



## Summary of Research:

### What are the Psychological Factors that Influence Hoarding Disorder?

#### What was the research about?

This study aimed to improve understanding of three psychological factors in people with hoarding disorder (HD).

These factors were Intolerance of Uncertainty, Anxiety Sensitivity and Distress Tolerance.

It was suggested that these factors might be involved in causing and maintaining HD.

#### How was the research carried out?

The study was advertised online through charity websites and social media, and through word of mouth.

Anyone who was interested emailed in to take part.

Participants completed questionnaires through an online survey that looked at their mental health and these psychological factors.

Participants received a voucher as a thank you for their time.

#### What were the findings?

People in the HD group had high levels of these psychological factors.

People in the HD and OCD groups had more difficulties with these psychological factors than those with no mental health condition.

However, there were no differences found in the levels of these difficulties between the HD and OCD groups.

#### Who took part?

188 people aged 18-72 took part.

Participants were split into 3 groups: Hoarding Disorder; Obsessive Compulsive Disorder (OCD); and no mental health condition.

This meant that we could compare the role of these psychological factors across mental health conditions.

#### How are the findings being shared?

This information is being shared through:

- Directly being sent to research participants
- HD and OCD charity websites
- Social Media
- Psychology Journal Publication
- Psychology Conferences

#### What does this mean for Hoarding?

As the findings showed no differences in the psychological factors between the HD and OCD groups, this suggests that they have no special role in HD.

This means that the treatments used successfully for these factors in other mental health conditions may also be helpful in HD. This may improve the current treatments.

The findings also suggest that more research is needed in HD.

*"A huge thank you to everyone involved in making this research happen, and a special thank you to all those who took part"*

Shemariah Hillman  
Clinical Psychologist in Training