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Hoarding Bibliography

Research on hoarding is relatively recent. Most of it has been conducted by two researchers, stemming from their interest in types of obsessive compulsive disorder.

For a good introduction read the excellent book: *Buried in Treasures*, by David F. Tolin, Randy O. Frost, and Gail Steketee (2007, Oxford University Press). It describes the struggle of people with this problem, and it outlines a treatment approach, including helpful step by step instructions. An especially nice feature is a section for family members and others who are not sure how they can help.

Frost and Steketee have conducted extensive research and write most clearly and forcefully on hoarding. For professionals interested in their theories and a clear cognitive approach, read their therapist guide: *Compulsive Hoarding and Acquiring* by Gail Steketee and Randy O. Frost (2007, Oxford University Press). It is addressed to treatment providers, is thoroughly researched, and clearly written. I would only caution the reader that a book should not substitute for clinical judgment, and that much flexibility and patience are required to work with hoarding problems.

Related to this book is the companion manual for patients: *Compulsive Hoarding and Acquiring Workbook*, by the same authors. This is much like *Buried in Treasures*, but slightly simplified.

Here are three selected research articles about hoarding that I found informative:

Refining the diagnostic boundaries of compulsive hoarding: a critical review. A. Pertusa, R.O. Frost, M.A. Fullana, J. Samuels, G. Steketee, D. Tolin, S. Saxena, J. Leckman, and T.D. Mataixa-Cols. *Clinical Psychology Review*, 30, 4, 2010, pp371-386.

An open trial of cognitive behavior therapy for compulsive hoarding, D.F. Tolin, R. Frost, and G. Steketee. *Behavior Research and Therapy*, 45, 7, 2007, pp 1461-1470.

Hoarding: a community health problem. R.O. Frost, G. Steketee, and L. Williams. *health and social care in the community*, 8, 4, 2001, pp 229-234.