



Hoarders: Symptoms & Treatment

**Understanding the pathology of
symptoms and clinical
approaches for Asian Americans.**

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- **Psychological Process**

(Experiential Exercise)

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Co-occurring Disorders

- **Major Depressive Disorders**
- **Social Phobia**
- **Generalized Anxiety Disorder**
- **Attention Deficit Hyperactivity Disorder**
- **Schizophrenia**
- **Dementia**
- **Post-traumatic Disorder**
- **Eating Disorder**



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- **Etiology**
 - **Neurological/ executive functioning with noted differences in processing and organizing**
 - **Trauma/onset of anxiety and compulsive gathering leading to hoarding**
 - **Poverty/prevalence of hoarding behavior higher among impoverished people**



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Treatment Options and Cultural Considerations

- Cognitive Behavioral Therapy:
Stages of Change: Pre-contemplation (denial/ignorance), contemplation (ambivalence/conflicted emotions), preparation (experimentation w small changes/collecting information about change), action (taking a direct action toward the goal), maintenance (maintaining new behavior), relapse (feelings of failure).
- Medication:
SSRI/Paxil, start “low and go slow.” Side effects.
- Cultural interventions: family support, Feng Shui, prayer



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4 Dangers of hoarding

- **Fires: combustible materials, no ease of egress**
- **Safety: physical injury, suffocation**
- **Pests: insects and rodents**
- **Structural Damage: pressure of weight on building**

Social Impact

- **Isolation**
- **Family Stress**
- **Conflict with neighbors**



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Information resources:

- www.mayoclinic.com
- www.ocdfoundation.org/hoarding
- www.compulsive-hoarding.org
- www.anxietyandstress.com
- www.clutterless.org
- www.understanding_oed.tripod.com/hoarding