Hoarding Rating Scale

Use the following test to find out if you have a problem with hoarding disorder. For each question below, circle the number that corresponds most closely to your experience DURING THE PAST WEEK.

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