

Abstract

Compulsive hoarding is a problem that is characterized by excess of acquiring and failure to discard its ownership. Excess urges of collection creates psychological distress among hoarders. There are specific personality traits like neuroticism that are associated with hoarders. This research aims to investigate the relationship between personality traits compulsive hoarding and psychological distress among university students of Pakistan. The research was consisted of II phases. Purpose of Phase I was to screen out hoarders from a large number of sample (N=1000) and the age range was 18-25 years. Hoarding Rating Scale (HRS) developed by Frost and Steketee (2008) was used for screening purpose. Mental Health Inventory (18- item version) developed by Veit and Ware (1998) was used to assess mental well being of hoarders in university students. Big Five Personality Inventory developed by Goldberg (1993) was used to find out personality traits of hoarders. Purpose of phase II of the research was to do the profiling of hoarders. Structured Hoarding Interview (SHI) developed by Muroff, Underwood and Steketee (2014) was used to explore the phenomenon of hoarding descriptively. The results of phase I showed that in neuroticism subscale and openness subscale there is significant difference in personality traits among hoarders and non-hoarders. Hoarders showed more neurotic and openness traits as compared to non hoarders. Further results also revealed that there is significant difference in mental health of hoarders and non-hoarders. Hoarders have poor mental health as compared to non-hoarders. The results revealed that there are gender differences between hoarders and non-hoarders among University Students. Results suggest that females have more tendency of hoarding than males. The results are also showing that there is no significant gender difference between mental

health among University Students. Males and females show almost equal scores on mental health.

Key Words: Compulsive Hoarding, Psychological Distress, Personality Traits.