

Hoarding Rating Scale

Patient information	
Name:	Gender:
Age:	Date of assessment:
Please use the following scale when answering items below	
0	No problem
2	Mild problem, occasionally (less than weekly) acquires items not needed, or acquires a few unneeded items
4	Moderate, regularly (once or twice weekly) acquires items not needed, or acquires some unneeded items
6	Severe, frequently (several times per week) acquires items not needed, or acquires many unneeded items
8	Extreme, very often (daily) acquires items not needed, or acquires large numbers of unneeded items

1. Because of the clutter or number of possessions, how difficult is it for you to use the rooms in your home?

0	1	2	3	4	5	6	7	8
Not difficult at all		Mild		Moderate		Severe		Extremely difficult

2. To what extent do you have difficulty discarding (or recycling, selling, giving away) ordinary things that other people would get rid of?

0	1	2	3	4	5	6	7	8
Not difficult at all		Mild		Moderate		Severe		Extremely difficult

3. To what extent do you currently have a problem with collecting free things or buying more things than you need or can use or can afford?

0	1	2	3	4	5	6	7	8
Not difficult at all		Mild		Moderate		Severe		Extremely difficult

4. To what extent do you experience emotional distress because of clutter, difficulty discarding or problems with buying or acquiring things?

0	1	2	3	4	5	6	7	8
Not difficult at all		Mild		Moderate		Severe		Extremely difficult

5. To what extent do you experience impairment in your life (daily routine, job / school, social activities, family activities, financial difficulties) because of clutter, difficulty discarding, or problems with buying or acquiring things?

0	1	2	3	4	5	6	7	8
Not difficult at all		Mild		Moderate		Severe		Extremely difficult

Total score:

Scoring and interpretation

- Mean for nonclinical samples: HRS Total = 3.34; standard deviation = 4.97.
- Mean for people with hoarding problems: HRS Total = 24.22; standard deviation = 5.67.
- Analysis of sensitivity and specificity suggests an HRS Total clinical cutoff score of 14.

Criteria for clinically significant hoarding:

- A score of 4 or greater on questions 1 and 2, and a score of 4 or greater on either question 4 or question 5.

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment:

Tolin, D. F., Frost, R. O., Steketee, G., Gray, K. D., & Fitch, K. E. (2008). The economic and social burden of compulsive hoarding. *Psychiatry Research*, 160(2), 200–211.
<https://doi.org/10.1016/j.psychres.2007.08.008>

Tolin, D. F., Frost, R. O., & Steketee, G. (2010). A brief interview for assessing compulsive hoarding: The Hoarding Rating Scale-Interview. *Psychiatry Research*, 178(1), 147–152.
<https://doi.org/10.1016/j.psychres.2009.05.001>

International OCD Foundation. (2010). *Hoarding Rating Scale*. <http://www.philadelphiahoarding.org/resources/Hoarding%20Rating%20Scale%20Assessment%20Tool.pdf>