



This questionnaire has 10 questions. The first 5 are for the person who has (or might have) a hoarding problem. The second 5 are for someone else to answer *about* the person who has (or might have) a hoarding problem. To complete this measure, then, you'll need to find a trusted person—a friend or family member, perhaps even a therapist or other social service worker. The important thing is to find someone who has actually seen your home and is in a good position to comment on the severity of the problem.

These first 5 questions are for the person who has (or might have) a hoarding problem.

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 at all difficult		Mildly difficult		Moderately difficult		Severely difficult		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
No difficulty		Mild difficulty		Moderate difficulty		Severe difficulty		Extreme difficulty

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
No problem		Mild problem		Moderate problem		Severe problem		Extreme problem

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
None		Mild		Moderate		Severe		Extreme

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
None	Mild		Moderate		Severe		Extreme	

These next 5 questions are for *a friend, family member, or other trusted person*. Answer these questions about the person who has (or might have) a hoarding problem.

1. Because of the clutter or number of possessions, how difficult is it for this person to use the rooms in his/her home?

0	1	2	3	4	5	6	7	8
Not at all difficult	Mildly difficult		Moderately difficult		Severely difficult		Extremely difficult	

2. To what extent does this person 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 difficulty	Mild difficulty		Moderate difficulty		Severe difficulty		Extreme difficulty	

3. To what extent does this person currently have a problem with collecting free things or buying more things than he/she needs or can use or can afford?

0	1	2	3	4	5	6	7	8
No problem	Mild problem		Moderate problem		Severe problem		Extreme problem	

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

0	1	2	3	4	5	6	7	8
None		Mild		Moderate		Severe		Extreme

5. To what extent does this person experience impairment in his/her 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
None		Mild		Moderate		Severe		Extreme