

Saving Inventory Revised

(Please circle the response that is most appropriate.)

1. To what extent do you have difficulty throwing things away?

- 0 = Not at all
- 1 = To a mild extent.
- 2 = To a moderate extent.
- 3 = To a considerable extent.
- 4 = Very much so.

2. How distressing do you find the task of throwing things away?

- 0 = No distress
- 1 = Mild distress
- 2 = Moderate distress
- 3 = Severe distress
- 4 = Extreme distress

3. To what extent do you have so many things that your room(s) are cluttered?

- 0 = Not at all
- 1 = To a mild extent.
- 2 = To a moderate extent.
- 3 = To a considerable extent.
- 4 = Very much so.

4. How often do you avoid trying to discard possessions because it is too stressful or time-consuming?

- 0 = Never avoid, easily able to discard items
- 1 = Rarely avoid, can discard with a little difficulty
- 2 = Sometimes avoid
- 3 = Frequently avoid, can discard items occasionally
- 4 = Almost always avoid, rarely able to discard items

5. How distressed or uncomfortable would you feel if you could not acquire something you wanted?

- 0 = Not at all
- 1 = Mild, only slightly anxious
- 2 = Moderate, distress would mount but remain manageable
- 3 = Severe, prominent and very disturbing increase in distress
- 4 = Extreme, incapacitating discomfort from any such effort

6. How much of the living area in your home is cluttered with possessions? (Consider the amount of clutter in your kitchen, living room, dining room, hallways, bedrooms, bathrooms or other rooms.)

- 0 = None of the living area is cluttered
- 1 = Some of the living area is cluttered
- 2 = Much of the living area is cluttered
- 3 = Most of the living area is cluttered
- 4 = All or almost all of the living area is cluttered

7. How much does the clutter in your home interfere with your social, work or everyday functioning?

Think about things that you don't do because of clutter.

- 0 = Not at all
- 1 = Mild, slight interference, but overall functioning not impaired
- 2 = Moderate, definite interference, but still manageable
- 3 = Severe, causes substantial interference
- 4 = Extreme, incapacitating

8. How often do you feel compelled to acquire something you see (e.g., when shopping or offered free things)?

- 0 = Never feel compelled.
- 1 = Rarely feel compelled.
- 2 = Sometimes feel compelled.
- 3 = Frequently feel compelled.
- 4 = Almost always feel compelled.

9. How strong is your urge to buy or acquire free things for which you have no immediate use?

- 0 = Urge is not at all strong
- 1 = Mild urge
- 2 = Moderate urge
- 3 = Strong urge
- 4 = Very strong urge

10. How much control do you have over your urges to acquire possessions?

- 0 = Complete control
- 1 = Much control, usually able to control urges to acquire.
- 2 = Some control, can control urges to acquire only with difficulty
- 3 = Little control, can only delay urges to acquire only with great difficulty
- 4 = No control, unable to stop urges to acquire possessions.

11. How often do you decide to keep things you do not need and have little space for?

- 0 = Never keep such things.
- 1 = Rarely
- 2 = Occasionally
- 3 = Frequently
- 4 = Almost always keep such possessions.

12. To what extent does clutter prevent you from using parts of your home?

- 0 = All parts of the home are usable
- 1 = A few parts of the home are not usable
- 2 = Some parts of the home are not usable
- 3 = Many parts of the home are not usable
- 4 = Nearly all parts of the home are not usable

13. To what extent does the clutter in your home cause you distress?

- 0 = No feelings of distress or discomfort.
- 1 = Mild feelings of distress or discomfort.
- 2 = Moderate feelings of distress or discomfort.
- 3 = Severe feelings of distress or discomfort.
- 4 = Extreme feelings of distress or discomfort.

14. How frequently does the clutter in your home prevent you from inviting people to visit?

- 0 = Not at all
- 1 = Rarely
- 2 = Sometimes.
- 3 = Often
- 4 = Very often or nearly always.

15. How often do you actually buy (or acquire for free) things for which you have no immediate use or need?

- 0 = Never.
- 1 = Rarely.
- 2 = Sometimes.
- 3 = Frequently.
- 4 = Almost always.

16. How strong is your urge to save something you know you may never use?

- 0 = Not at all strong
- 1 = Mild urge
- 2 = Moderate urge
- 3 = Strong Urge
- 4 = Very strong urge

17. How much control do you have over your urges to save possessions?

- 0 = Complete control
- 1 = Much control, usually able to control urges to save.
- 2 = Some control, can control urges to save only with difficulty
- 3 = Little control, can only stop urges with great difficulty
- 4 = No control, unable to stop urges to save possessions.

18. How much of your home is difficult to walk through because of clutter?

- 0 = None of it is difficult to walk through
- 1 = Some of it is difficult to walk through
- 2 = Much of it is difficult to walk through
- 3 = Most of it is difficult to walk through
- 4 = All or nearly all of it is difficult to walk through

19. How upset or distressed do you feel about your acquiring habits?

- 0 = Not at all upset
- 1 = Mildly upset
- 2 = Moderately upset
- 3 = Severely upset
- 4 = Extreme embarrassment

20. To what extent does the clutter in your home prevent you from using parts of your home for their intended purpose? For example, cooking, using furniture, washing dishes, cleaning, etc.?)

- 0 = Never.
- 1 = Rarely.
- 2 = Sometimes.
- 3 = Frequently .
- 4 = Very frequently or almost all the time

21. To what extent do you feel unable to control the clutter in your home?

- 0 = Not at all
- 1 = To a mild extent.
- 2 = To a moderate extent.
- 3 = To a considerable extent.
- 4 = Very much so.

22. To what extent has your saving or compulsive buying resulted in financial difficulties for you?

- 0 = Not at all
- 1 = A little financial difficulty
- 2 = Some financial difficulty
- 3 = Quite a lot of financial difficulty
- 4 = An extreme amount of financial difficulty

23. How often are you unable to discard a possession you would like to get rid of?

- 0 = Never have a problem discarding possessions.
- 1 = Rarely
- 2 = Occasionally
- 3 = Frequently
- 4 = Almost always unable to discard possessions.

24. How often has the amount of clutter in your home been the subject of disagreements or arguments with other people (for example, family members, friends, landlord, neighbors, etc.)?

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Frequently
- 4 = Almost all the time

25. Have you been avoiding activities that might tempt you to acquire more things?

- 0 = No avoidance
- 1 = Mild, minimal avoidance
- 2 = Moderate, some avoidance
- 3 = Severe, much avoidance
- 4 = Extreme, very extensive avoidance; I do almost everything I can to avoid these types of situations

26. On average, how much time do you waste because of your saving (for example, re-buying or looking for lost items)?

- 0 = None
- 1 = Less than 1 hour per day
- 2 = 1 to 3 hours per day
- 3 = More than 3 hours and up to 8 hours per day
- 4 = More than 8 hours per day