

Contents

Dedication	v
Acknowledgments	vi
1 Description	1
1.1 Terminology	1
1.2 Definition	2
1.3 Epidemiology	4
1.4 Course and Prognosis	4
1.5 Differential Diagnosis	4
1.5.1 Obsessive-Compulsive Disorder	5
1.5.2 Other Conditions	5
1.5.3 Hoarding Versus Collecting	5
1.6 Co-Occurring Disorders	6
1.7 Diagnostic Procedures and Documentation	6
1.7.1 Structured Diagnostic Interviews	8
1.7.2 Clinician-Administered Symptom Measures	8
1.7.3 Self- or Other-Report Symptom Measures	9
1.7.4 OCD Measures With Hoarding Items	11
1.7.5 Summary of Diagnostic Procedures and Documentation	12
2 Theories and Models of the Disorder	13
2.1 Cognitive Behavioral Model	13
2.1.1 Vulnerability Factors	13
2.1.2 Beliefs	14
2.1.3 Emotions and Reinforcement	15
2.1.4 Summary of the Cognitive Behavioral Model	16
2.2 Biological Models	16
2.2.1 Genetics	16
2.2.2 Neurobiology	16
3 Diagnosis and Treatment Indications	17
3.1 Diagnostic Assessment	17
3.1.1 In-Office Assessment	17
3.1.2 Home Visit	17
3.1.3 Additional Assessment Considerations	18
4 Treatment	21
4.1 Methods of Treatment	21
4.1.1 Cognitive Behavior Therapy for Hoarding Disorder	22
4.2 Mechanisms of Action	47
4.3 Efficacy and Prognosis	48
4.4 Variations and Combinations of Methods	49
4.4.1 Group-Based Approaches	49
4.4.2 Technology-Based Approaches	50
4.4.3 Family Approaches	50

4.4.4	Other Psychosocial Approaches	51
4.4.5	Pharmacological Interventions	51
4.4.6	Multimodal Treatment	52
4.5	Problems in Carrying Out the Treatments	52
4.5.1	Treatment Ambivalence	52
4.5.2	Lack of Awareness	53
4.5.3	Secondary Gains	53
4.5.4	Co-Occurring Conditions	54
4.5.5	Animal Hoarding	55
4.5.6	Logistical Barriers	56
4.5.7	Ethical and Legal Barriers	57
4.6	Multicultural Issues and Other Individual Differences	58
5	Further Reading	60
6	References	61
7	Appendix: Tools and Resources	69