

## Saving Cognition Inventory

Name of Service User : \_\_\_\_\_

Occupational Therapist: \_\_\_\_\_

Date : \_\_\_\_\_

Use the following scale to indicate the extent to which you had each thought when you were deciding whether to throw something away DURING THE PAST WEEK. (If you did not try to discard anything in the past week, indicate how you would have felt if you had tried to discard.)

1-----2-----3-----4-----5-----6-----7

Not at all

Sometimes

Very Much

|     |  |   |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|---|
| 1.  | I could not tolerate it if I were to get rid of this.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2.  | Throwing this away means wasting a valuable opportunity.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3.  | Throwing away this possession is like throwing away a part of me.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4.  | Saving this means I don't have to rely on my memory.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5.  | It upsets me when someone throws something of mine away without my permission.                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6.  | Losing this possession is like losing a friend   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7.  | If someone touches or uses this, I will lose it or lose track of it.                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8.  | Throwing some things away would feel like abandoning a loved one                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9.  | Throwing this away means losing a part of my life.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | I see my belongings as extensions of myself; they are part of who I am.                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | I am responsible for the well-being of this possession.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | If this possession may be of use to someone else, I am responsible for saving it for them.         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. | This possession is equivalent to the feeling I associate with it.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | My memory is so bad I must leave this in sight or I'll forget about it.                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | I am responsible for finding a use for this possession   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | Throwing some things away would feel like part of me is dying                                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. | If I put this into a filing system, I'll forget about it completely                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | I like to maintain sole control over my things   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. | I'm ashamed when I don't have something like this when I need it.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. | I must remember something about this, and I can't if I throw this away                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. | If I discard this without extracting all the important information from it, I will lose something. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. | This possession provides me with emotional comfort.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. | I love some of my belongings the way I love some people.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. | No one has the right to touch my possessions.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

## Subscale

Emotion Attachment (10 items): 1, 3, 6, 8, 9, 10, 13, 16, 22, 23= \_\_\_\_\_

Control (three items): 5, 18, 24= \_\_\_\_\_

Responsibility (six items): 2, 7, 11, 12, 15, 19= \_\_\_\_\_

Memory (five items): 4, 14, 17, 20, 21= \_\_\_\_\_

Total score = Sum of all items= \_\_\_\_\_