**Hoarding Questionnaire**

**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 clutter or the amount of items you have, how difficult is it for you to use the rooms in your home?

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| No problem |  | Mild Problem |  | Moderate  |  | Severe  |  | extreme |

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 |
| No problem |  | Mild Problem |  | Moderate  |  | Severe  |  | extreme |

3. To what extent do you collect free things or buying more things than you need or can use or can afford?

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| No problem |  | Mild Problem |  | Moderate  |  | Severe  |  | extreme |

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| No problem |  | Mild Problem |  | Moderate  |  | Severe  |  | extreme |

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| No problem |  | Mild Problem |  | Moderate  |  | Severe  |  | extreme |