Boredom is Positively Associated with Symptoms of Hoarding Disorder
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Abstract
Hoarding Disorder produces excessive clutter in living spaces, compromising their use and functionality. 1
• Excessive clutter often results from distress associated with discarding items combined with a perceived need to save possessions, or an excessive acquisition of items.1
• As living conditions become increasingly non-functional, it may also render the environment highly uninteresting and under-stimulating.
• Such an environment is highly conducive to prolonged and frequent episodes of boredom.

Background

1. Hoarding Disorder (HD) is characterized by excessive clutter in living spaces, compromising their use and functionality. 1
2. Excessive clutter often results from distress associated with discarding items combined with a perceived need to save possessions, or an excessive acquisition of items.1
3. As living conditions become increasingly non-functional, it may also render the environment highly uninteresting and under-stimulating.

Purpose & Hypotheses

• We hypothesized that state and trait boredom would be positively correlated with hoarding symptom severity.
• We aimed to determine whether this association exists independently of the relationship between features associated with Hoarding Disorder (e.g., depression) and boredom.

Measures

• Savings Inventory - Revised (SIR)3
• State Boredom Measure (SBM)4
• Boredom Proneness Scale (BPS)4
• Obsessive Compulsive Inventory - Revised (OCI)6
• Beck Depression Inventory (BDI)7
• Indecisiveness Scale (IS)8
• Pure Procrastination Scale (PPS)9
• Self-Control Scale (SCS)10
• UCLA Loneliness Scale (LS)12

Procedure

• Participants recruited online via Amazon’s Mechanical Turk
• Participants completed demographics questionnaire and all measurement scales online via Qualtrics

Study 1

Table 1. Study 2 Correlations Between All Study Variables

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Results

We hypothesized that state and trait boredom would be positively correlated with hoarding symptom severity.

Study 2

Table 2. Study 2 Correlations Between All Study Variables

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Results

We hypothesized that state and trait boredom would be positively correlated with hoarding symptom severity.

Discussion

• In two online studies, we demonstrated that recent, frequent experiences of boredom and boredom proneness are significantly associated with subclinical hoarding symptom severity (HSS).2
• Moreover, recent experiences of state boredom remain associated with clutter and acquiring even when controlling for features that commonly co-occur with HD.
• Mixed evidence was found for a similar relationship between difficulties discarding and state boredom.
• Mixed evidence was also found for the relationship between boredom proneness and features of HD, when taking into account all other study variables.

References