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### Sample Article Summary of “Hoarding”

In the article “Hoarding,” the authors, Brown and Meszaros, discuss compulsive hoarding and its characteristics, causes, and possible treatments. First, the difference between “collecting” and compulsive “hoarding” is described. A hoarder is someone who collects and cannot get rid of a large numbers of useless, unimportant things. This is different from collecting because the items take over the hoarder’s home and life. Hoarders do not seem to mind the mess and the junk like an average person would. If the desire to collect goes wrong, it can become hoarding and cause a lot of problems for the person. Until recently, very little was known about the condition and how to treat it. Next, the authors go on to describe hoarding as a symptom of other issues such as obsessive compulsive personality and neurodegenerative disorders. The authors also explain that hoarding is a rare condition, but because no epidemiological studies have been published, the number of people affected is really unknown. Then, the authors list possible causes of hoarding. It may be a result of psychological issues or occur because of brain damage. Finally, treatments such as cognitive-behavior therapy are described. The article concludes with recommendations for caregivers of compulsive hoarders.

Brown, Walter A., and Zsuzsa Meszaros. "Hoarding." *Psychiatric Times*, vol. 26, no. 13, 2015, pp. 50+. *Health Reference Center Academic*.