

01/11/11

ID#: \_\_\_\_\_ Date: \_\_\_\_\_

### Saving Cognitions Inventory

Use the following scale to indicate the extent to which you had each thought when you were deciding whether to throw something away **DURING THE PAST WEEK**. (If you did not try to discard anything in the past week, indicate how you would have felt if you had tried to discard.)

1	2	3	4	5	6	7
not at all	sometimes				very much	

1.	I could not tolerate it if I were to get rid of this.	1 2 3 4 5 6 7
2.	Throwing this away means wasting a valuable opportunity.	1 2 3 4 5 6 7
3.	Throwing away this possession is like throwing away a part of me.	1 2 3 4 5 6 7
4.	Saving this means I don't have to rely on my memory.	1 2 3 4 5 6 7
5.	It upsets me when someone throws something of mine away without my permission.	1 2 3 4 5 6 7
6.	Losing this possession is like losing a friend.	1 2 3 4 5 6 7
7.	If someone touches or uses this, I will lose it or lose track of it.	1 2 3 4 5 6 7
8.	Throwing some things away would feel like abandoning a loved one.	1 2 3 4 5 6 7
9.	Throwing this away means losing a part of my life.	1 2 3 4 5 6 7
10.	I see my belongings as extensions of myself; they are part of who I am.	1 2 3 4 5 6 7
11.	I am responsible for the well-being of this possession	1 2 3 4 5 6 7
12.	If this possession may be of use to someone else, I am responsible for saving it for them.	1 2 3 4 5 6 7
13.	This possession is equivalent to the feelings I associate with it.	1 2 3 4 5 6 7
14.	My memory is so bad I must leave this in sight or I'll forget about it.	1 2 3 4 5 6 7
15.	I am responsible for finding a use for this possession.	1 2 3 4 5 6 7
16.	Throwing some things away would feel like part of me is dying.	1 2 3 4 5 6 7
17.	If I put this into a filing system, I'll forget about it completely.	1 2 3 4 5 6 7
18.	I like to maintain sole control over my things.	1 2 3 4 5 6 7
19.	I'm ashamed when I don't have something like this when I need it.	1 2 3 4 5 6 7
20.	I must remember something about this, and I can't if I throw this away.	1 2 3 4 5 6 7
21.	If I discard this without extracting all the important information from it, I will lose something.	1 2 3 4 5 6 7
22.	This possession provides me with emotional comfort.	1 2 3 4 5 6 7
23.	I love some of my belongings the way I love some people.	1 2 3 4 5 6 7
24.	No one has the right to touch my possessions.	1 2 3 4 5 6 7

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### **SCI Scoring**

Subscales:

Emotional Attachment (10 items): 1, 3, 6, 8, 9, 10, 13, 16, 22, 23

Control (3 items): 5, 18, 24

Responsibility (6 items): 2, 7, 11, 12, 15, 19

Memory (5 items): 4, 14, 17, 20, 21

Total Score = Sum of all items

Steketee, G., Frost, R.O., & Kyrios, M. (2003). Cognitive aspects of compulsive hoarding. *Cognitive Therapy and Research*, 27, 463-479.