

CQLS—Clutter Quality of Life Scale (Client Version)

The Clutter Quality of Life Scale (CQLS) was developed by Dr. Catherine Roster, Associate Professor at the Anderson School of Management, University of New Mexico, in collaboration with volunteers from the Institute for Challenging Disorganization® (ICD®). Dr. Roster's expertise lies in consumer research, specifically in the areas of possession and dispossession and the role of objects in supporting self-identity.

The CQLS is a self-assessment tool that measures the negative impact of clutter on relationships, home functionality, and emotional well-being. It shows how personal clutter affects the quality of life and life goals.

Clutter is defined as **a high volume of possessions**. Below are 11 statements about clutter, each rated on a 7-point Likert scale (1 = "strongly disagree," 7 = "strongly agree"). Read each statement in the table and indicate your extent of agreement with each.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7
Please rate each item from 1 (strongly disagree) to 7 (strongly agree).						Rating
1. I have to move things to accomplish tasks in my home.						
2. I avoid having people come to my home because of the clutter.						
3. I don't get to use spaces in my home the way I would like to because of clutter.						
4. My family life has suffered because of the clutter in my home.						
5. I feel overwhelmed by the clutter in my home.						
6. I'm worried about the amount of clutter in my home.						
7. I can't find things when I need them because of clutter.						
8. I feel guilty when I think about the clutter in my home.						
9. I have neglected taking care of things that need to be done in my home because of the clutter.						
10. I don't have family members over as much as I would like because of the clutter in my home.						
11. I feel depressed by the clutter in my home.						
Total score						

The scale assesses three life domains: livability, emotional, and social well-being. The items 1, 3, 7, and 9 refer to the home functionality and livability of the space. The items in 5, 6, 8, and 11 are related to emotional well-being. The items 2, 4, and 10 relate to the impact on relationships. The higher the score in a domain, the greater the negative impact felt by the individual. The overall scores can range from 11 (indicating minimal clutter impact) to 77 (reflecting a significant clutter impact). The average score is 36, and that's the tipping point where the negative impact begins to overwhelm.

The Clutter Quality of Life Scale (CQLS) is designed to measure inward, or subjective, consequences of clutter from the individual's perspective. As such, it provides an indirect assessment of a person's well-being by measuring personally felt negative consequences of clutter in that person's life across important life domains commonly associated with quality of life (QoL). The CQLS essentially measures the personally felt impact of clutter on QoL across life domains, which can differ from 3rd-party observation measures, such as ICD's Clutter–Hoarding Scale® (C–HS®). Both tools can contribute to a full understanding of the impact of clutter on a person's life.

Recommended applications of the CQLS include:

- **Assessment Tool:** Find out how clutter affects you and your environment.
- **Monitor Progress:** Use this evaluation any time you start and continue working on an organizing project to see how you have progressed.
- **Assess Completed Projects:** Evaluate if additional organization is needed for your project.
- **Getting support:** If the level of clutter is undermining your daily life, you can find an organizing professional close to you or working virtually to support your journey in gaining clarity and improving your quality of life. [Click here.](#)

In addition, you can use the different fact sheets ICD® offers under [resources](#), not only in English but in various languages. Use them to know more, take some quizzes, and get helpful tips.

Chronic disorganization may not go away, but it **can get easier.**

I consent to sending the score to: