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HOARDING DISORDER (HD)



Hoarding is storing too many items irrespective of their use. People with hoarding disorder will keep storing items that are considered worthless by others. Mostly older adults are affected by hoarding disorder than younger adults. People with HD collect and keep things that are usually thrown away by others. Hoarding disorder also includes collecting and keeping stray animals such as dogs and cats which others see as worthless, called animal hoarding.

Symptoms:

- You will have problems discarding or recycling, selling, or giving away things that most people would get rid of.
- Cluttering of rooms with unwanted possessions.
- Buy or acquire free things that you do not need even though you may not have enough space to keep.
- Preoccupied with the thoughts of being criticised or rejected in family or social situations for storing stuff.
- Your smooth functioning is affected because of cluttered rooms and hallways and workplace.
- Your hoarding disorder interferes with your family, social and workplace functioning.
- You are worried you may need hoarded items sometime in the future.

The Complexity of HD:

The associated features of hoarding disorder influence its severity. Some of these associated problems are indecisiveness, perfectionism, procrastination, disorganisation, stress, overthinking and distractions. Hoarding disorder can also be co-existed with other mental disorders such as depression, anxiety disorders, attention deficit hyperactivity disorder, alcohol abuse, and obsessive-compulsive disorder.

CAN SELF HANDLE IT?

You can try handling it by decluttering your rooms regularly. Ensuring you buy things that are necessary. Practice a minimalistic lifestyle. Discard or recycle the broken or old items that are not useful.

WHEN TO SEEK HELP?

Hoarding disorder mostly goes untreated as nobody recognises it as a serious issue unless there is a co-existence of other issues. Choose only Experienced licenced mental health practitioners to manage your life and mind wellbeing.

WHAT IS THE DANGER?

Hoarding can cause accidents such as tripping or fire, or falling. People with hoarding disorders don't like anyone entering their room or touching their possessions. This may lead to strained relationships, rejection and interpersonal conflicts.

The Causes of HD:

Can be genetic, environmental, social, psychological or familial. Habits of accumulating too many free things, shopping obsession, brain injury,