Participatory Research Fund Project Supporting ARU Hoarding Research

Anglia Ruskin University

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Overview:

Hoarding Disorder is a largely misunderstood mental health condition affecting about 2.5% of the population. Hoarding consists of excessive accumulation and difficulty discarding along with clutter that precludes the use of active living spaces in the home. There are numerous challenges to this psychiatric condition including: a) affecting not only the individual and their household but also a wide array of community and service provider stakeholders; b) that those affected often demonstrate little insight, and c) scarcity of treatments.

The ARU Possessions and Hoarding Collective was established to advance our understanding of human relationships with their possessions and of hoarding disorder. It aims to do this in a safe, inclusive and open environment for all stakeholders.

Aim and objectives:

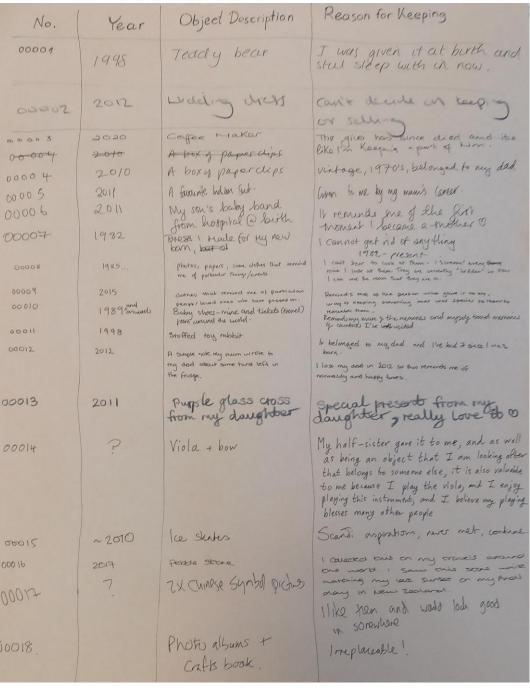
- To promote routine consultation, user involvement and, where appropriate, co-production with relevant stakeholders.
- To support the ARU Hoarding Conference held on May 10th 2023, attended by 140 individuals including individuals who hoard, family members, charity providers and service providers).

Funding of £825 was used for:

- Consultation and lived experience feedback about all online and public facing materials.
- Supporting the May 10th ARU Hoarding Conference to ensure visitors felt welcomed, included, and comfortable voicing their views.







Do you want to know more or be involved?

Stakeholders involved:

Those with lived experience, family members of individuals who hoard, service providers, and general public. Service providers encompass a wide array of stakeholders including those involved with mental health support and provision such as psychologists, psychiatrists, mental health nurses and those in primary care such as GPs and social prescribers. Additionally, professionals from environmental health, fire services, housing association officers and other local authority representatives as well as charities and professional declutterers.

Patient and Public Involvement and Engagement elements:

Consultation on the ARU Possessions and Hoarding website, the ARU Hoarding Conference Website, Eventbrite text and introductions, slides and messaging on the day (see below for itinerary). Throughout all activities attendees asked questions and engaged in extensive discussion.

Feedback about the conference was actively sought and offered throughout, along with a subsequent survey.

The majority of respondents to our survey (27/29) said their learned something new with half saying they learned a lot:

"It felt like a really positive, collaborative event. I've mentioned it to some colleagues since who also have personal experience of relations who hoard and now we know about the collective we'll be more closely monitoring your research!"

"Very informative and good to know that so many people are working hard to try and help people that suffer Hoarding Disorder" "I immediately 'mind-mapped' my own reasons for collecting (I didn't like the negative connotation of 'hoarding') and will start to

investigate ways to positively reduce my collections."

ARU Hoarding Conference: Understanding Our research institutes The ARU Possessions and Hoarding Hoarding Disorder: supporting those living and groups with the condition Collective Applied Ecology Research The ARU Possessions and Hoarding Collective is a group of academics and Group professionals who aim to improve understanding of how people interact with their ARU Centre for Mind and Book via Eventbrite 10 May 2023 13:00 pm Cambridge campus Many individuals report complex relationships with their possessions, including acquiring too many and trouble with organising them, leading to clutter and difficulties discarding them. At times, such behaviours can become excessive, resulting in problems in everyday life and even he ARU Possessions and noarding disorder, which is a mental health condition loarding Collective As part of our activities, we research hoarding and how can it affect individuals and their wider Behavioural Ecology surroundings and family members. We are also interested in how service provision is currently Research Group delivered, and how it can be improved. Biomedical Research Group All are invited to join us for the ARU Hoarding Conference at our Cambridge Campus on 10 Cambridge Centre for Sport and Exercise Sciences Applications Research who addresses hoarding as part of your role, you're invited to find out more about the Dr Sharon Morein condition and the latest support strategies at our one-day Hoarding Conference in Cyber Security and Dr Jane Scott Networking Research · Dr Emma Kaminskiy Group Hoarding disorder is a mental health condition affecting 2.5% of the population. Hoarding involves clutter in the home environment taking up active living spaces as well as Engineering Analysis Vanessa Ferguson excessive acquisition and difficulty discarding possessions Simulation and Tribology Dr Sanjiv Ahluwalia Research Group A wide array of service providers can be involved in supporting those who hoard, raising Stuart Brown (external) unique challenges for the individuals, their families and service providers. Dr Keong Yap (external) Sciences Research Group We invite all interested stakeholders, including individuals who struggle with, or have family members affected by hoarding, as well as service providers who might interact Future Cities Research with those affected by hoarding. Please join us for an afternoon aimed at increasing Network Academic publications awareness of the different voices to ultimately provide better support for al Interdisciplinary research in 1-2 pm: Professor Nick Neave will deliver a talk about the Hoarding Research Group at sustainability and the Press and social media coverage Northumbria University and the North East Hoarding Partnership. 2-3 pm: Refreshments, relationship building and interactive art activities facilitated by Platelet Research Group Additional information and support 3-4 pm: Expert panel discussion and O&A: how to provide better support for individuals. **Engineering Research** · Information about hoarding disorder from the NHS their families and service providers · Information about hoarding from Mind This event will take place in LABO26 in the Lord Ashcroft Building on our Cambridge Vision and Hearing

Guidance on hoarding from Cambridge Insight

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