

# Preliminary Data on Barriers to Treatment Engagement in Older Adults with Hoarding Disorder in Rural Mississippi

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# INTRODUCTION

- Deficits across multiple aspects of cognitive functioning, including categorization, set shifting, working memory, concentration, and mental control, have been associated with hoarding across the lifespan.
- Older adults with cognitive impairment may be especially susceptible to issues with clutter and treatment engagement.
- The purpose of this study was to provide descriptive statistics for several treatment-relevant domains in older adults with hoarding disorder, including neurocognitive functioning, level of household clutter, and perceived barriers to sorting/discarding.

### METHOD

#### **Participants**

Older adults (N=13) – Average age 62; Predominantly white (69.2%) and female (84.6%).

#### Measures

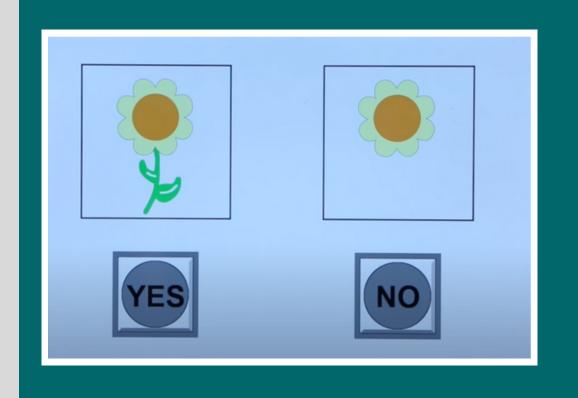
NIH Cognition Battery - measures of executive function, attention, episodic memory, language, processing speed, and working memory. Raw scores were transformed into T-scores correcting for age and education.

(Gershon et al., 2013)

Clutter Image Rating - assessed clutter levels at baseline.

(Frost et al., 2008)

# >50% of older adults with hoarding disorder scored less than one standard deviation below the mean on tests of attention and processing speed.





5.3% Distress when Avoidance Barriers reported by Discarding or 21.1% Sorting participants in home-based treatment for hoarding disorder 36.8% Lack of Motivation Feeling 15.8% Overwhelmed 21.1%



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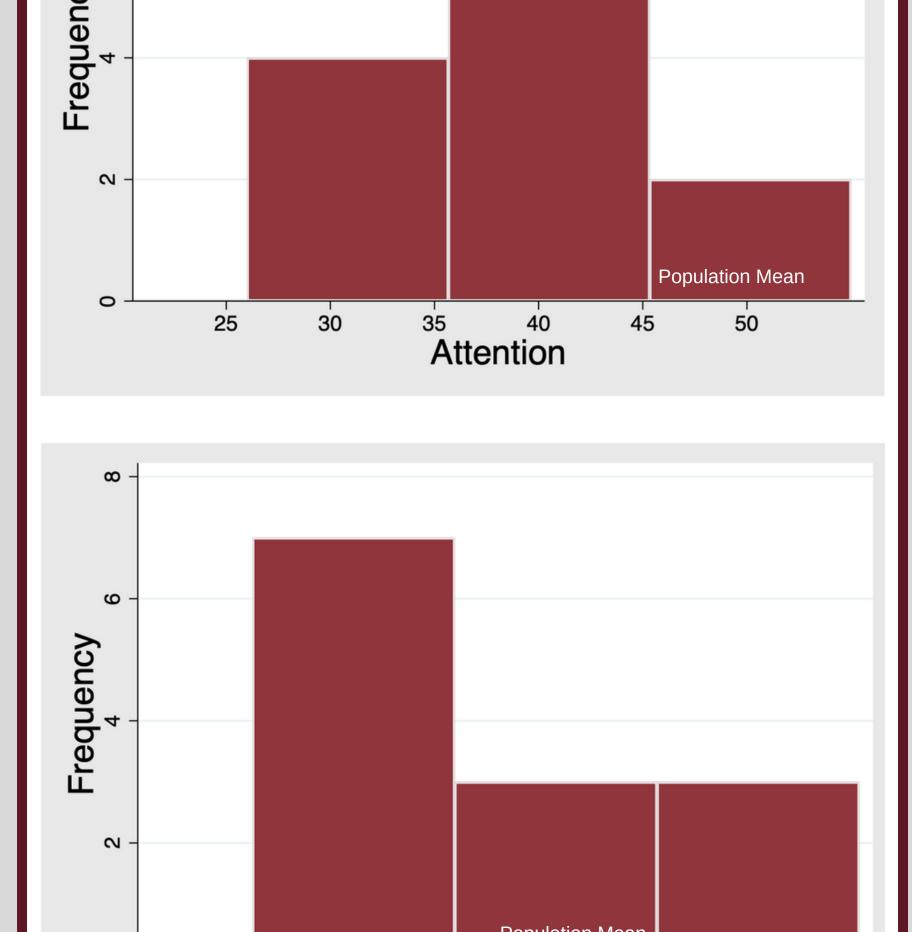
The Dozier Lab

Distraction

My website



# RESULTS ®



T-scores correcting for age and education.

**Processing Speed** 

## CONCLUSIONS

- Older adults in treatment for hoarding disorder may benefit from repeated instructions and a slower pace of intervention.
- Through our person-centered interventions we provide older adults with the opportunity to take control of their treatment pace. We believe this will encourage a more calm and satisfactory process of therapy and sorting practices that will, in the long term, lead to better treatment outcomes.