

Saving Inventory – Revised



With the assistance of a therapist, this assessment can help:

- (1) Evaluate the intensity of clutter habits and their effects;
- (2) Monitor change over time.

For use by: Therapists

The *Saving Inventory-Revised* by Frost, Steketee and Grisham (2004) is a 23-item scale with three subscales. It is designed to measure compulsive hoarding. It can be completed by an individual with or without their therapist, to be discussed with their therapist. Research shows it is a valid and reliable measure. This measure can be completed *before and after* treatment to determine if changes have occurred [Tolin, Frost, & Steketee, 2007; Tortella-Feliu et al., 2006]. Scoring and interpretation instructions are below.

Scoring: (1) Add up your total score for each subscale.

Clutter Subscale

Question	3	6	7	12	13	14	18	20	21	Total
Your score										

Difficulty Discarding / Saving Subscale

Question	1	2	4	11	16	17	23	Total
Your score								

Acquisition Subscale

Question	5	8	9	10	15	19	22	Total
Your score								

(2) Add each subscale for your total Saving Inventory Score: _____

People who have compulsive hoarding problems typically have total scores greater than 50, and an average score of 62. The average score of people without clutter problems is about 24 and usually ranges from 15-35. Average scores are also available for the three subscales:

	Total Score	Clutter	Discarding	Acquiring
Compulsive hoarders	62 (+/- 12) *	27 (+/- 7)	15 (+/- 5)	20 (+/- 5)
Non-hoarders	24 (+/- 13)	8 (+/- 7)	6 (+/- 4)	9 (+/- 5)

* Standard Deviation in parentheses

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[Frost, Steketee & Grisham, 2004]

Please circle the response that is most appropriate.

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

0 – Not at all	1 – Mild	2 – Moderate	3 – Considerable / Severe	4 – Extreme

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

0 – Not at all	1 – Mild	2 – Moderate	3 – Considerable / Severe	4 – Extreme

3. To what extent do you have so many things that your rooms are cluttered?

0 – Not at all	1 – Mild	2 – Moderate	3 – Considerable / Severe	4 – Extreme

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

0 – Never	1 – Rarely	2 – Sometimes / Occasionally	3 – Frequently / Often	4 – Very often

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

0 – Not at all	1 – Mild	2 – Moderate	3 – Considerable / Severe	4 – Extreme

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	1 – A little	2 – A moderate amount	3 – Most / Much	4 – Almost all / Complete

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	2 – Moderate	3 – Considerable / Severe	4 – Extreme

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

0 – Never	1 – Rarely	2 – Sometimes / Occasionally	3 – Frequently / Often	4 – Very often

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

0 – Not at all	1 – Mild	2 – Moderate	3 – Considerable / Severe	4 – Extreme

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

0 – Almost all / Complete	1 – Most / Much	2 – A moderate amount	3 – A Little	4 – None

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

0 – Never	1 – Rarely	2 – Sometimes / Occasionally	3 – Frequently / Often	4 – Very often

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

0 - None	1 - A little	2 - A moderate amount	3 - Most / Much	4 - Almost all / Complete
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13. To what extent does the clutter in your home cause you distress?

0 - Not at all	1 - Mild	2 - Moderate	3 - Considerable / Severe	4 - Extreme
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14. How frequently does the clutter in your home prevent you from inviting people to visit?

0 - Never	1 - Rarely	2 - Sometimes / Occasionally	3 - Frequently / Often	4 - Very often
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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 / Occasionally	3 - Frequently / Often	4 - Very often
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16. How strong is your urge to save something you know you may never use?

0 - Not at all	1 - Mild	2 - Moderate	3 - Considerable / Severe	4 - Extreme
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17. How much control do you have over your urges to save possessions?

0 - None	1 - A little	2 - A moderate amount	3 - Most / Much	4 - Almost all / Complete
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18. How much of your home is difficult to walk through because of clutter?

0 - None	1 - A little	2 - A moderate amount	3 - Most / Much	4 - Almost all / Complete
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19. How upset or distressed do you feel about your acquiring habits?

0 - Not at all	1 - Mild	2 - Moderate	3 - Considerable / Severe	4 - Extreme
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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 / Occasionally	3 - Frequently / Often	4 - Very often
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21. To what extent do you feel unable to control the clutter in your home?

0 - Not at all	1 - Mild	2 - Moderate	3 - Considerable / Severe	4 - Extreme
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22. To what extent has your saving or compulsive buying resulted in financial difficulties for you?

0 - Not at all	1 - Mild	2 - Moderate	3 - Considerable / Severe	4 - Extreme
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23. How often are you unable to discard a possession you would like to get rid of?

0 - Never	1 - Rarely	2 - Sometimes / Occasionally	3 - Frequently / Often	4 - Very often
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