

Hoarding Disorder

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A New Syndrome?

- Not included in the DSM-IV
- Hoarding symptoms are listed under OCPD
  - “Inability to discard worn-out or worthless objects even when they have no sentimental value”
- Not listed at all in ICD-10

Mataix-Cols et al. (2010)

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Operational Definition

A. Persistent difficulty discarding or parting with possessions, regardless of the value others may attribute to these possessions

B. This difficulty is due to strong urges to save items and/or distress associated with discarding

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### Operational Definition

C. The symptoms result in the accumulation of a large number of possessions that fill up and clutter active living areas of the home or workplace to the extent that their intended use is no longer possible. If all living areas are uncluttered, it is only because of the interventions of third parties (e.g., family members, cleaners, authorities).

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### Operational Definition

D. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others)  
E. The hoarding symptoms are not due to a GMC  
F. The hoarding symptoms are not restricted to the symptoms of another mental disorder

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### Hoarding Specifiers

- *With Excessive Acquisition*: If symptoms are accompanied by excessive collecting or buying or stealing of items that are not needed or for which there is no available space.
- *Good or fair insight*: Recognizes that hoarding-related beliefs and behaviors are problematic.
- *Poor insight*: Mostly convinced that hoarding-related beliefs and are not problematic despite evidence to the contrary.
- *Absent insight*: Completely convinced that hoarding-related beliefs and behaviors are not problematic despite evidence to the contrary.

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### Hoarding and OCD

- Hoarding symptoms seen in 18-40% of OCD cases; only clinically significant in < 5%
- Resemble each other phenomenologically
- Comorbid rates of OCD in 16-35% of compulsive hoarders

Mataix-Cols et al. (2010)

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### Hoarding vs. OCD

- In hoarding, don't see distressing, repetitive, intrusive thoughts (obsessions)
- Thoughts of possession do not trigger rituals
- When confronted with discarding, anger and grief are as likely as anxiety

Mataix-Cols et al. (2010)

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### Hoarding vs. OCD

- Continually worsening pattern of symptoms, with late onset of distress/disability
- Lack of insight compared to OCD
- Acquiring and saving are often *pleasant* events, where O/C are always *negative*

Mataix-Cols et al. (2010)

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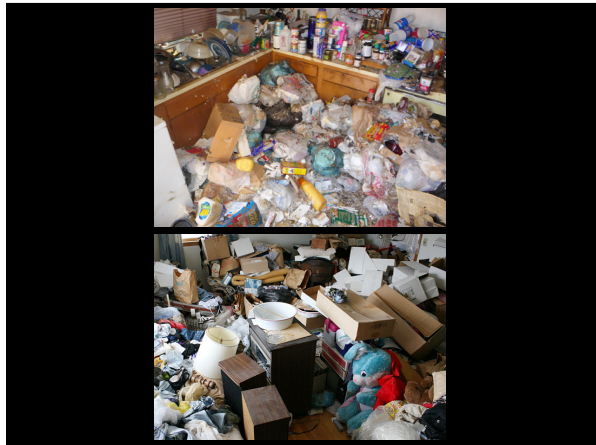
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## Hoarding vs. Squalor

- “Diogenes syndrome” associated with self-neglect and domestic-neglect
- Most with HD do *not* show this, may be a subset of individuals
  - 17% hoarders, 32% residences “extremely filthy”

Sketekee et al. (2001)



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### Animal Hoarding

- Large number of animals and
  1. Failure to provide minimal standards of nutrition, sanitation, and veterinary care
  2. Failure to act on the deteriorating condition of the animals and the environment
  3. Lack of awareness of the negative effects of the collection on their own health and well-being and on that of other family members

Patronek & Nathanson (2009)

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### Animal Hoarding

- May be more related to Diogenes syndrome than compulsive hoarding
  - Squalor, neglect of self
- Much more research needed

Patronek & Nathanson (2009)

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### Prevalence

- 2-5% of general population
- Often only diagnosed later in middle to late adulthood (50+ years)
- 60%+ engage in excessive buying, over 50% in acquiring free things

et al. (2010)

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**SES & Cultural Differences**

- Appears to be a universal phenomenon
  
- Eastern and Western hoarders are quite similar across
  - Clinical characteristics
  - Items being hoarded
  - Extent of clutter

Mataix-Cols et al. (2010)

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**Comorbidity**

- High overlap with MDD (57%), SAD (29%), and GAD (28%)
  
- Less than 20% have comorbid OCD

Frost et al. (2006)

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**Impact of Hoarding**

- Associated with substantial distress/disability
  
- Clutter prevents normal use of space to accomplish basic activities (cooking, cleaning, moving, sleeping)
  
- Puts people at risk for fire, falling, poor sanitation, and health risks

Mataix-Cols et al. (2010)

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**Impact of Hoarding**

- Work impairment greater than all other anxiety, mood, and substance use disorders
- 8-12% evicted or threatened during life
- Often leads to family and neighbor conflict

Mataix-Cols et al. (2010)

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**Etiology**

- High incidence of “pack rats” in first degree relatives of hoarders
- Hoarding in OCD shows higher than expected family rates of hoarders
- Genetic factors account for about 50% of variance in hoarding behaviors

Mataix-Cols et al. (2010)

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**Etiology**

- In animal studies, implication of subcortical limbic structures and the ventro-medial prefrontal cortex
- Some evidence from lesion studies in humans implicating anterior ventromedial prefrontal and cingulate cortices

Mataix-Cols et al. (2010)

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### Etiology

- Saving and acquiring behaviors are often positively reinforced in compulsive hoarding by positive feelings
- Feelings of pleasure, safety, and comfort are provided by acquiring new items or fantasizing about existing ones

Mataix-Cols et al. (2010)

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### Etiology

- Avoid discarding possessions and end up storing them as a way to avoid
  - The experience of loss
  - Having to make an anxiety-provoking decision
  - Making a mistake regarding a possession
- Clutter is a function of both volume of things and organization deficits

Pertusa et al. (2010)

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### Treatment

- Given the newness of this area of research, limited number of outcome studies
- SRI effectiveness in OCD patients with hoarding is mixed (some less, some equal)
- One study used paroxetine and found a 25% decrease in hoarding symptoms

Pertusa et al. (2010)

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### Treatment

- Poor insight may cause treatment refusal, lack of cooperation, dropout, and poor outcomes
- A specifically developed CBT treatment has shown some promise, with decreases of 23-37% and 70% response rate

Pertusa et al. (2010)

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### CBT for Hoarding

- Includes office and in-home sessions
- Focuses on
  - Motivational interviewing
  - Skills training (organizing, decision making, problem solving)
  - Exposure to sorting, discarding, and not acquiring
  - Cognitive restructuring

Sketee & Frost (2008)

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### Let's Watch Some

- <http://www.aetv.com/hoarders/>
- While we watch, think about what we've talked about in class
- Is the depiction accurate? Is the treatment accurate? Likely to help?

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