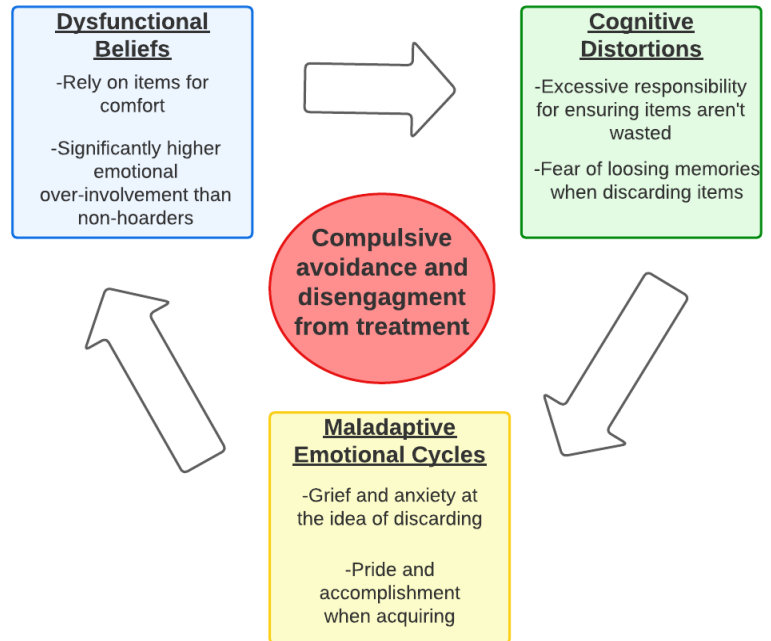


“I felt like I was blessed”: A Qualitative Study into the Experiences of People with Hoarding Issues Using the ‘Making Space’ Services

Background

- Hoarding Disorder affects 2-6% of the population
- Added to the DSM-V in 2013, there is still limited research into treatment.
- The Cognitive Behavioural Model (right) aims to explain Hoarding Disorder. Treatments have been developed based on this model.



Aim

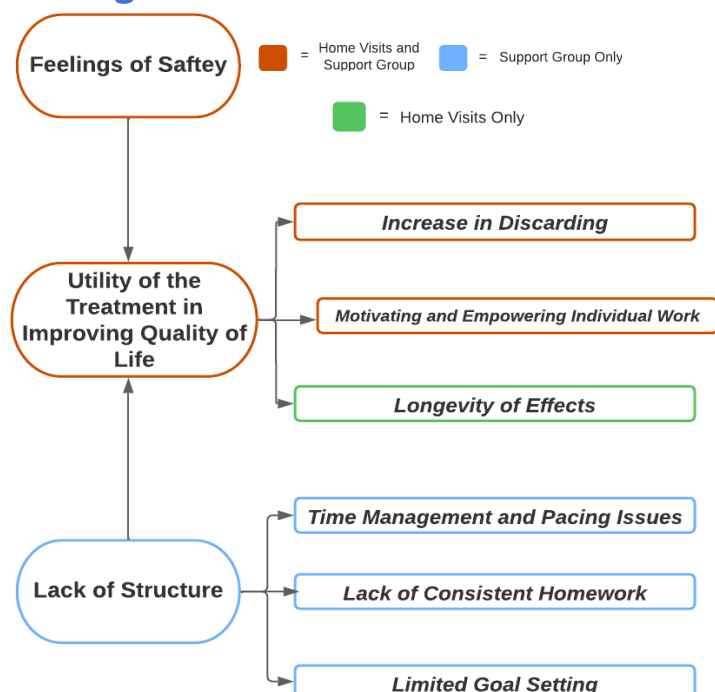
This research considers the effectiveness of the treatments offered by the Making Space Project which are loosely based on the cognitive behavioural model. There is no existing research on the perceived effectiveness of treatment by service-users. The project has two components, a 1:1 home visit service and a support group.

N= 9 (Home Visit= 4, Support Group= 3, Both= 2)

Method

Reflexive Thematic Analysis (RTA) was used to analyse interviews with people who have used either of the Making Space services. I generated codes and themes, taking an inductive approach; driven by the data content rather than an existing theoretical construct due to the exploratory nature of the research.

Findings



Feelings of Safety

Participants discussed feeling “like somebody cared” and that “it’s all quite supportive”.

They didn’t feel pressured “I was never forced to do anything...so when I ever threw something out, I felt like it was my decision”.

Utility of the Treatment in Improving Quality of Life

“The amount of stuff that’s gone out is amazing, really, every week more stuff goes out.”

“I feel empowered, so that I could do more of this work myself now...that’s their legacy they’ve left with me”

“They were so helpful to me and I’ve got to start helping myself now”

Lack of Structure

“[There is a] lot of independent storytelling.... the stories are often very engaging and whatever, but I’ve not always felt that they are taking the group forward”

“It’s got so kind of meandering...because we haven’t been setting very clear goals”

Conclusions

- Participants were overall happy with the service. The service is safe and non-judgmental- improving engagement.
- Participants were not pushed into discarding, helping prevent recidivism.
- Participants reported using the service to motivate themselves into doing independent decluttering.
- The support group would benefit from additional structure, particularly in time management. This would then allow for more time during the session to set goals and check-in on homework which participants feel would help accountability and improve the utility of the service.
- No assessments on the longevity of the effects can be made. Further longitudinal research would be useful.