

### ICD Clutter Quality of Life Scale (CQLS)

To what extent does clutter, defined as “an overabundance of possessions”, impact your current life and well-being?

The Clutter Quality of Life Scale (CQLS) has been designed by the Institute for Challenging Disorganization (ICD) to help people assess for themselves the personally felt impact that clutter has on their well-being. The scale includes 18 statements. Please read each statement carefully and circle the response that best represents your feelings. Keep in mind there are no “right” or “wrong” answers. Your honest response to each statement is what matters.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7

1. I’m concerned about what others might think of me if they knew about the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
2. I have to move things in order to accomplish tasks in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
3. I often buy things I already have because I don’t know where things are in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
4. The clutter in my home upsets me.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
5. I avoid having people come to my home because of the clutter.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
6. I try to avoid thinking about the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
7. I don’t get to use spaces in my home the way I would like to because of clutter.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**

8. My family life has suffered as a result of the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
9. I feel overwhelmed by the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
10. I'm worried about the amount of clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
11. I can't find things when I need them because of clutter.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
12. I have incurred debt I can't really afford as a result of having too many possessions.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
13. I feel guilty when I think about the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
14. I have to be careful when walking through my home in order to avoid tripping over objects.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
15. I have neglected taking care of things that need to be done in my home because of the clutter.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
16. I don't have family members over as much as I would like because of the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
17. I have been late paying bills more than once in the past 3 months because they got lost in the clutter.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**
18. I feel depressed by the clutter in my home.  
**Strongly Disagree 1 2 3 4 5 6 7 Strongly Agree**

# Clutter Quality of Life Scale Scoring Sheet

	Liveability	Emotional	Social	Financial	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
<b>Totals</b>	0	0	0	0	0
<b>Max Score</b>	35	42	28	21	126

**Total Score Guide**

**18-53** = Low Impact

**54-89** = Average Impact

**90 +** = High Impact