

Personality Types and Beliefs in Hoarding Disorder: A Cross Sectional Study

Abstract

Hoarding is being observed as a common condition, and 2-6% adult individuals are experiencing this. The objective of this study was to differentiate the three groups: hoarding disorder, obsessive compulsive disorder (OCD) and non-clinical in terms of personality and beliefs behind hoarding behaviors. Study was a cross sectional in nature with matched group research design. Sample size ($N=303$) was determined through G Power analysis, collected through purposive sampling strategy following a specific inclusion criteria. Participants in three groups were matched on age and education. Participants of OCD were recruited from psychiatric units whereas hoarding disorder and normal were recruited from general population from same vicinity. Standardized measures were administered to screen out hoarding disorder and obsessive-compulsive disorder, personality types and beliefs as well as other mental health conditions which were the part of exclusion criteria. ANOVA and Post Hoc analysis revealed significant difference on beliefs of emotional attachment with possessions, control over saved items and responsibility towards their cluttered material as compare to normal and OCD participants. Neuroticism was highly reported by the individuals with hoarding disorder. Individuals with hoarding were reported to be less conscientious, openness to experience and agreeable as compare to those of OCD and normal control. Rigid beliefs related to collecting/saving and neurotic personality traits are the significant factors for hoarding behaviors such as acquiring, saving, difficulty in recycling, discarding and disorganizing collected material.

Keywords: hoarding behaviours, obsessive compulsive disorder (OCD), personality