

The Family Impact Scale for Hoarding (FISH)

This scale is intended for use by relatives of individuals with hoarding problems. Where relevant, the scale may also be completed by unrelated persons who are living with or caring for someone with hoarding difficulties.

Your name: _____ Your age: _____ Male Female

Your relative's name: _____ Your relative's age: _____ Male Female

What is your relationship to the person with the hoarding problem?

- Spouse Sibling Child
 Friend Carer Other. Specify: _____

Do you currently live with the hoarding individual?

- Yes No

Approximately how many hours, *per week*, do you spend with the person who hoards (include time spent speaking on the telephone, emailing, etc.): _____

Section 1: Family Accommodation

*In this section, we will be asking you about the extent to which you modify your behavior in order to prevent your relative's distress or avoid conflict with your relative. When responding, **please indicate the extent to which you would agree with each statement over the PAST MONTH.***

| | Strongly Disagree | Somewhat Disagree | Somewhat Agree | Strongly Agree |
|---|----------------------|----------------------|-------------------|-------------------|
| 1. I avoid discarding my relative's possessions due to the distress it will cause him/her. | 0 | 1 | 2 | 3 |
| 2. I avoid discarding my own possessions due to the distress it will cause my relative. | 0 | 1 | 2 | 3 |
| 3. I avoid discussing the discarding of items with my relative due to concerns that he/she will become angry or distressed. | 0 | 1 | 2 | 3 |
| 4. I throw away belongings, tidy or clean in secret to avoid causing my relative irritation or distress. | 0 | 1 | 2 | 3 |
| 5. I bring or buy my relative extra/unnecessary items because he/she asks me to do so. | 0 | 1 | 2 | 3 |
| 6. I provide extra storage space for my relative's possessions (e.g., stored objects in my own bedroom, or home, rented storage space on my relative's behalf). | 0 | 1 | 2 | 3 |

7. Please tell us about other ways in which you have modified your life to ensure that your relative does not become distressed or upset:

Section 2: Burden

In this section we will ask you about the extent to which your relative's hoarding problem has had an impact on your OWN life. As with the previous section, please indicate the extent to which you would agree with each statement over the PAST MONTH.

| | Strongly Disagree | Somewhat Disagree | Somewhat Agree | Strongly Agree |
|--|----------------------|----------------------|-------------------|-------------------|
| 1. Due to the hoarding, I limit visits to the home of my relative, minimize the time spent at their home or arrange to meet with them elsewhere. (For those living with the hoarding individual, instead consider the following statement: Due to the hoarding, I try to minimize the amount of time I spend at home.) | 0 | 1 | 2 | 3 |
| 2. Due to the hoarding, I am unable to use/have difficulty using the rooms in my relative's/our home for their intended purpose (e.g. have a family meal, watch TV, play with the children). | 0 | 1 | 2 | 3 |
| 3. I have had to move out of my home due to my relative's hoarding. | 0 | 1 | 2 | 3 |
| 4. I have had to buy/rent another property to live in due to my relative's hoarding. | 0 | 1 | 2 | 3 |
| 5. I have modified my work/education schedule due to my relative's hoarding. | 0 | 1 | 2 | 3 |
| 6. I have missed work/school due to my relative's hoarding. | 0 | 1 | 2 | 3 |
| 7. I have modified my social life (e.g., not been able to bring friends home) due to my relative's hoarding. | 0 | 1 | 2 | 3 |
| 8. I have modified my leisure activities (e.g., sports, hobbies) due to my relative's hoarding. | 0 | 1 | 2 | 3 |
| 9. I have had loss of earnings due to my relative's hoarding. | 0 | 1 | 2 | 3 |

10. Please tell us about other ways in which your relative's hoarding has had an impact on your life:

Scoring Instructions

Each closed-response item on the FISH is scored from 0 (“Strongly Disagree”) to 3 (“Strongly Agree”). Scores may be aggregated over the entire measure to form a composite or, if preferred, by sub-scale to quantify a particulate element of family impact (e.g. “Burden”).

When calculating a composite, scores will range between 0 and 45. Scores on the subscales will vary, with sums on “Family Accommodation” ranging between 0 and 18, while scores on “Burden” will range from 0 to 27. Regardless of the method chosen, increasing scores will always indicate increasing instance and degree of negative impacts.

As a guide for interpreting the severity of responses: initial application of this scale in a sample of individuals with hoarding relatives indicated a mean score of 20.52 (95% C.I. 17.58 – 22.45), while administration in a comparator group with healthy relatives produced a mean score of 6.73 (95% C.I. 4.41-9.05).

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