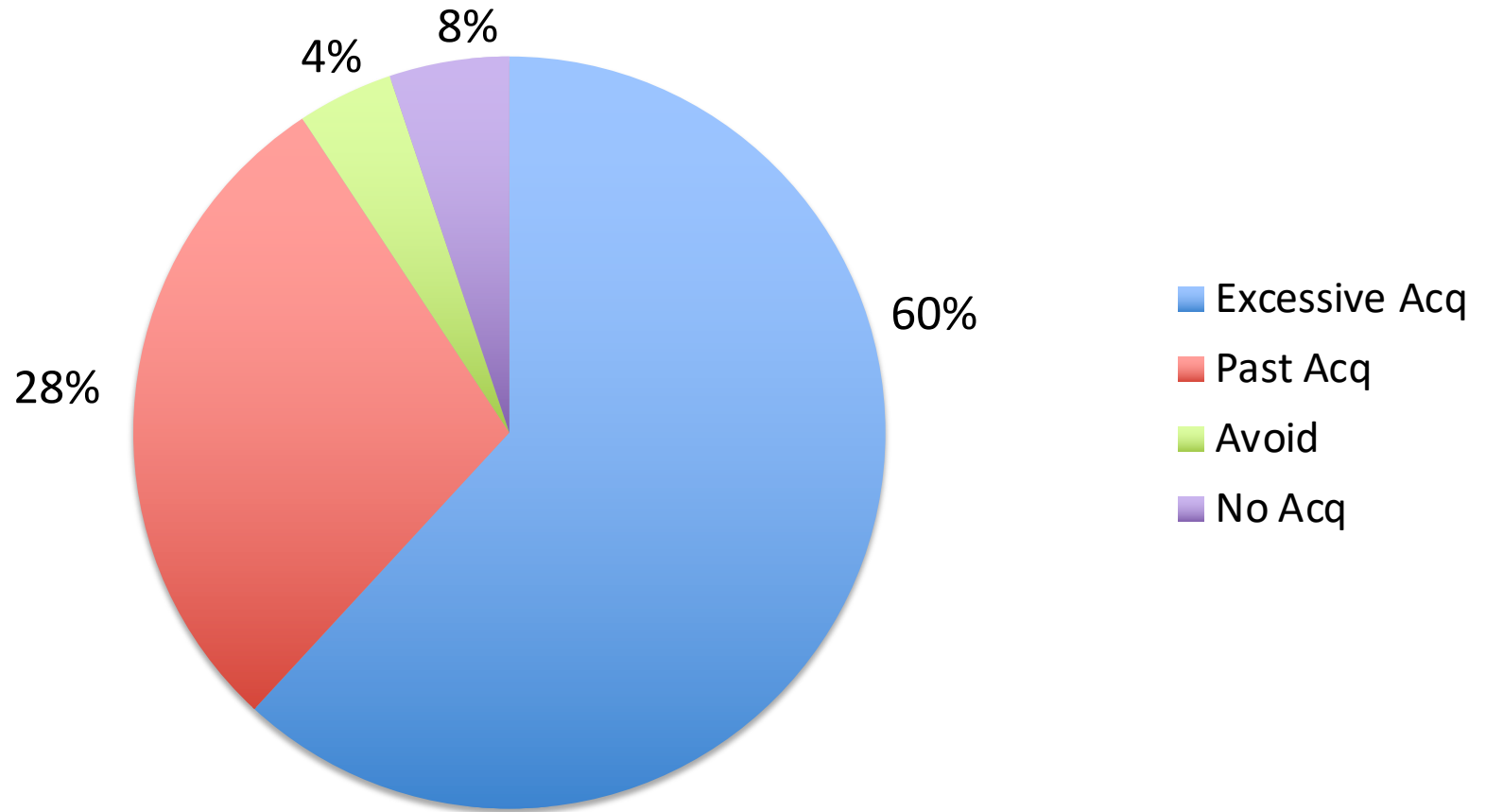


Acquisition

- Buying
- Free Things
- Stealing
- Passive acquiring

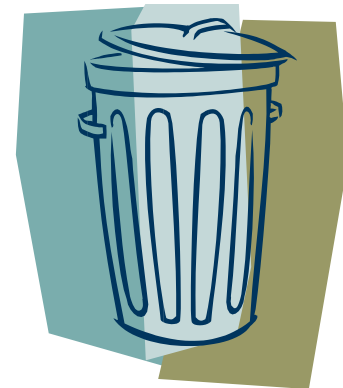


Excessive Acquisition in Hoarding



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

Prevalence



- Range in US & Europe – 1.5 to 5.5%

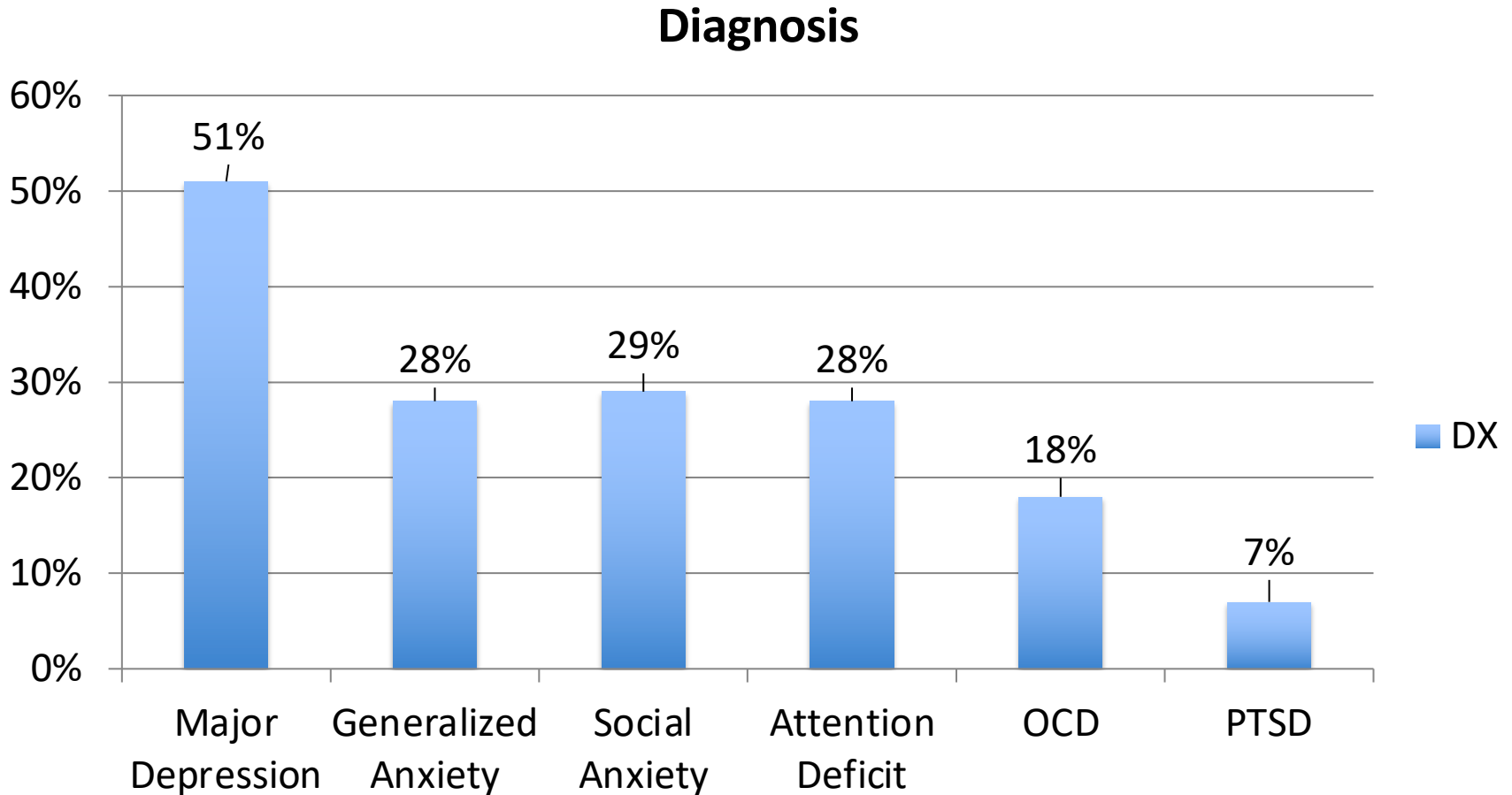
(Cath et al., 2017; Iervolini et al., 2010; Ivanov et al., 2013; Mueller et al., 2009; Nordsletten et al., 2013; Samuels et al., 2008; Timpano et al., 2011)

- Meta-Analysis summary – 2.5%

(Postlethwaite et al., 2019)



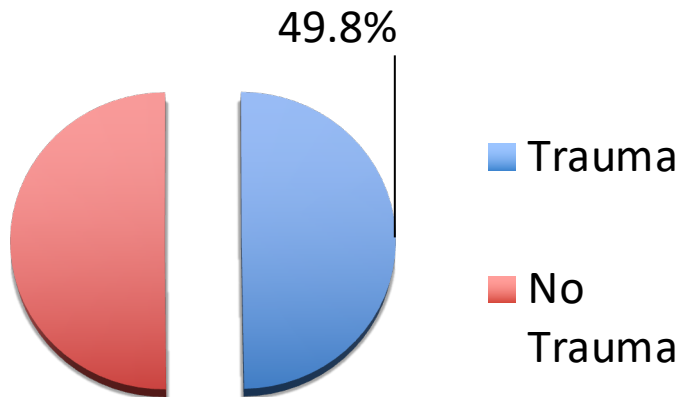
Comorbidity with Hoarding Disorder



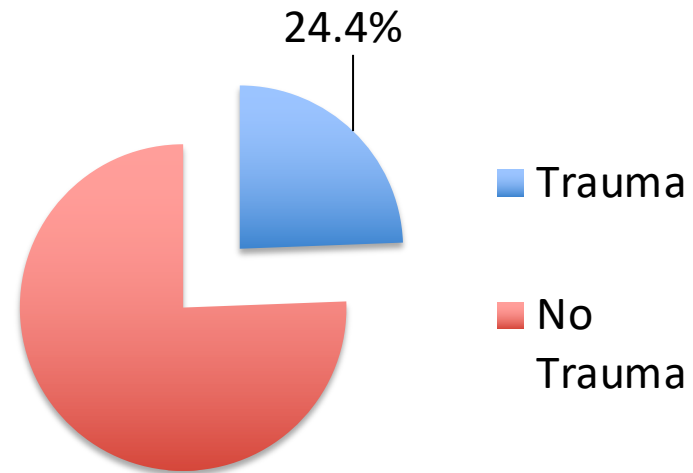
Frost et al., 2011

Trauma in Hoarding and OCD

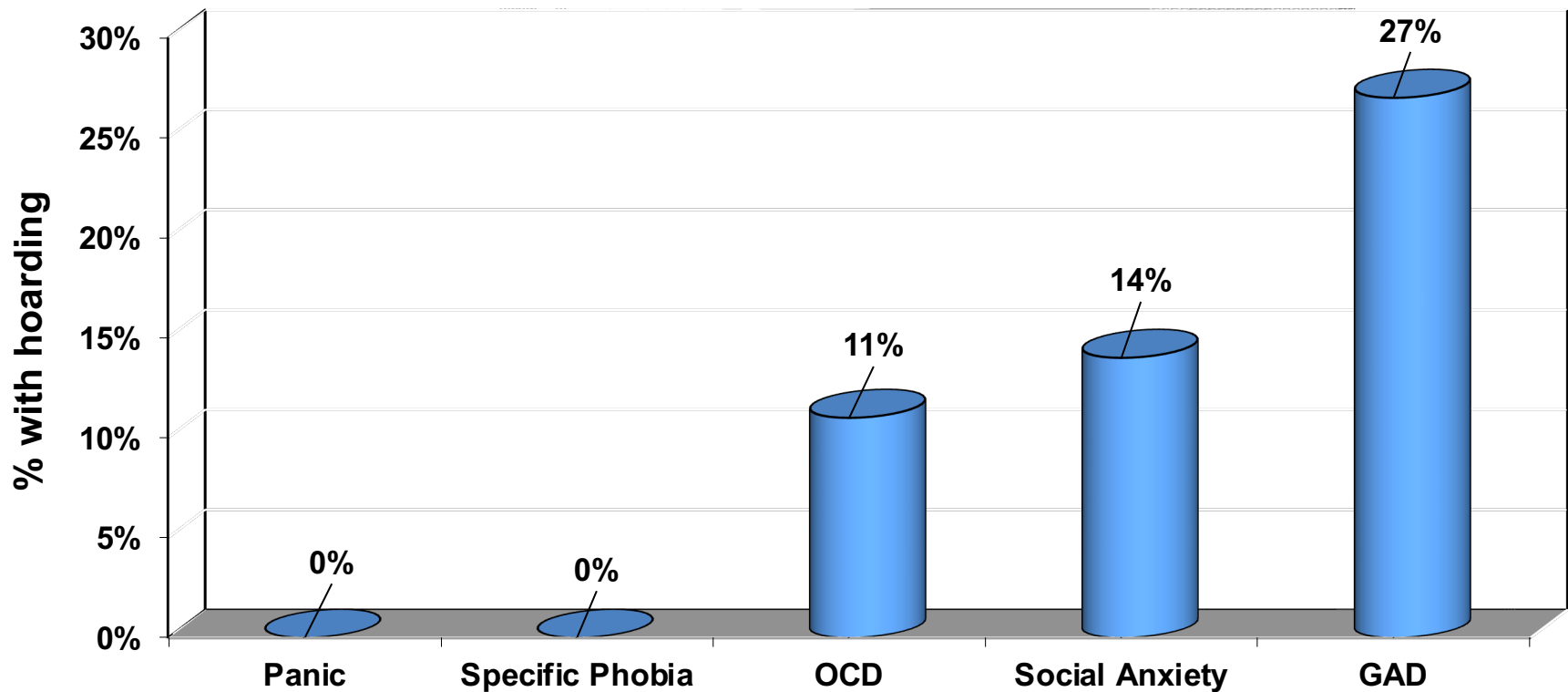
HD



OCD

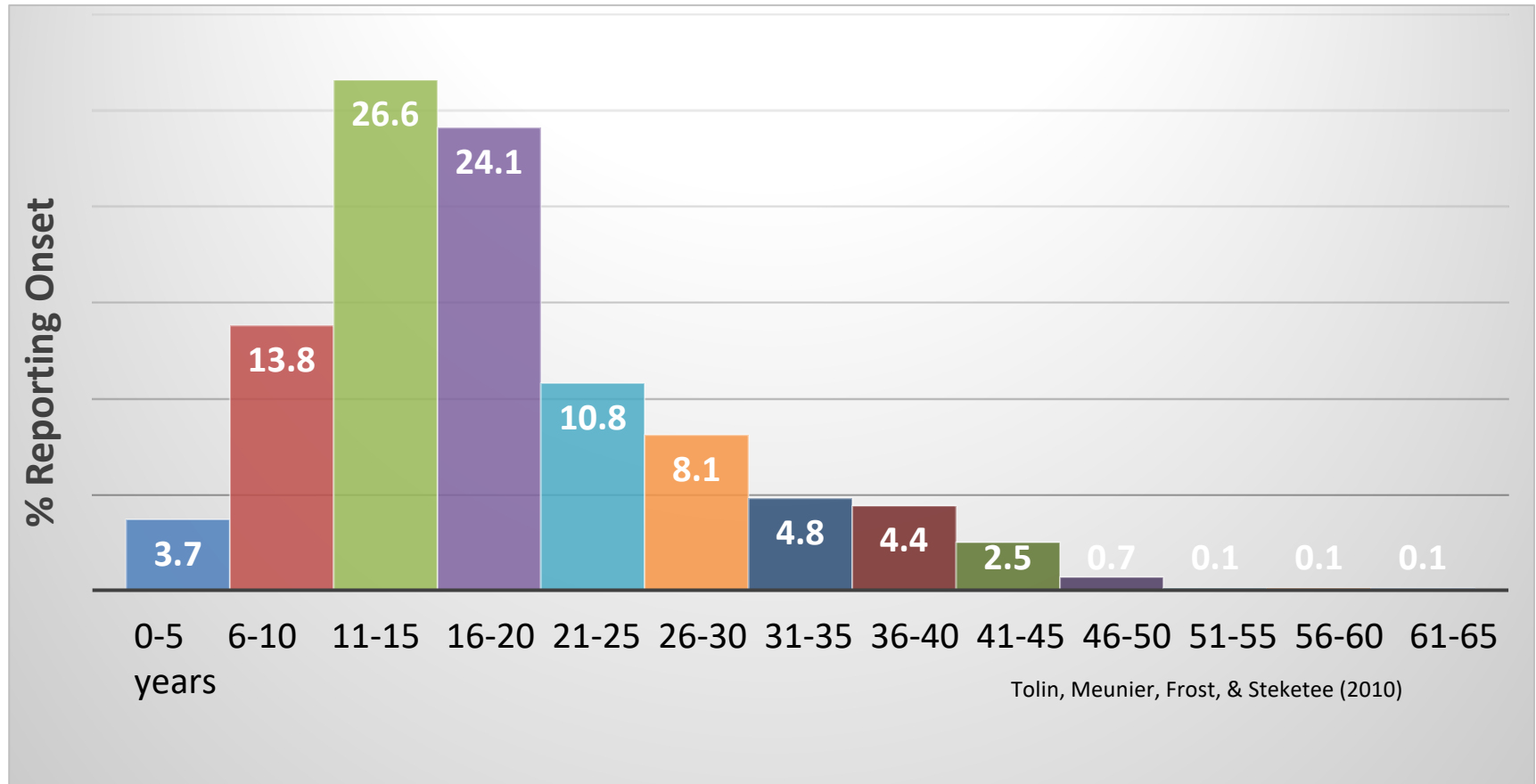


Hoarding in Anxiety Clinic Patients (n=139)



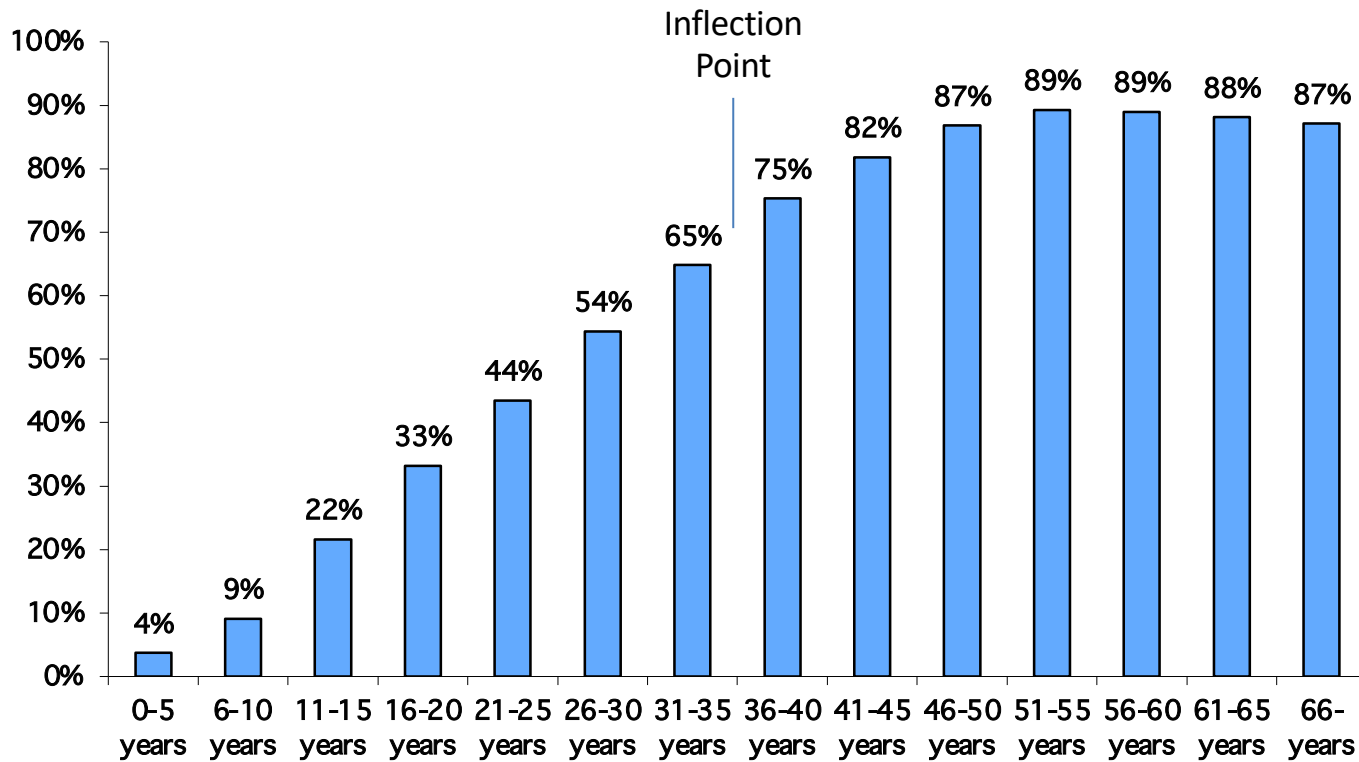
Hoarding Behavior Begins Early

Average = 17 yrs old (Zaboski et al., 2019)



Hoarding Severity Increases with Age

% with Moderate to Severe Hoarding



Tolin DF, et al. *Depress Anxiety*. 2010.

Hoarding in Children

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



Hoarding in Elders

- 10-25% of patients in nursing home, adult daycare, public housing
- Chronic and age-related medical illnesses
- Significant impairment in activities of daily living
- Premature relocation to senior housing
- Risk of homelessness
- Social isolation

Hazards of Hoarding

- Poor Sanitation
- Mobility Dangers
- Blocked Exits
- Homeless
- Community Expense
- Fire Hazard



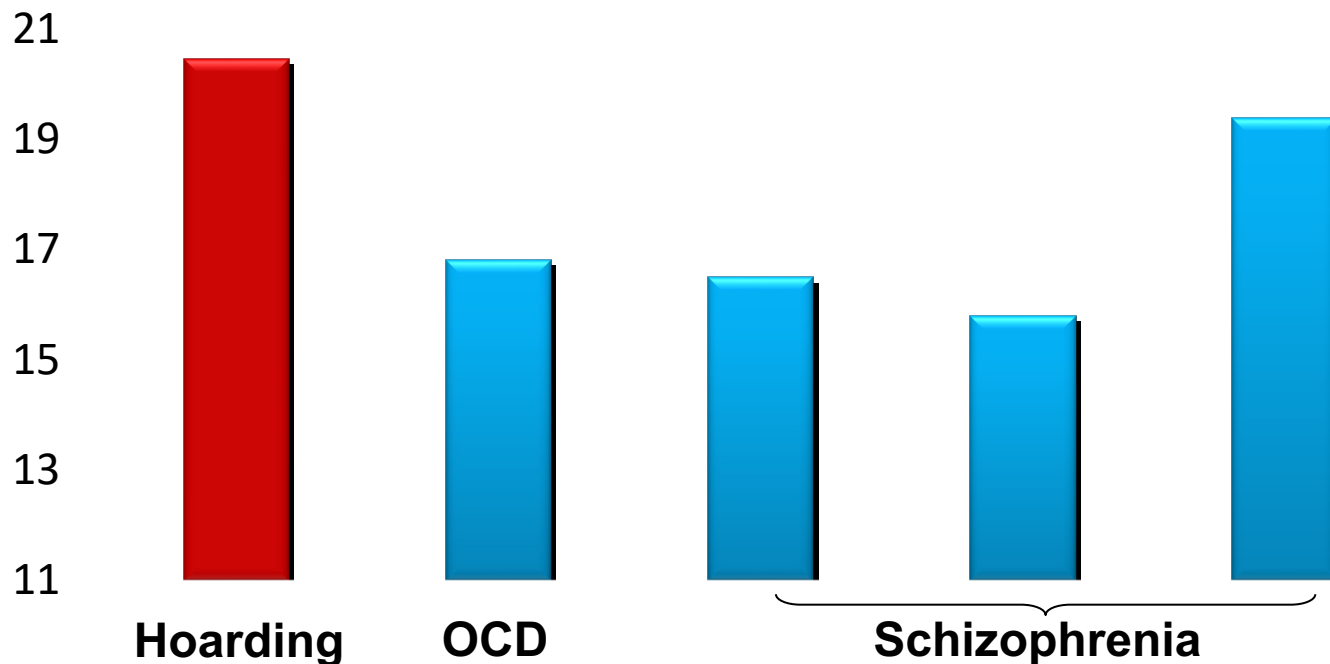
Melbourne Fire Brigade Study-2010

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



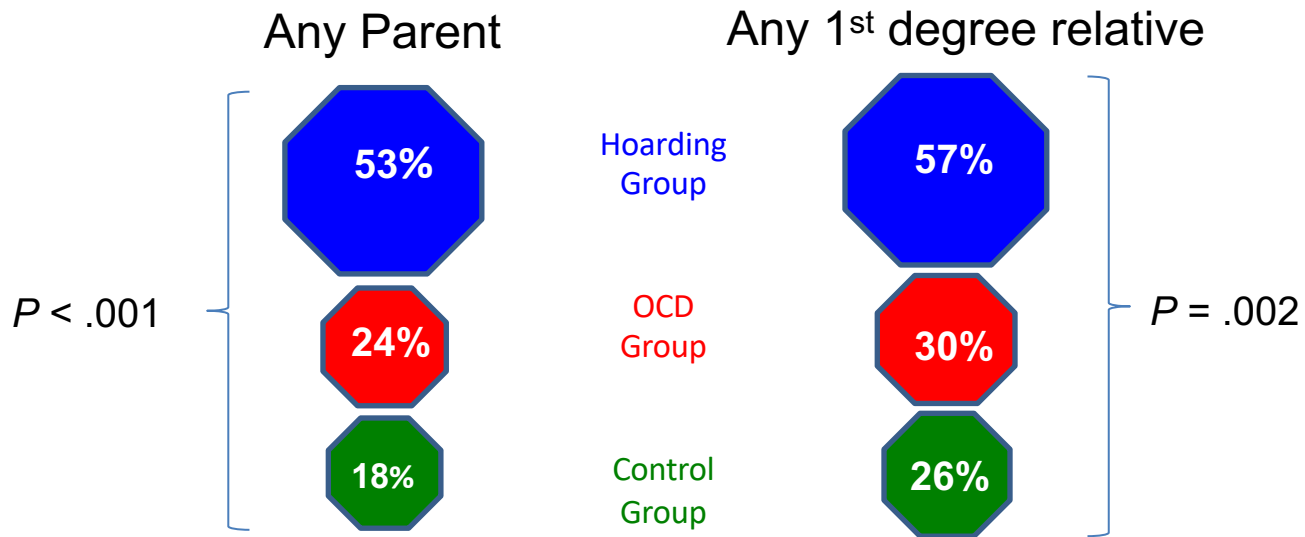
Hoarding damages family relationships

- Family conflict is common
- Family members' patient rejection scores are high:



Familial Hoarding

(Steketee, Kelley, Wernick, Muroff, Frost, & Tolin, 2015)



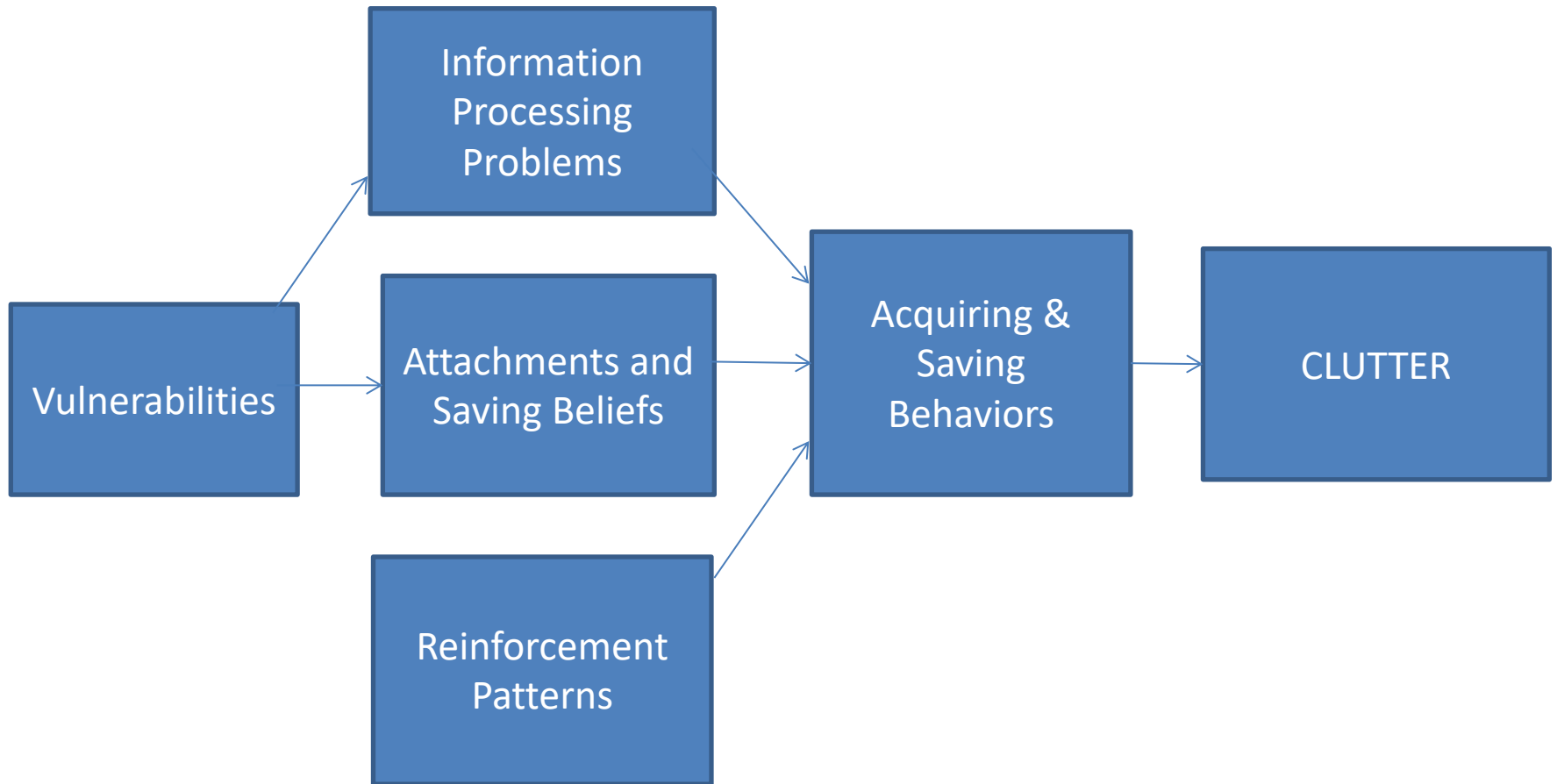
37% of people with HD grew up in cluttered homes vs. 16% for OCD and 10% for controls

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



Why do people hoard?



Information Processing Problems



- Attention

- Categorization

- Memory

- Perception

- Association

- Complex Thinking

Decision-making Difficulties

Emotional Attachments and Beliefs

- Identity & Opportunity
 - Motivated by loss
- Safety & Comfort
 - Motivated by distress
- Responsibility & Waste
 - Motivated by guilt
- Beauty & Aesthetics
 - Motivated by pleasure

Positive and Negative Emotions about Possessions

- Positive Emotions

- Pleasure
- Excitement
- Pride
- Relief
- Joy
- Fondness
- Satisfaction

- Negative Emotions

- Grief/loss
- Anxiety
- Sadness
- Guilt
- Anger (at self and others)
- Frustration
- Confusion

Reinforcement Patterns

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

Factors Affecting Motivation

- Limited insight
- Clutter blindness
- Fear of discovery, shame, defensiveness
- Feeling overwhelmed, hopeless
- Coping
- Overvalued beliefs about possessions



Motivation depends on:

- Importance of change
- Confidence in ability to change
- Listening closely & highlighting client's ambivalence about keeping or letting go of possessions
- Focus on safety and function
- Motivational interviewing



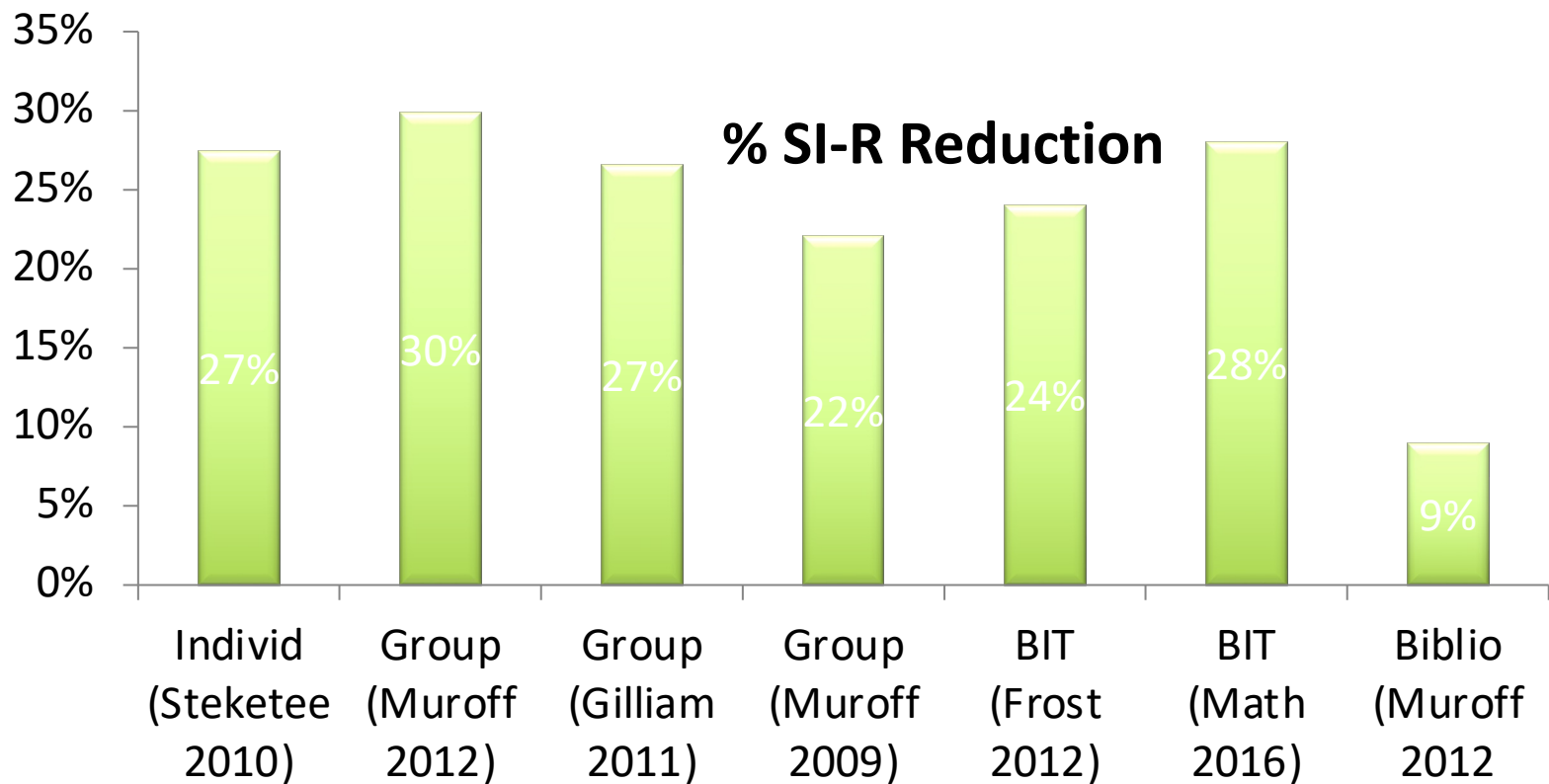
CBT for Hoarding

- Assessment and case formulation
- Motivational enhancement
- Organizational skills training
- Changing attachments to things
- Changing acquiring patterns



Meta-analysis of CBT Outcomes - % improved

(Tolin, Frost, Steketee, & Muroff, 2015)



26 sessions over 9-12 mos. yields much improvement – but more time is often needed



Summary

- Hoarding Disorder is an accepted psychiatric diagnosis
- Hoarding behavior can have serious effects
- Hoarding develops from information processing problems, beliefs about and attachments to possessions, and both negative and positive emotions
- CBT methods designed to treat HD are effective for adults but take time
- Need to improve treatment for adults, elders, and children