

Levels of Hoarding Test

Introduction

This resource can be administered to individuals directly affected by hoarding behavior and family members or others impacted by the situation.

Please use the following scale when answering the items below:

- 0 = No problem
- 2 = Mild (occasionally acquires items not needed or acquires a few unneeded items)
- 4 = Moderate (regularly acquires items not needed or acquires some unneeded items)
- 6 = Severe (frequently acquires items not needed or acquires many unneeded items)
- 8 = Extreme (very often 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 2 4 6 8

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

0 2 4 6 8

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

0 2 4 6 8

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

0 2 4 6 8

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 2 4 6 8

Interpretation of Total Scores

Below 5	No Problem	Some difficulty discarding items, but minimal impact on daily life.
5 to 10	Mild	Moderate difficulty discarding items, noticeable clutter, and mild distress.

Interpretation of Total Scores		
11 to 15	Moderate	Regular difficulty discarding items, significant clutter, and noticeable impairment in daily life.
16 to 20	Severe	Frequent difficulty discarding items, extensive clutter, causing significant distress and impairment.
21 or higher	Extreme	Extreme difficulty discarding items, overwhelming clutter, posing severe health and safety risks, and extreme distress.

Reference

This resource is based on research conducted by Tolin, Frost, Steketee, Gray, and Fitch (2008) and Tolin, Frost, and Steketee (2010), particularly focusing on a tool they developed called the Hoarding Rating Scale-Interview, featured in *Psychiatry Research* (178, 147-152).

Disclaimer: This tool can assist mental health practitioners in assessing levels of hoarding disorder. However, it is not intended solely for diagnosing the condition.