



HOARDING

The treasure-trove needs....

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INTRODUCTION

Hoarding is a collection of various items where an individual finds it difficult to discard the items, clothes, and at an edge where individual is unable to discard the items. Hoarding can happen to anyone and it is a disease which doesn't discriminate male and female. This occurs equally in both the gender. Sometimes you would have seen in our own home where your parents especially your mother would be stocking up the old things or commonly the plastic bag which you see in every house hoarded in a huge amount, but there is lot of difference between hoarding and collecting.

HOARDING VS. COLLECTING¹

Collection or collecting is just a kind of hobby where an individual gathers the items or their possession with them, where they show the collected item which sense of pride to others, or someone collects out of their interest in particular stuffs gathering. For example, you would have seen people hunting for different kinds of currency which they can collect or different stamps which they can have with themselves with a sense of pride.

Hoarding is a symptoms of disease, where a person begins to collect and clutters their surrounding with the possessed items. The person suffering from hoarding have no sense of happiness or joy over their accumulated items. Usually they feel embarrassed for the collected items which they have and they may also live in debts because of hoarding. For example, someone who hoards may keep large stacks of newspapers that clutter their entire house and mean it's not actually possible to read any of the reviews they wanted to keep.

Hence it can be defined as "A disorder is where someone acquires an excessive number of items and stores them in a chaotic manner, usually resulting in unmanageable amounts of clutter. The items can be of little or no monetary value."³

INCIDENCE²

Approximately 2-6% people may suffer hoarding disorder in lifetime.

In individuals with HD, approximately 70% also have Major Depressive Disorder (MDD); 25% have Generalized Anxiety Disorder (GAD), about 30% have social anxiety or ADHD-inattentive type; and 20% have Obsessive Compulsive Disorder (OCD)

CAUSES⁴

The cause of hoarding is uncertain. Several Risk factors have been identified by the doctors, they are as follows:

- ✓ Having a relative with the disorder
- ✓ Brain injury that triggers the need to save things
- ✓ Traumatic life event
- ✓ Mental disorders such as depression or obsessive-compulsive disorder
- ✓ Uncontrollable buying habits
- ✓ Inability to pass up free items such as coupons and flyers

COMMON HOARDED ITEMS³

I have seen people having lot of old bills and receipts or old newspapers. So the following are the items which can be hoarded are:

- newspapers and magazines
- books
- clothes
- leaflets and letters, including junk mail
- bills and receipts
- containers, including plastic bags and cardboard boxes
- household supplies

FEATURES:²

Hoarding disorder is associated with three key features:

- 1.Ongoing and significant difficulty getting rid of possessions (i.e., throwing away, recycling, selling, etc.), regardless of their value; and strong urges to save and/or acquire new, often non-essential, items, that if prevented leads to extreme distress. Non-essential includes items that are both useless (i.e., broken), as well as those with limited value (e.g., 10 rocks from the street, old homework sheets from previous school years)
- 2.Living space is severely cluttered, preventing it from being used for its intended purpose.
- 3.Significant impairment in social, occupational, and other important areas of functioning as evidenced by:

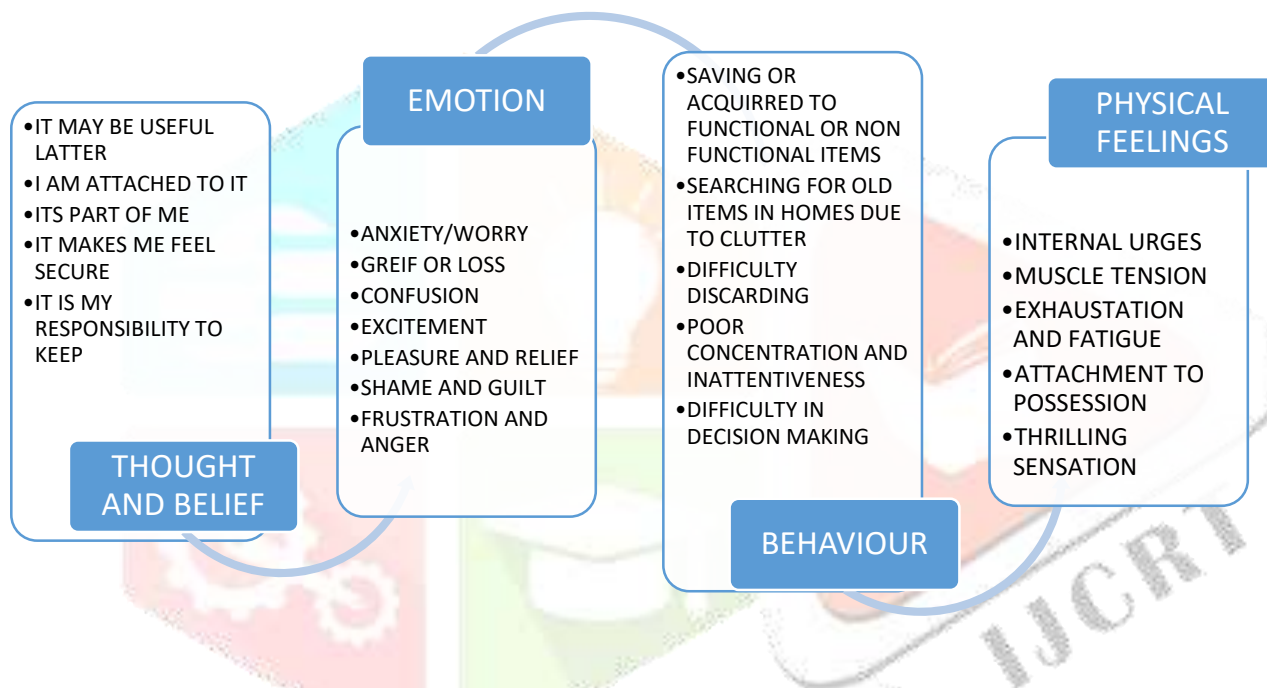
- ✓ Impaired physical health
- ✓ Missed school or work, and compromised academic potential

- ✓ Social isolation
- ✓ Emotional distress
- ✓ Family stress and impaired parent-child relationship

Two additional specifications include:

1. Whether the youth is also engaged in excessive acquisition (It is currently estimated that upwards of 80-90% of individuals with hoarding also experience excessive acquisition of items through collecting, buying, and even theft), and,
2. Whether the youth has any insight or awareness that his/her behaviour is problematic.

SIGNS AND SYMPTOMS¹⁻⁴



VULNERABLE POPULATION⁵

1. Live alone
2. Grow in disorganised space
3. Had a difficult, derived childhood
4. Hoarding is also seen in mental illness, it is as follows:
 - ✓ Anxiety
 - ✓ Attention deficit hyperkinetic disorder (ADHD)
 - ✓ Depression
 - ✓ Dementia
 - ✓ Obsessive compulsive disorder
 - ✓ Obsessive compulsive personality disorder
 - ✓ Schizophrenia

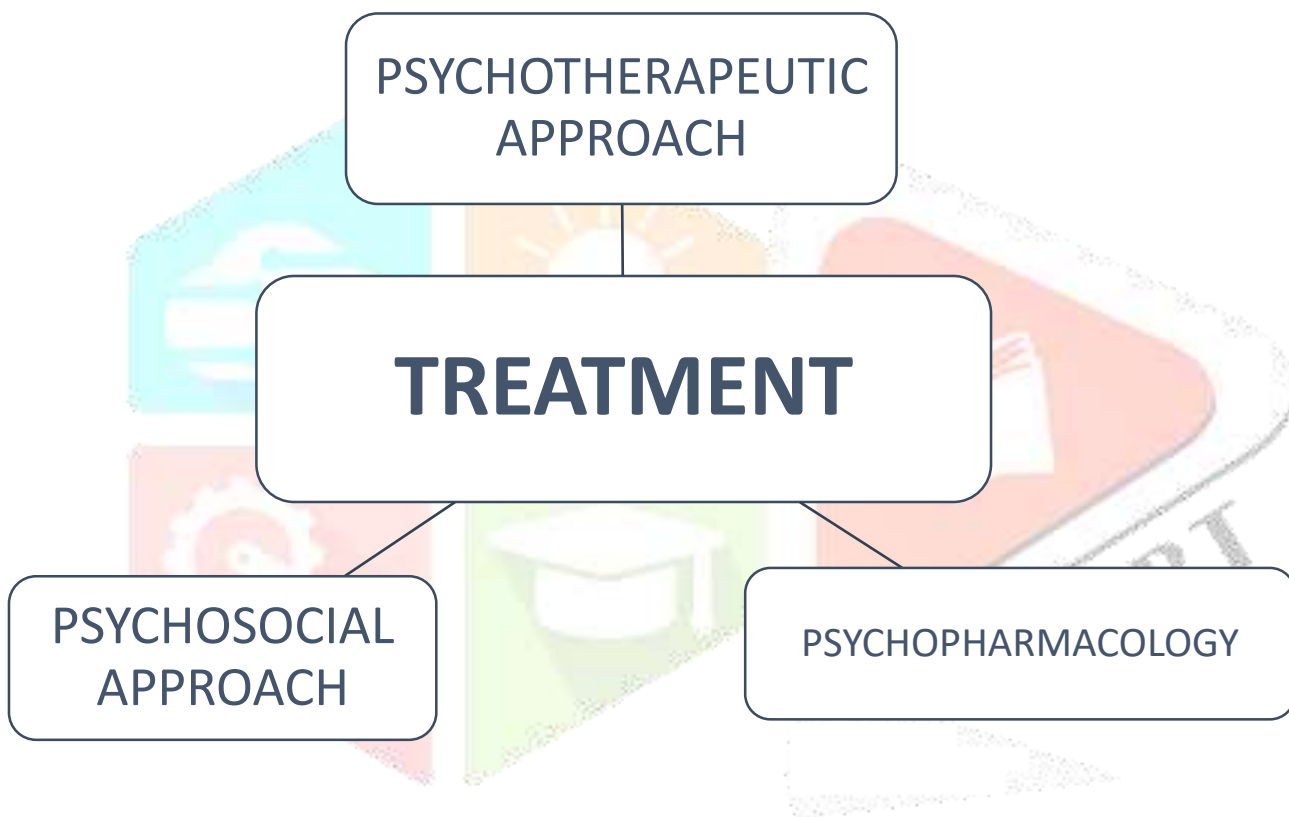
DIAGNOSIS

The person having the symptoms of hoarding disorder should first meet the psychiatrist and thorough interview should be performed to the patient. Nurses are responsible for analyzing the patient who are admitted in the ward, which would be helpful in diagnosing the patient.

TREATMENT²

Treatment for hoarding disorder is possible after thorough medical evaluation may help to evaluate and diagnose any underlying mental health condition.

Treatment can be performed in different aspect where the main aspect supports the individual with any hoarding symptoms and help them to self-motivated to get help.



Psychotherapeutic approach

Cognitive behavioural therapy³

Cognitive behavioural therapy one the psychological therapy which helps the individual to remove the maladaptive thought and replaced with adaptive thought. CBT is a type of therapy that aims to help you manage your problems by changing how you think (cognitive) and act (behaviour). Regular sessions of CBT over a long period of time are usually necessary and will almost always need to include some home-based sessions, working directly on the clutter.

This requires motivation, commitment and patience, as it can take many months to achieve the treatment goal. Here the therapist can't go and take off the things which the person clutters and keeps, but the therapist can help the person to think and take decision properly, encourage them to identify the challenge which they are indulging within themselves.

This needs the regular session but after the therapy it's not sure that patient would not have habit of cluttering the items and stuffs but they can gain the better understanding of their problem. They are given a plan to be followed which will allow them not to slip off from the plans made for him.

Psychopharmacological therapy

Medications

Usually there are no medication which is mandatorily prepared for the treatment of hoarding disorder. Based on the symptoms the patient can be treated with the help of selective serotonin reuptake inhibitor and selective norepinephrine reuptake inhibitor.

Psychosocial group

Support group

Support group becomes important only when the person is self-motivated for seeking help for their behaviour. Sometimes the person with hoarding may cause strains between their loved ones and affected person due to their support to the affected.

Some steps can be used for treating patient with hoarding disease are:

1. Stop accommodating or assisting the person with hoarding tendencies.
2. Encourage the person to seek health professional advice.
3. Support without criticizing
4. Discuss the ways they could make their space safer
5. Suggest how the treatment may positively impact.

Peer Led group

This are the groups which help each other who are facing the problem. They regularly meet each other to check their problems and help them to evaluate the progress.

CONCLUSION

Hoarding is medically diagnosable disorder which need's right professional time and time in order to move out of the behaviour and the tension clutter behaviour. Right decision is needed at right time for the person to help from hoarding disorder.

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