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**ICD Clutter Quality of Life Scale (CQLS)**

**Professional Organizer Version**

## Scale Description

The Clutter Quality of Life Scale (CQLS) has been developed by the Institution for Challenging Disorganization (ICD) as a self-assessment tool that measures an individual’s felt, or subjective assessment, of the *consequences* of clutter on the person’s quality of life across various life domains, including relationships with others, psychological distress, financial implications of clutter, and physical challenges or challenging living conditions created by clutter that impede life goals or the execution of daily tasks that contribute to negative consequences for one’s well-being, life goals, and feelings of control over one’s environment.

To administer the scale to clients, offer them the ICD Clutter Quality of Life Scale- Client Version. Count their scores, from 1 to 7 in each item, and add them up. The scale should be scored as a summated scale with a range of 18 (low impact of clutter on subjective quality of life) to 126 (high impact of clutter on subjective quality of life). Further insight into the client’s situation, and possible motivation for gaining assistance in managing their clutter, may be gained by looking at the color-coded version in this document. It may highlight one or more of the following areas on the client’s perception of the impact of clutter on their Quality of Life.

It may be helpful to use the ICD CQLS at various points in your organizing project to measure the impact of the work you are doing with your client.

# The ICD Clutter Quality of Life Scale

**To what extent does clutter, defined as “an overabundance of possessions,” impact your current life and well-being?**

**Please read each statement below and indicate your extent of agreement to each statement.**

**Scale**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Strongly****disagree** | **Disagree** | **Somewhat****disagree** | **Neither agree nor disagree** | **Somewhat agree** | **Agree** | **Strongly****agree** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |

1. I’m concerned about what others might think of me if they knew about the clutter in my home.
2. **I have to move things in order to accomplish tasks in my home.**
3. I often buy things I already have because I don’t know where things are in my home.
4. The clutter in my home upsets me.
5. **I avoid having people come to my home because of the clutter.**
6. I try to avoid thinking about the clutter in my home.
7. **I don’t get to use spaces in my home the way I would like to because of clutter.**
8. **My family life has suffered as a result of the clutter in my home.**
9. **I feel overwhelmed by the clutter in my home.**
10. **I’m worried about the amount of clutter in my home.**
11. **I can’t find things when I need them because of clutter.**
12. I have incurred debt I can’t really afford as a result of having too many possessions.
13. **I feel guilty when I think about the clutter in my home.**
14. I have to be careful when walking through my home in order to avoid tripping over objects.
15. **I have neglected taking care of things that need to be done in my home because of the clutter.**
16. **I don’t have family members over as much as I would like because of the clutter in my home.**
17. I have been late paying bills more than once in the past 3 months because they got lost in the clutter.
18. **I feel depressed by the clutter in my home.**

Color coding: areas impacting quality of life include

**Livability of Space:**

I have to move things in order to accomplish tasks in my home. [CL2]

I don’t get to use spaces in my home the way I would like to because of clutter. [CL7]

I can’t find things when I need them because of clutter. [CL11]

I have to be careful when walking through my home in order to avoid tripping over objects. [CL14]

I have neglected taking care of things that need to be done in my home because of the clutter. [CL15]

Color coding: areas impacting quality of life include

**Emotional:**

The clutter in my home upsets me (CL4)

I try to avoid thinking about the clutter in my home. (CL6)

I feel overwhelmed by the clutter in my home. [CL9]

 I’m worried about the amount of clutter in my home. [CL10]

 I feel guilty when I think about the clutter in my home. [CL13]

 I feel depressed by the clutter in my home. [CL18]

**Social:**

I’m concerned about what others might think of me if they knew about the clutter in my home. (CL1)

I avoid having people come to my home because of the clutter. [CL5]

 My family life has suffered as a result of the clutter in my home. [CL8]

I don’t have family members over as much as I would like because of the clutter in my home. [CL16]

 **Financial:**

I often buy things I already have because I don’t know where things are in my home. (CL3)

I have incurred debt I can’t really afford as a result of having too many possessions. (CL12)

I have been late paying bills more than once in the past 3 months because they got lost in the clutter. (CL17)