

Mayo Clinic Minute

Hoarding – when clutter is more than a mess

Video	Audio
Vivien Williams	People gather stuff.
Craig Sawchuk, Ph.D. Psychology Mayo Clinic	"Part of it is we're hunter-gatherers by nature and consumerists in our culture. And it's actually really easy to acquire things."
Vivien Williams	But when does the excess stuff — the clutter — become too much?
Craig Sawchuk, Ph.D.	"When it gets into more extreme circumstances, where it's actually making it hard to be able to use a room, say, my bathroom has become a storage closet, and, so, I can't use it for the bathroom anymore, that can actually be a problem."
Vivien Williams	Dr. Craig Sawchuk says clutter is one thing. Hoarding is another, and it may require more than getting organizational tips. He says hoarding may be a sign of anxiety, depression or other concerns. Figuring out why someone hoards, and how the mess affects them and their loved ones, is important.
Craig Sawchuk, Ph.D.	"A mental health professional with experience dealing with conditions such as hoarding disorder or even folks that have experience in dealing with information processing difficulties like indecisiveness, or just simple organizational skills, that can actually be really helpful."
Vivien Williams	Cleaning up the mess can be emotionally and physically difficult. But doing so may greatly improve quality of

	life.
	For the Mayo Clinic News Network, I'm Vivien Williams.