Acceptance and Action Questionnaire for Hoarding (AAQH)

*Below you will find a list of statements that have to do with how you feel about the things you own. Some of the statements have to do with acquiring new things (e.g., buying, getting free things) and some of them have to do with discarding or letting go of your things (e.g., throwing them out, giving them away, donating, etc.). Please rate how true each statement is for you within the past week by selecting an option next to it. Use the scale below to make your choice.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true |

|  |  |
| --- | --- |
| 1. I need to stop feeling so attached to my things. | 1 2 3 4 5 6 7 |
| 1. I get lost in my thoughts about buying or finding something I really want. | 1 2 3 4 5 6 7 |
| 1. I can’t stand feeling like I might make a mistake if I get rid of something. | 1 2 3 4 5 6 7 |
| 1. My thoughts or feelings about my things control my actions. | 1 2 3 4 5 6 7 |
| 1. I have a hard time getting rid of things even when I know I should. | 1 2 3 4 5 6 7 |
| 1. My things are a central part of who I am. | 1 2 3 4 5 6 7 |
| 1. My thoughts or feelings make it hard for me to get rid of my things. | 1 2 3 4 5 6 7 |
| 1. I need to get rid of my urges to acquire new things. | 1 2 3 4 5 6 7 |
| 1. I struggle to get rid of items that feel important to me. | 1 2 3 4 5 6 7 |
| 1. I am always thinking about my things. | 1 2 3 4 5 6 7 |
| 1. If I am worried I might need something in the future, I keep it. | 1 2 3 4 5 6 7 |
| 1. I continue to collect items, even when they cause problems for me. | 1 2 3 4 5 6 7 |
| 1. I keep my things because I am attached to them. | 1 2 3 4 5 6 7 |
| 1. I collect or buy objects when I feel distressed. | 1 2 3 4 5 6 7 |

AAQH-Saving: 1, 3, 5, 7, 9, 11, 13

AAQH-Acquisition: 2, 4, 6, 8, 10, 12, 14