

Clutter Image Rating Scale

Clutter Image Rating Scale

Name:

Age:

Date:

Examiner information

Name:

License number:

Email:

Contact number:

Name of practice:

The Clutter Image Rating (CIR) Scale is a widely recognized visual tool used to assess the level of clutter in different rooms of a person's home. It consists of three sets of 9 color photographs, each depicting a room (living room, bedroom, kitchen) with varying amounts of clutter (1=least cluttered, 9=most cluttered). The assessment typically takes about 5 minutes to complete.

Administering CIR scale

The CIR Scale should be administered by healthcare professionals such as general practitioners, nurses, psychologists, or mental health professionals. Review the three sets of images and select the photograph that most accurately reflects the clutter level in the corresponding room in your patient's home.

Clutter ratings

Living room rating - Select a number from 1 to 9 based on the images above:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ 9
-

Bedroom clutter rating - Select a number from 1 to 9 based on the images above:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ 9
-

Kitchen clutter rating - Select a number from 1 to 9 based on the images above:

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9

Composite score calculation

Sum of the scores for living room, bedroom, and kitchen:

Composite score (sum / 3):

Composite score interpretation

Scores of 1-3: Low level of clutter Scores of 4-6: Moderate level of clutter Scores of 7-9: Severe level of clutter A composite score of 4 or higher generally indicates a clinically significant level of clutter that may require intervention. If the clutter is so extensive that it blocks access to exits, utilities, or other essential functions of the room, this would likely result in a higher CIR score (e.g. rating of 7-9) indicating a more severe level of clutter. Significant safety hazards created by the clutter, such as fire risks, would also contribute to a higher CIR score as they are indicative of a more hazardous living environment. Poor sanitation, such as the presence of rotting food, pests, or human/animal waste, is not directly factored into the CIR score. However, severe sanitation issues often coincide with very high levels of clutter, so they may indirectly lead to a higher CIR rating (e.g. 7-9) as the assessor observes the overall hazardous condition of the home. The CIR scale does not have a direct mechanism for scoring the impact of clutter on the resident's daily functioning or relationships. However, if the clutter is so severe that it prevents the resident from using rooms for their intended purposes (e.g. unable to cook in the kitchen) or causes significant interpersonal conflict, this would likely contribute to a higher CIR rating as it indicates a more dysfunctional living environment.

Additional notes

Specify below:

Signatures

Patient signature:

Examiner signature: