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# Home Environment Index

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

Clutter and hoarding problems can sometimes lead to sanitation problems. Please circle the answer that best fits the current situation in the home.

*To what extent are the following situations present in the home?*

1. Fire hazard

- 0 = No fire hazard
- 1 = Some risk of fire (for example, lots of flammable material)
- 2 = Moderate risk of fire (for example, flammable materials near heat source)
- 3 = High of fire (for example, flammable materials near heat source; electrical hazards, etc.)

2. Moldy or rotten food

- 0 = None
- 1 = A few pieces of moldy or rotten food in kitchen
- 2 = Some moldy or rotten food throughout kitchen
- 3 = Large quantity of moldy or rotten food in kitchen and elsewhere

3. Dirty or clogged sink

- 0 = Sink empty and clean
- 1 = A few dirty dishes with water in sink
- 2 = Sink full of water, possibly clogged
- 3 = Sink clogged with evidence that it has overflowed onto counters, etc.

4. Standing water (in sink, tub, other container, basement, etc.)

- 0 = No standing water
- 1 = Some water in sink/tub
- 2 = Water in several places, especially if dirty
- 3 = Water in numerous places, especially if dirty

5. Human/animal waste/vomit

- 0 = No human waste, animal waste, or vomit visible
- 1 = No human waste or vomit; no animal waste or vomit outside cage or box
- 2 = Some animal or human waste or vomit visible (for example, in unflushed toilet)
- 3 = Animal or human waste or vomit on floors or other surfaces

6. Mildew or mold

- 0 = No mildew or mold detectable
- 1 = Small amount of mildew or mold in limited amounts and expected places (for example, on edge of shower curtain or refrigerator seal)
- 2 = Considerable, noticeable mildew or mold
- 3 = Widespread mildew or mold on most surfaces

7. Dirty food containers

- 0 = All dishes washed and put away
- 1 = A few unwashed dishes
- 2 = Many unwashed dishes
- 3 = Almost all dishes are unwashed

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8. Dirty surfaces (floors, walls, furniture, etc.)
- 0 = Surfaces completely clean
  - 1 = A few spills, some dirt or grime
  - 2 = More than a few spills, may be a thin covering of dirt or grime in living areas
  - 3 = No surface is clean; dirt or grime covers everything
9. Piles of dirty or contaminated objects (bathroom tissue, hair, toilet paper, sanitary products, etc.)
- 0 = No dirty or contaminated objects on floors, surfaces, etc.
  - 1 = Some dirty or contaminated objects present around trash cans or toilets
  - 2 = Many dirty or contaminated objects fill bathroom or area around trash cans
  - 3 = Dirty or contaminated objects cover the floors and surfaces in most rooms
10. Insects
- 0 = No insects are visible
  - 1 = A few insects visible; cobwebs and/or insect droppings present
  - 2 = Many insects and droppings are visible; cobwebs in corners
  - 3 = Swarms of insects; high volume of droppings; many cobwebs on household items
11. Dirty clothes
- 0 = Dirty clothes placed in hamper; none are lying around
  - 1 = Hamper is full; a few dirty clothes lying around
  - 2 = Hamper is overflowing; many dirty clothes lying around
  - 3 = Clothes cover the floor and many other surfaces (bed, chairs, etc.)
12. Dirty bed sheets/linens
- 0 = Bed coverings very clean
  - 1 = Bed coverings relatively clean
  - 2 = Bed coverings dirty and in need of washing
  - 3 = Bed coverings very dirty and soiled
13. Odor of house
- 0 = No odor
  - 1 = Slight odor
  - 2 = Moderate odor; may be strong in some parts of house
  - 3 = Strong odor throughout house
- During the last month, how often did you (or someone in your home) do each of the following activities?*
14. Do the dishes
- 0 = Daily or every 2 days; 15 to 30 times per month
  - 1 = 1-2 times a week; 4 to 10 times per month
  - 2 = Every other week; 2 to 3 times per month
  - 3 = Rarely; 0 times per month
15. Clean the bathroom
- 0 = Daily or every 2 days; more than 10 times per month
  - 1 = 1-2 times a week; 4 to 10 times per month
  - 2 = Every other week; 2 to 3 times per month
  - 3 = Never; 0 times per month
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A score of 2 or above on any question warrants attention.

Rasmussen, Steketee, Frost, & Tolin (in press).

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