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Behavioral Approach Task for Hoarding (H-BAT) Instructions and Record Form

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Recommended Citation

Dozier, Mary E., "Behavioral Approach Task for Hoarding (H-BAT) Instructions and Record Form" (2024).
College of Arts and Sciences Publications and Scholarship. 39.
<https://scholarsjunction.msstate.edu/cas-publications/39>

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Behavioral Approach Task for Hoarding (H-BAT) Instructions

The purpose of this task is to record the number and type of items a person can sort and discard in 15 minutes and their emotional response to the sorting process. The below instructions (in **bold**) are a guide and do not have to be said verbatim.

1. **The next task we are going to do involves sorting items in your home for 15 minutes.**
2. **During this task, I will be asking how distressed you are on a scale of 0 to 100 with 100 being the most distress you can imagine and 0 is the least amount of distress or the most relaxing. These ratings are known as Subjective Units of Distress or SUDS ratings. To help you determine your SUDS rating, we are going to first fill in your “anchor points” on this worksheet.** (Assist the person will completing the anchor points worksheet).
3. **Is there a particular place you would like to sort in your home?** (This may be a quick answer or involve a longer discussion).
4. **When I tell you to begin, I’d like you to grab the first item you see. Just grab the first item you put your hand on. We will go one item at a time, without trying to select anything in particular. You will ideally have two piles, “KEEP” and “DISCARD.” If you need additional DISCARD piles that is okay. For example, some people want a pile for recycling or donating. Your job is to try to discard as many items as you can, in the next fifteen minutes. While you are sorting, I will ask you about your current emotion and distress level at various time points. I know that this might be a difficult task. Are you ready to begin?”**
5. Solicit the participant’s SUDS and emotion rating every 5 minutes: **“On a scale of 0 to 100, with 0 indicating no distress and 100 indicating extreme distress, how distressed do you currently feel?”**
6. Instructions can be repeated or clarified as needed; other questions are responded to by saying **“Do the best you can.”**
7. Record their sorting decisions on the H-BAT Record Sheet.

Subjective Units of Distress (SUDs) Hierarchy Ratings

0 10 20 30 40 50 60 70 80 90 100

Most
relaxing



Most distress
you can imagine



0	25	50	75	100
Example: In bed reading a book	Riding the subway during rush hour	Being late for an important work meeting	Learning that my child broke his arm at school	Life threatening car accident in 1997

Behavioral Avoidance Task for Hoarding (H-BAT) Record Sheet

Emotion:

SUDS:

Pre-task: _____

Pre-task: _____

5 minutes: _____

5 minutes: _____

10 minutes: _____

10 minutes: _____

Post-Task: _____

Post-Task : _____

Sorting:

Items sorted: _____

Items discarded: _____

Item Type	Sorted (#)	Discarded (#)
Clothes		
Accessories		
Papers		
Books		
Electronics		
Home goods (e.g., lamp, dishes)		
Craft Supplies		
Other:		
Other:		

[illegible]

[illegible]