

## The Hoarding Study Team:

**Catherine Ayers, Ph.D., ABPP**  
Division Director, Outpatient La Jolla  
Mental Health Clinics  
Assistant Professor, Department of  
Psychiatry  
University of California, San Diego  
VA San Diego Healthcare System

**Tina Mayes, Ph.D.**  
Lead Study Therapist

If you are interested in being a part of  
this exciting study, please call:

**(858) 552-8585 ext. 1251**

VA San Diego Healthcare System  
IRB Protocol Number: H140244  
IRB Approval Date: 11/19/2015

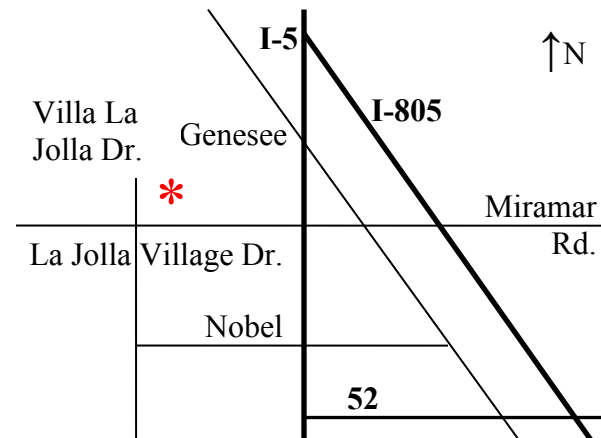
## Location:

VA San Diego Healthcare System  
3350 La Jolla Village Drive (116B)  
San Diego, CA 92161-0002

(You are eligible to participate if you  
are a veteran and/or a family member  
of a veteran.)

## Directions:

- Take the La Jolla Village Drive  
exit off Interstate 5.
- Proceed west.
- Turn right on Villa La Jolla Drive.
- Turn right into the VA grounds.
- Park in the Patient/Visitor lot. The  
VMRF building (Building 13) is  
located to the right beyond the  
Handicap parking lot.



(Map not drawn to scale.)



## Study for Treatment of Hoarding Disorder



A research study sponsored by the  
VA San Diego Healthcare System

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- **Are you over the age of 45?**
- **Do you have difficulty throwing things away?**
- **Do you have clutter in your own house that causes you distress?**
- **Are you a Veteran?**

If you answered “Yes” to these questions, you may be eligible to participate in the **Study for Treatment of Hoarding Disorder**.

#### **What’s the purpose of this study?**

The purpose of this research study is to find out more about effective treatments of hoarding disorder in Veterans.

#### **What happens if I participate?**

You will be asked questions about your hoarding symptoms and psychiatric history during an initial assessment at your home. You will also complete a series of tests that examine your memory, attention, and problem-solving skills during your second appointment at the VA. Then,

you will be randomly selected for one of the following:

- **Cognitive Rehabilitation and Exposure Therapy**, which includes 26 sessions of individual psychotherapy
- **Exposure Therapy**, which includes 26 sessions of individual therapy

Which type of treatment you receive is decided by chance.

#### **What is involved in treatment?**

In cognitive rehabilitation and exposure therapy, you will meet one-on-one with a counselor for 26 sessions at the VA. Cognitive rehabilitation and exposure therapy will teach you how to manage day to day demands and learn to tolerate distress from discarding your possessions. In exposure therapy, you will meet one-on-one with a counselor for 26 sessions at the VA, which will focus on teaching you how to tolerate distress from throwing away your items.

#### **What else do I have to do?**

Whichever type of treatment you receive, you will meet with a member of the study team for a 2-hour

evaluation at the end of your 6-month individual treatment. You will also be asked to come to the VA 3 months and 6 months after the end of your treatment for additional evaluations.

#### **What’s in it for me?**

- You will receive 26 sessions of treatment **at no cost to you**;
- You may experience relief of your anxiety symptoms and/or improved quality of life.
- A free book about hoarding treatment or successful aging

#### **What if it’s not helping?**

Participation is voluntary. You can quit at any time.

#### **Will I receive any medication?**

You will not receive medication as part of this study.

#### **How can I get more information?**

For more information about this study, please call:

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