

HOARDING DISORDER factsheet



Prevalence

1 in every 40 adults suffers from problematic hoarding, with an even higher frequency among older adults.

Studies suggest an overall prevalence among adults of around 2.5%.

Key Information

1.

Hoarding Disorder is classified as a distinct mental condition in ICD-11.

In June 2018, WHO released its 11th revision of International Classification of Diseases (ICD-11). Presented at the World Health Assembly in May 2019 for adoption by Member States, ICD-11 will come into effect on 1st January 2022.

2.

Hoarding Disorder affects people across all socio-economic and cultural groups, is a highly co-morbid condition (around 75%), and affects men and women at similar rates. The cause of hoarding is still largely unknown, however, evidence from studies indicate that genetic factors account for approximately half of the phenotypic variance (heritability).

3.

Clutter is a defining feature of hoarding;

it is a consequence of excessive acquiring, saving and disorganisation rather than the cause; extreme clutter can be a barrier to a person receiving vital help and support. It can also affect their employment and housing status.

ICD-11 Definition

OBSESSIVE-COMPULSIVE OR RELATED DISORDER | 6B24 HOARDING DISORDER

Hoarding disorder is characterised by accumulation of possessions due to excessive acquisition of or difficulty discarding possessions, regardless of their actual value. Excessive acquisition is characterised by repetitive urges or behaviours related to amassing or buying items. Difficulty discarding possessions is characterised by a perceived need to save items and distress associated with discarding them. Accumulation of possessions results in living spaces becoming cluttered to the point that their use or safety is compromised. The symptoms result in significant distress or significant impairment in personal, family, social, educational, occupational or other important areas of functioning.

CONVERSATION STARTER

TO WHOM IT MAY CONCERN

I have a clutter problem that is affecting my:

☐ health and wellbeing ☐ safety at home ☐ tenancy ☐ relationships ☐ employment

Using the Clutter Image Rating Scale below, I would rate the rooms in my home as follows:

Lounge _____ | Kitchen _____ | Bathroom _____ | Bedroom _____



1



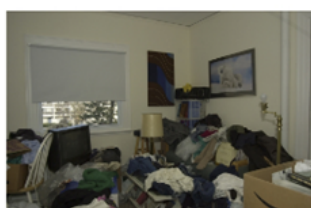
2



3



4



5



6



7



8



9

I have been told by the Landlord/Council/Health & Social Care /Emergency Services/Friends & Family that action will be taken to remove my belongings if I don't resolve the clutter related problems soon.

I feel overwhelmed by the problem and unable to discuss my situation with anyone for fear of being judged , or what action they might take without my knowledge or consent.

I would like to explore the support that is available to help me address my clutter/chronic disorganisation/ hoarding behaviour.
