

PART 4

**RESOURCES FOR CLINICIANS,  
PATIENTS, AND FAMILIES**

## APPENDIX A

# LIST OF PROFESSIONAL AND INFORMATIONAL SOURCES FOR CLINICIANS, PATIENTS AND FAMILIES

### TTM-SPECIFIC RESOURCES

#### TRICHOTILLOMANIA LEARNING CENTER

<http://www.trich.org/index.asp>

The Trichotillomania Learning Center (TLC) is a non-profit resource for individuals who pull hair or pick their skin, and also for their families and friends, medical and mental health professionals, and others interested in learning about these often-misunderstood problems. TLC staff is available to answer questions, provide professional referrals, or just listen – at 831-457-1004.

### OTHER RESOURCES

#### OC FOUNDATION

<http://www.ocfoundation.org/>

The Obsessive-Compulsive Foundation (OCF) is an international not-for-profit organization composed of people with obsessive compulsive disorder (OCD) and related disorders, their families, friends, professionals and other concerned individuals.

## ANXIETY DISORDERS ASSOCIATION OF AMERICA

<http://www.adaa.org/>

The Anxiety Disorders Association of America (ADAA) is a nonprofit organization whose mission is to promote the prevention, treatment and cure of anxiety disorders and to improve the lives of all people who suffer from them.

## TTM-SPECIFIC SELF-HELP BOOKS

Golomb, R. G., Vavrichek, S. M. (1999). *The hair pulling "habit" and you: how to solve the trichotillomania puzzle (rev ed)*. Silver Spring, MD: Writer's Cooperative of Greater Washington. Book for children and teenagers.

Keuthen, N. J., Stein, D. J., Christenson, G. A. (2001). *Help for hair pullers: Understanding and coping with trichotillomania*. Oakland, CA, US: New Harbinger.

Book for adults.

Penzel, F. (2003). *The hair-pulling problem: A complete guide to trichotillomania*. New York: Oxford University Press.

Book for adults with a chapter on TTM and your child.

APPENDIX B

# FUNCTIONAL ASSESSMENT OF TRICHOTILLOMANIA

Name \_\_\_\_\_ Date \_\_\_\_\_

Pulling sites (check all that apply)

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Scalp     | <input type="checkbox"/> Pubic region |
| <input type="checkbox"/> Eyebrows  | <input type="checkbox"/> Face         |
| <input type="checkbox"/> Eyelashes | <input type="checkbox"/> Arms         |
| <input type="checkbox"/> Armpits   | <input type="checkbox"/> Legs         |
| <input type="checkbox"/> Chest     | <input type="checkbox"/> Other _____  |

List primary pulling sites, in order:

Pulling Site	How many times per typical day?	How many hairs pulled per typical session?
1.		
_____		
2.		
_____		
3.		
_____		

Other body-focused repetitive behaviors:

- |   |   |
|---|---|
| <input type="checkbox"/> Skin picking                 | <input type="checkbox"/> Nose picking             |
| <input type="checkbox"/> Nail biting or picking       | <input type="checkbox"/> Hair twirling or rubbing |
| <input type="checkbox"/> Knuckle cracking             | <input type="checkbox"/> Tics (specify) _____     |
| <input type="checkbox"/> Thumb or finger sucking      | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Tongue, lip, or cheek biting |   |

Pulling Triggers

Settings (list in order of most common)

Setting (e.g., bedroom)	Other variables that mediate this setting (e.g., presence or absence of others)	What percentage of pulling occurs in this setting?
1.		
<hr/>		
2.		
<hr/>		
3.		
<hr/>		

Activities (list in order of most common)

Activity (e.g., watching TV)	Other variables that mediate this activity (e.g., presence or absence of others)	What percentage of pulling occurs during this activity?
1.		
<hr/>		
2.		
<hr/>		
3.		
<hr/>		

Postural triggers (list in order of most common)

Posture (e.g., lying down)	Other variables that mediate this setting (e.g., hands behind head or at sides)	What percentage of pulling occurs in this posture?
1.		
2.		
3.		

Triggering thoughts (list in order of most common)

Thought (e.g., "I have too much to do today")	Other variables that mediate this setting (e.g., falling behind in tasks)	What percentage of pulling occurs after this thought?
1.		
2.		
3.		

Triggering emotions (list in order of most common)

Emotion (e.g., anxiety)	Other variables that mediate this setting (e.g., availability of medications)	What percentage of pulling occurs after feeling this way?
1.		
2.		
3.		

Triggering physiological sensations (list in order of most common)

Sensation (e.g., muscle tension)	Other variables that mediate this setting (e.g., availability of medications)	What percentage of pulling occurs after feeling this way?
1.		
2.		
3.		

Triggering arousal level

- Hyperarousal (e.g., hyper, tense, scattered)       Hypoarousal (e.g., bored, tired, sleepy)

Presence of urges to pull

- Yes (describe) \_\_\_\_\_  No

Pre-Pulling Events

Preparatory “grooming”-like behaviors (e.g., touching hair or face)

- Yes (describe) \_\_\_\_\_  No

Tactile or visual cues

- Yes (describe) \_\_\_\_\_  No

Change in thoughts, feelings, or physiological sensations

- Yes (describe) \_\_\_\_\_  No

Urges to pull

- Yes (describe) \_\_\_\_\_  No

### Pulling Behaviors and Post-Pulling Events

Detailed description of the pulling behavior:

Changes in thoughts, feelings, or physiological sensations during and immediately after pulling:

- |  |   |
|--|---|
| <input type="checkbox"/> Increased pain            | <input type="checkbox"/> Decreased boredom                    |
| <input type="checkbox"/> Increased pleasure        | <input type="checkbox"/> Satisfaction                         |
| <input type="checkbox"/> Decreased anxiety/tension | <input type="checkbox"/> Distraction from unpleasant thoughts |
| <input type="checkbox"/> Decreased sadness         | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Decreased anger           |   |

Visual behaviors with the pulled hair:

- |   |   |
|---|---|
| <input type="checkbox"/> Looks at hair          | <input type="checkbox"/> Looks for root |
| <input type="checkbox"/> Inspects color of root | <input type="checkbox"/> Other _____    |

Tactile behaviors with the pulled hair:

- |   |  |
|---|--|
| <input type="checkbox"/> Rolls hair between fingers | <input type="checkbox"/> Touches, squeezes, or bursts root |
| <input type="checkbox"/> Breaks hair                | <input type="checkbox"/> Weaves hair between fingers       |
| <input type="checkbox"/> Sticks root to something   | <input type="checkbox"/> Other _____                       |

Oral behaviors with the pulled hair:

- |   |   |
|---|---|
| <input type="checkbox"/> Rubs hair on lips  | <input type="checkbox"/> Passes hair between lips |
| <input type="checkbox"/> Puts hair in mouth | <input type="checkbox"/> Bites root               |
| <input type="checkbox"/> Swallows hair*     | <input type="checkbox"/> Other _____              |

\*Note: excessive trichophagia may be associated with gastrointestinal complications. Inquire about gastrointestinal problems (e.g., upset stomach, constipation) and consider a medical referral if needed.



Method of discarding the pulled hair:

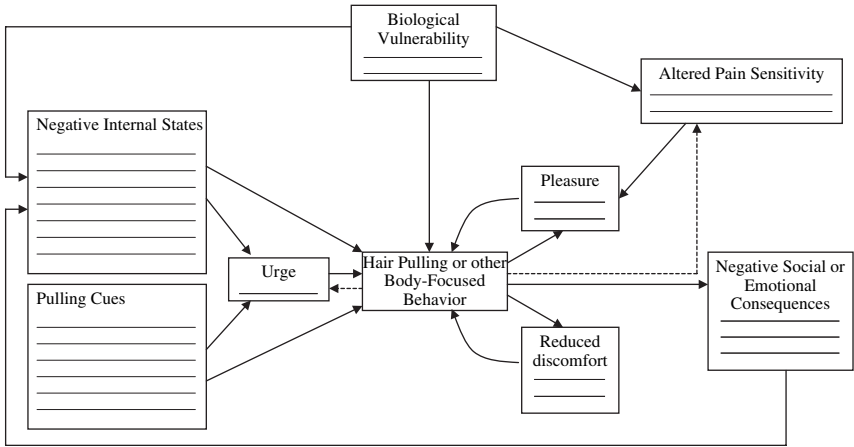
Changes in thoughts, feelings, or physiological sensations after the post-pulling behaviors:

- |   |   |
|---|---|
| <input type="checkbox"/> Decreased pulling-related pain | <input type="checkbox"/> Decreased boredom                    |
| <input type="checkbox"/> Increased pleasure             | <input type="checkbox"/> Satisfaction                         |
| <input type="checkbox"/> Decreased anxiety/tension      | <input type="checkbox"/> Distraction from unpleasant thoughts |
| <input type="checkbox"/> Decreased sadness              | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Decreased anger                |   |

Delayed consequences of pulling:

- |   |          |
|---|----------|
| <input type="checkbox"/> Grooming-related consequences      | Describe |
| <input type="checkbox"/> Physical health consequences       | Describe |
| <input type="checkbox"/> Social interaction consequences    | Describe |
| <input type="checkbox"/> Recreational consequences          | Describe |
| <input type="checkbox"/> Work and productivity consequences | Describe |
| <input type="checkbox"/> Emotional consequences             | Describe |

**Hair-Pulling Diagram for (Name) \_\_\_\_\_**



## REFERENCES

- Abrams, D. B., & Wilson, G. T. (1979). Self-monitoring and reactivity in the modification of cigarette smoking. *Journal of Consulting and Clinical Psychology, 47*, 243–251.
- Adam, B. S., & Kashani, J. H. (1990). Trichotillomania in children and adolescents: review of the literature and case report. *Child Psychiatry and Human Development, 20*, 159–168.
- Agras, W. S., Southam, M. A., & Taylor, C. B. (1983). Long-term persistence of relaxation-induced blood pressure lowering during the working day. *Journal of Consulting and Clinical Psychology, 51*, 792–794.
- Ambrosini, P. J. (2000). Historical development and present status of the schedule for affective disorders and schizophrenia for school-age children (K-SADS). *Journal of the American Academy of Child and Adolescent Psychiatry, 39*, 49–58.
- American Psychiatric Association. (1987). *Diagnostic and statistical manual of mental disorders* (3rd Revised ed.). Washington, DC: Author.
- American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders (4th Edition-Text Revision)*. Washington, DC: Author.
- Antony, M. M., Bieling, P. J., Cox, B. J., Enns, M. W., & Swinson, R. P. (1998). Psychometric properties of the 42-item and 21-item versions of the Depression Anxiety Stress Scales (DASS) in clinical groups and a community sample. *Psychological Assessment, 10*, 176–181.
- Azrin, N. H., Kaplan, S. J., & Foxx, R. M. (1973). Autism reversal: eliminating stereotyped self-stimulation of retarded individuals. *Am J Ment Defic, 78*, 241–248.
- Azrin, N. H., & Nunn, R. G. (1973). Habit-reversal: A method of eliminating nervous habits and tics. *Behaviour Research and Therapy, 11*, 619–628.
- Azrin, N. H., Nunn, R. G., & Frantz, S. E. (1980). Treatment of hair pulling (trichotillomania): A comparative study of habit reversal and negative practice training. *Journal of Behavior Therapy and Experimental Psychiatry, 11*, 13–20.
- Azrin, N. H., Nunn, R. G., & Frantz-Renshaw, S. E. (1982). Habit reversal vs negative practice treatment of self-destructive oral habits (biting, chewing or licking of the lips, cheeks, tongue or palate). *Journal of Behavior Therapy and Experimental Psychiatry, 13*, 49–54.

- Barlow, D. H., & Hersen, M. (1984). *Single case experimental designs: Strategies for studying behavior change*. New York: Pergamon Press.
- Barrett, P., Healy-Farrell, L., & March, J. S. (2004). Cognitive-behavioral family treatment of childhood obsessive-compulsive disorder: A controlled trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, *43*, 46–62.
- Barrett, R. P., & Shapiro, E. S. (1980). Treatment of stereotyped hair-pulling with overcorrection: A case study with long-term follow-up. *Journal of Behavior Therapy & Experimental Psychiatry*, *11*, 317–320.
- Begotka, A. M., Woods, D. W., & Wetterneck, C. T. (2003). The relationship between experiential avoidance and the severity of trichotillomania in a nonreferred sample. *Journal of Behavior Therapy and Experimental Psychiatry*, *35*, 17–24.
- Bienvenu, O. J., Samuels, J. F., Riddle, M. A., Hoehn-Saric, R., Liang, K. Y., Cullen, B. A., et al. (2000). The relationship of obsessive-compulsive disorder to possible spectrum disorders: results from a family study. *Biological Psychiatry*, *48*, 287–293.
- Blanchard, E. B., Andrasik, F., Neff, D. F., Arena, J. G., Ahles, T. A., Jurish, S. E., et al. (1982). Biofeedback and relaxation training with three kinds of headache: Treatment effects and their prediction. *Journal of Consulting and Clinical Psychology*, *50*, 562–575.
- Bordnick, P. S., Thyer, B. A., & Ritchie, B. W. (1994). Feather picking disorder and trichotillomania: an avian model of human psychopathology. *J Behav Ther Exp Psychiatry*, *25*, 189–196.
- Borkovec, T. D., & Costello, E. (1993). Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized anxiety disorder. *Journal of Consulting and Clinical Psychology*, *61*, 611–619.
- Borkovec, T. D., Grayson, J. B., & Cooper, K. M. (1978). Treatment of general tension: Subjective and physiological effects of progressive relaxation. *Journal of Consulting and Clinical Psychology*, *46*, 518–528.
- Boudjouk, P. J., Woods, D. W., Miltenberger, R. G., & Long, E. S. (2000). Negative peer evaluation in adolescents: Effects of tic disorders and trichotillomania. *Child & Family Behavior Therapy*, *22*, 17–28.
- Brady, R. E., Diefenbach, G. J., Tolin, D. F., Hannan, S. E., & Crocetto, J. S. (2005, November). *What works in CBT for trichotillomania: Patients' self-report of efficacy*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Brauer, A. P., Horlick, L., Nelson, E., Farquhar, J. W., & Agras, W. S. (1979). Relaxation therapy for essential hypertension. *Journal of Behavioral Medicine*, *2*, 21–29.
- Cardona, D., & Franklin, M. E. (2004). Help children and teens stop impulsive hair pulling. *Current Psychiatry*, *3*, 73–76.
- Carrion, V. G. (1995). Naltrexone for the treatment of trichotillomania: a case report. *J Clin Psychopharmacol*, *15*, 444–445.
- Carroll, L. J., & Yates, B. T. (1981). Further evidence for the role of stimulus control training in facilitation of weight reduction after behavioral therapy. *Behavior Therapy*, *45*, 503.
- Casati, J., Toner, B. B., & Yu, B. (2000). Psychosocial issues for women with trichotillomania. *Comprehensive Psychiatry*, *41*, 344–351.

- Chang, C. H., Lee, M. B., Chiang, Y. C., & Lu, Y. C. (1991). Trichotillomania: a clinical study of 36 patients. *J Formos Med Assoc, 90*, 176–180.
- Chen, E., Touyz, S. W., Beumont, P. J., Fairburn, C. G., Griffiths, R., Butow, P., et al. (2003). Comparison of group and individual cognitive-behavioral therapy for patients with bulimia nervosa. *Int J Eat Disord, 33*, 241–254; discussion 255–246.
- Christenson, G. A. (1995). Trichotillomania—from prevalence to comorbidity. *Psychiatric Times, 12*, 44–48.
- Christenson, G. A., Chernoff-Clementz, M. A., & Clementz, B. A. (1992). Personality and clinical characteristics in patients with trichotillomania. *Journal of Clinical Psychiatry, 53*, 407–413.
- Christenson, G. A., Crow, S. J., & Mackenzie, T. B. (1994, May). A placebo controlled double blind study of naltrexone for trichotillomania. *New Research Program and Abstracts of the 150<sup>th</sup> Annual Meeting of the American Psychiatric Association*, Philadelphia, PA, NR597.
- Christenson, G. A., & MacKenzie, T. B. (1994). Trichotillomania. In M. Hersen & R. T. Ammerman (Eds.), *Handbook of prescriptive treatments for adults* (pp. 217–235). New York: Plenum.
- Christenson, G. A., MacKenzie, T. B., & Mitchell, J. E. (1991a). Characteristics of 60 adult chronic hair pullers. *American Journal of Psychiatry, 148*, 365–370.
- Christenson, G. A., MacKenzie, T. B., Mitchell, J. E., & Callies, A. L. (1991b). A placebo-controlled, double-blind crossover study of fluoxetine in trichotillomania. *American Journal of Psychiatry, 148*, 1566–1571.
- Christenson, G. A., & Mansueto, C. S. (1999). Trichotillomania: Descriptive characteristics and phenomenology. In D. J. Stein, G. A. Christenson, & E. Hollander (Eds.), *Trichotillomania* (pp. 1–41). Washington, DC: American Psychiatric Press.
- Christenson, G. A., & O'Sullivan, R. L. (1996). Trichotillomania: Rational treatment options. *CNS Drugs, 6*, 23–34.
- Christenson, G. A., Pyle, R. L., & Mitchell, J. E. (1991). Estimated lifetime prevalence of trichotillomania in college students. *Journal of Clinical Psychiatry, 52*, 415–417.
- Christenson, G. A., Raymond, N. C., Faris, P. L., McAllister, R. D., Crow, S. J., Howard, L. A., et al. (1994). Pain thresholds are not elevated in trichotillomania. *Biological Psychiatry, 36*, 347–349.
- Christenson, G. A., Ristvedt, S. L., & MacKenzie, T. B. (1993). Identification of trichotillomania cue profiles. *Behaviour Research and Therapy, 31*, 315–320.
- Clark, D. M., Salkovskis, P. M., Hackmann, A., Middleton, H., Anastasiades, P., & Gelder, M. (1994). A comparison of cognitive therapy, applied relaxation and imipramine in the treatment of panic disorder. *British Journal of Psychiatry, 164*, 759–769.
- Cooper, J. (1970). The Leyton obsessional inventory. *Psychological Medicine, 1*, 48–64.
- Cottraux, J., Gerard, D., Cinotti, L., Froment, J. C., Deiber, M. P., Le Bars, D., et al. (1996). A controlled positron emission tomography study of obsessive and neutral auditory stimulation in obsessive-compulsive disorder with checking rituals. *Psychiatry Research, 60*, 101–112.
- Crocetto, J. S., Diefenbach, G. J., Tolin, D. F., & Worhunsky, P. (2003, November). *Trichotillomania and self-esteem*. Paper presented at the Annual Meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

- Deckersbach, T., Wilhelm, S., Keuthen, N. J., Baer, L., & Jenike, M. A. (2002). Cognitive-behavior therapy for self-injurious skin picking. A case series. *Behavior Modification*, *26*, 361–377.
- DeTore, N., D’Olio, C., Pasupuleti, R., Tolin, D., Diefenbach, G., Cahill, S., et al. (2006, November). Is there a relationship between pediatric trichotillomania and history of interpersonal violence? Poster to be presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Diefenbach, G. J., Mouton-Odum, S., & Stanley, M. A. (2002). Affective correlates of trichotillomania. *Behaviour Research and Therapy*, *40*, 1305–1315.
- Diefenbach, G. J., Reitman, D., & Williamson, D. A. (2000). Trichotillomania: A challenge to research and practice. *Clinical Psychology Review*, *20*, 289–309.
- Diefenbach, G. J., Tolin, D. F., Crocetto, J. S., Maltby, N., & Hannan, S. E. (2005). Assessment of trichotillomania: A psychometric evaluation of hair pulling scales. *Journal of Psychopathology and Behavioral Assessment*, *27*, 169–178.
- Diefenbach, G. J., Tolin, D. F., Franklin, M. E., & Anderson, E. R. (2003, November). *The Trichotillomania Scale for Children (TSC): A new self-report measure to assess pediatric hair pulling*. Paper presented at the Annual Meeting of the Association for Advancement of Behavior Therapy, Boston, MA.
- Diefenbach, G. J., Tolin, D. F., Hannan, S. E., Crocetto, J. S., & Worhunsky, P. (2004, May). *Trichotillomania: Impact on daily and quality of life*. Paper presented at the Annual Meeting of the *functioning* American Psychiatric Association, New York, NY.
- Diefenbach, G. J., Tolin, D. F., Hannan, S., Maltby, N., & Crocetto, J. (2006). Group treatment for trichotillomania: Behavior therapy versus supportive therapy. *Behavior Therapy*, *37*, 353–363.
- Diefenbach, G. J., Tolin, D. F., Meunier, S. A., & Worhunsky, P. (2005, November). Emotion regulation and trichotillomania: A comparison of clinical and nonclinical hair pulling. In D. W. Woods (Chair), *Trichotillomania: Understanding relevant biobehavioral processes and derived treatments*. Symposium presented to the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Dougherty, D. D., Rauch, S. L., & Jenike, M. A. (2002). Pharmacological treatments for obsessive compulsive disorder. In P. E. Nathan & J. M. Gorman (Eds.), *A guide to treatments that work* (2nd ed., pp. 387–410). New York: Oxford University Press.
- du Toit, P. L., van Kradenburg, J., Niehaus, D. J. H., & Stein, D. J. (2001). Characteristics and phenomenology of hair-pulling: An exploration of subtypes. *Comprehensive Psychiatry*, *42*, 247–256.
- D’Zurilla, T. J., & Nezu, A. M. (1999). *Problem-solving therapy: A social competence approach to clinical intervention*. New York: Springer.
- Eckstein, R. A., & Hart, B. L. (1996). Treatment of canine acral lick dermatitis by behavior modification using electronic stimulation. *J Am Anim Hosp Assoc*, *32*, 225–230.
- Epperson, N. C., Fasula, D., Wasylink, S., Price, L. H., & McDougale, C. J. (1999). Risperidone addition in serotonin reuptake inhibitor-resistant trichotillomania: Three cases. *Journal of Child and Adolescent Psychopharmacology*, *9*, 43–49.
- Fals-Stewart, W., Marks, A. P., & Schafer, J. (1993). A comparison of behavioral group therapy and individual behavior therapy in treating obsessive-compulsive disorder. *Journal of Nervous and Mental Disease*, *181*, 189–193.

- Faneslow, M. S. (1991). Analgesia as a response to aversive Pavlovian conditional stimuli: Cognitive and emotional mediators. In M. R. Denny (Ed.), *Fear, avoidance, and phobias: A fundamental analysis* (pp. 61–86). Hillsdale, NJ: Lawrence Erlbaum Associates.
- First, M. B., Spitzer, R. L., Gibbon, M., & Williams, J. B. W. (1995). *Structured Clinical Interview for DSM-IV Axis I Disorders-Patient Edition (SCID I/P, version 2.0)*. New York: Biometrics Research Department.
- Foa, E. B., & Kozak, M. J. (1997). Beyond the efficacy ceiling? Cognitive behavior therapy in search of theory. *Behavior Therapy*, 28, 601–611.
- Fox, L. (1962). Effecting the use of efficient study habits. *Journal of Mathematics*, 1, 75–86.
- Fox, R. M., & Azrin, N. H. (1972). Restitution: a method of eliminating aggressive-disruptive behavior of retarded and brain damaged patients. *Behaviour Research and Therapy*, 10, 15–27.
- Franklin, M. E., Abramowitz, J. S., Bux, D. A., Zoellner, L. A., & Feeny, N. C. (2002). Cognitive-behavioral therapy with and without medication in the treatment of obsessive-compulsive disorder. *Professional Psychology: Research & Practice*, 33, 162–168.
- Franklin, M. E., & Foa, E. B. (2002). Cognitive-behavioral treatments for obsessive-compulsive disorder. In P. E. Nathan & J. M. Gorman (Eds.), *A guide to treatments that work* (2nd ed., pp. 367–386). New York: Oxford University Press.
- Franklin, M. E., Foa, E. B., March, J. S. (2003). The Pediatric OCD Treatment Study (POTS): Rationale, design and methods. *Journal of Child and Adolescent Psychopharmacology*, 13 (suppl. 1), 39–52.
- Franklin, M. E., Keuthen, N. J., Spokas, M. E., Anderson, E., Tolin, D. F., Diefenbach, G. J., et al. (2002, September). *Pediatric trichotillomania: Descriptive psychopathology, comorbid symptomatology, and response to cognitive-behavioral treatment*. Presented to Maastricht, The Netherlands.
- Franklin, M. E., Riggs, D. S., & Pai, A. (2005). Obsessive compulsive disorder. In M. M. Antony, D. Roth Ledley, & R. G. Heimberg (Eds.), *Improving outcomes and preventing relapse in cognitive-behavioral therapy* (pp. 128–173). New York: Guilford Press.
- Franklin, M. E., Tolin, D. F., & Diefenbach, G. J. (2006). Trichotillomania. In E. Hollander & D. J. Stein (Eds.), *Clinical manual of impulse control disorders* (pp. 149–173). Washington, DC: American Psychiatric Press.
- Frecska, E., & Arato, M. (2002). Opiate sensitivity test in patients with stereotypic movement disorder and trichotillomania. *Prog Neuropsychopharmacol Biol Psychiatry*, 26, 909–912.
- Gluhoski, V. L. (1995). A cognitive approach for treating trichotillomania. *Journal of Psychotherapy Practice and Research*, 4, 277–285.
- Golomb, R. G., & Vavrichek, S. M. (1999). *The Hair Pulling Habit & You*. Silver Spring, MD: Writers' Cooperative of Greater Washington.
- Goodman, W. K., Price, L. H., Rasmussen, S. A., Mazure, C., Delgado, P., Heninger, G. R., et al. (1989). The Yale-Brown Obsessive Compulsive Scale. II. Validity. *Archives of General Psychiatry*, 46, 1012–1016.
- Goodman, W. K., Price, L. H., Rasmussen, S. A., Mazure, C., Fleischmann, R. L., Hill, C. L., et al. (1989). The Yale-Brown Obsessive Compulsive Scale. I. Development, use, and reliability. *Archives of General Psychiatry*, 46, 1006–1011.

- Graber, J., & Arndt, W. B. (1993). Trichotillomania. *Compr Psychiatry*, *34*, 340–346.
- Grachev, I. D. (1997). MRI-based morphometric topographic parcellation of human neocortex in trichotillomania. *Psychiatry and Clinical Neuroscience*, *51*, 315–321.
- Greist, J. H., Marks, I. M., Baer, L., Kobak, K. A., Wenzel, K. W., Hirsch, M. J., et al. (2002). Behavior therapy for obsessive-compulsive disorder guided by a computer or by a clinician compared with relaxation as a control. *Journal of Clinical Psychiatry*, *63*, 138–145.
- Guy, W. (1976). *Assessment manual for psychopharmacology*. Washington, DC: U.S. Government Printing Office.
- Hall, S. M., & Hall, R. G. (1982). Clinical series in the behavioral treatment of obesity. *Health Psychology*, *1*, 359–372.
- Hanna, G. L. (1997). Trichotillomania and related disorders in children and adolescents. *Child Psychiatry and Human Development*, *27*, 255–268.
- Hannan, S. E., & Tolin, D. F. (2005). Mindfulness and acceptance based behavior therapy for obsessive-compulsive disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: conceptualization and treatment* (pp. 271–299). New York: Springer.
- Haugen, G. B., Dixon, H. H., & Dickel, H. A. (1963). *A therapy for anxiety tension reactions*. New York: Macmillan.
- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford Press.
- Herrnstein, R. J. (1969). Method and theory in the study of avoidance. *Psychological Review*, *76*, 49–69.
- Hiss, H., Foa, E. B., & Kozak, M. J. (1994). Relapse prevention program for treatment of obsessive-compulsive disorder. *Journal of Consulting and Clinical Psychology*, *62*, 801–808.
- Holmbeck, G. N., O'Mahar, K., Abad, M., Colder, C., & Updergrove, A. (2006). Cognitive-behavioral therapy with adolescents: Guides from developmental psychology. In P. C. Kendall (Ed.), *Child and adolescent therapy, third edition: Cognitive-behavioral procedures*. New York: Guilford Press.
- Hollander, E. (1993). *Obsessive-compulsive-related disorders*. Washington, DC: American Psychiatric Press.
- Iancu, I., Weizman, A., Kindler, S., Sasson, Y., & Zohar, J. (1996). Serotonergic drugs in trichotillomania: Treatment results in 12 patients. *Journal of Nervous and Mental Disease*, *184*, 641–644.
- Jacobson, E. (1929). *Progressive relaxation*. Chicago: University of Chicago Press.
- Jenkins, J. R. (2001). Feather picking and self-mutilation in psittacine birds. *Veterinary Clin North Am Exot Anim Pract*, *4*, 651–667.
- Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *J Behav Med*, *8*, 163–190.
- Keefe, L., & Blanchard, E. B. (2001). The effects of relaxation response meditation on the symptoms of irritable bowel syndrome: results of a controlled treatment study. *Behaviour Research and Therapy*, *39*, 801–811.
- Keijsers, G. P., van Minnen, A., Hoogduin, C. A., Klaassen, B. N., Hendriks, M. J., & Tanis-Jacobs, J. (2006). Behavioural treatment of trichotillomania: Two-year follow-up results. *Behaviour Research and Therapy*, *44*, 359–370.



- Kendall, P.C. (Ed.) (2006). *Child and adolescent therapy, third edition: Cognitive-behavioral procedures*. New York: Guilford Press.
- Keuthen, N. J., Aronowitz, B., Badenoch, J., & Wilhelm, S. (1999). Behavioral treatment of trichotillomania. In D. J. Stein, G. A. Christenson, & E. Hollander (Eds.), *trichotillomania* (pp. 147–166). Washington, DC: American Psychiatric Press.
- Keuthen, N. J., Deckersbach, T., Wilhelm, S., Engelhard, I., Forker, A., O'Sullivan, R. L., et al. (2001). The Skin Picking Impact Scale (SPIS): scale development and psychometric analyses. *Psychosomatics*, *42*, 397–403.
- Keuthen, N. J., Fraim, C., Deckersbach, T., Dougherty, D. D., Baer, L., & Jenike, M. A. (2001). Longitudinal follow-up of naturalistic treatment outcome in patients with trichotillomania. *Journal of Clinical Psychiatry*, *62*, 101–107.
- Keuthen, N. J., Franklin, M. E., Bohne, A., Bromley, M., Levy, J., Jenike, M. A., et al. (2002, November). Functional impairment, interpersonal relatedness, and quality of life in trichotillomania. In N. J. Keuthen & M. E. Franklin (Chairs), *Trichotillomania: Psychopathology and treatment development*. Symposium presented to Reno, NV.
- Keuthen, N. J., O'Sullivan, R. L., Ricciardi, J. N., Shera, D., Savage, C. R., Borgmann, A. S., et al. (1995). The Massachusetts General Hospital (MGH) Hairpulling Scale: 1. Development and factor analyses. *Psychotherapy and Psychosomatics*, *64*, 141–145.
- Keuthen, N. J., Savage, C. R., O'Sullivan, R. L., Brown, H. D., Shera, D. M., Cyr, P., et al. (1996). Neuropsychological functioning in trichotillomania. *Biological Psychiatry*, *39*, 747–749.
- Keuthen, N.J., Stein, D. J., Christenson, G.A. (2001). *Help for hair pullers: Understanding and coping with trichotillomania*. Oakland, CA, US : New Harbinger.
- Keuthen, N. J., Wilhelm, S., Deckersbach, T., Engelhard, I. M., Forker, A. E., Baer, L., et al. (2001). The Skin Picking Scale: scale construction and psychometric analyses. *J Psychosom Res*, *50*, 337–341.
- King, R. A., Scahill, L., Vitulano, L. A., Schwab-Stone, M., Tercyak, K. P., & Riddle, M. A. (1995). Childhood trichotillomania: Clinical phenomenology, comorbidity, and family genetics. *Journal of the American Academy of Child and Adolescent Psychiatry*, *34*, 1451–1459.
- King, R. A., Zohar, A. H., Ratzoni, G., Binder, M., Kron, S., Dycian, A., et al. (1995). An epidemiological study of trichotillomania in Israeli adolescents. *Journal of the American Academy of Child and Adolescent Psychiatry*, *34*, 1212–1215.
- Koran, L. M., Ringold, A., & Hewlett, W. (1992). Fluoxetine for trichotillomania: An open clinical trial. *Psychopharmacology Bulletin*, *28*, 145–149.
- Koran, L. M., Thienemann, M. L., & Davenport, R. (1996). Quality of life for patients with obsessive-compulsive disorder. *American Journal of Psychiatry*, *153*, 783–788.
- Kovacs, M. (1985). The Children's Depression Inventory (CDI). *Psychopharmacology Bulletin*, *21*, 995–998.
- Kozak, M. J., & Foa, E. B. (1997). *Mastery of obsessive-compulsive disorder: A cognitive-behavioral approach*. San Antonio, TX: The Psychological Corporation.
- Ladouceur, R. (1979). Habit reversal treatment: learning an incompatible response or increasing the subject's awareness? *Behaviour Research and Therapy*, *17*, 313–316.
- Ladouceur, R., Gosselin, P., & Dugas, M. J. (2000). Experimental manipulation of intolerance of uncertainty: a study of a theoretical model of worry. *Behaviour Research and Therapy*, *38*, 933–941.

- Lakein, A. (1973). *How to get control of your time and your life*. New York: Peter H. Wyden, Inc.
- Lang, P. J. (1979). Presidential address, 1978. A bio-informational theory of emotional imagery. *Psychophysiology*, *16*, 495–512.
- Lenane, M. C., Swedo, S. E., Rapoport, J. L., Leonard, H., Sceery, W., & Guroff, J. J. (1992). Rates of Obsessive Compulsive Disorder in first degree relatives of patients with trichotillomania: a research note. *Journal of Child Psychology and Psychiatry*, *33*, 925–933.
- Leon, A. C., Olfson, M., Portera, L., Farber, L., & Sheehan, D. V. (1997). Assessing psychiatric impairment in primary care with the Sheehan Disability Scale. *International Journal of Psychiatry in Medicine*, *27*, 93–105.
- Leon, A. C., Shear, M. K., Portera, L., & Klerman, G. L. (1992). Assessing impairment in patients with panic disorder: The Sheehan disability scale. *Social Psychiatry and Psychiatric Epidemiology*, *27*, 78–82.
- Lerner, J., Franklin, M. E., Meadows, E. A., Hembree, E., & Foa, E. B. (1998). Effectiveness of a cognitive-behavioral treatment program for trichotillomania: An uncontrolled evaluation. *Behaviour Therapy*, *29*, 157–171.
- Lilienfeld, S. O., Lynn, S. J., & Lohr, J. M. (2003). *Science and pseudoscience in clinical psychology*. New York: Guilford Press.
- Linehan, M. M. (1993). *Skills manual for treating borderline personality disorder*. New York: Guilford Press.
- Lovibond, S. H., & Lovibond, P. F. (1995). *Manual for the depression anxiety stress scales*. Sydney: The Psychology Foundation of Australia.
- Maltby, N., Diefenbach, G. J., Tolin, D. F., Crocetto, J. S., & Worhunsky, P. (2004). *Quality of life assessment in the anxiety disorders: A psychometric evaluation*. Presented to the Annual Meeting of the Anxiety Disorders Association of America, Miami.
- Maltby, N., & Tolin, D. F. (2005). A brief motivational intervention for treatment-refusing OCD patients. *Cognitive Behaviour Therapy*, *34*, 176–184.
- Manassis, K., Mendlowitz, S. L., Scapillato, D., Avery, D., Fiksenbaum, L., Freire, M., et al. (2002). Group and individual cognitive-behavioral therapy for childhood anxiety disorders: a randomized trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, *41*, 1423–1430.
- Mansueto, C. S. (1990, November). *Typography and phenomenology of trichotillomania*. Paper presented at the annual convention of the Association for Advancement of Behavior Therapy, San Francisco, CA.
- Mansueto, C. S., Stemberger, R. M. T., Thomas, A. M., & Golomb, R. G. (1997). Trichotillomania: A comprehensive behavioral model. *Clinical Psychology Review*, *17*, 567–577.
- March, J. S., Franklin, M., Nelson, A., & Foa, E. B. (2001). Cognitive-behavioral psychotherapy for pediatric obsessive-compulsive disorder. *Journal of Clinical Child Psychology*, *30*, 8–18.
- March, J. S., & Mulle, K. (1998). *OCD in children and adolescents: A cognitive-behavioral treatment manual*. New York, NY: Guilford Press.
- March, J. S., Parker, J. D., Sullivan, K., Stallings, P., & Conners, C. K. (1997). The Multidimensional Anxiety Scale for Children (MASC): Factor structure, reliability, and validity. *Journal of the American Academy of Child and Adolescent Psychiatry*, *36*, 554–565.

- Marlatt, G. A. (1994). Mindfulness and metaphor in relapse prevention: An interview with G. Alan Marlatt. Interview by Deborah K. Shattuck. *J Am Diet Assoc*, *94*, 846–848.
- Marques, A. C., & Formigoni, M. L. (2001). Comparison of individual and group cognitive-behavioral therapy for alcohol and/or drug-dependent patients. *Addiction*, *96*, 835–846.
- Masters, J. C., Burish, T. G., Hollon, S. D., & Rimm, D. C. (1987). *Behavior therapy: Techniques and empirical findings* (3rd ed.). New York: Harcourt Brace Jovanovich.
- Matson, J. L., Stephens, R. M., & Smith, C. (1978). Treatment of self-injurious behaviour with overcorrection. *J Ment Defic Res*, *22*, 175–178.
- Mayer, J. A., & Frederiksen, L. W. (1986). Encouraging long-term compliance with breast self-examination: the evaluation of prompting strategies. *J Behav Med*, *9*, 179–189.
- McElroy, S. L., Hudson, J. I., Pope, H., Jr., Keck, P. E., Jr., & Aizley, H. G. (1992). The DSM-III-R impulse control disorders not elsewhere classified: Clinical characteristics and relationship to other psychiatric disorders. *Am J Psychiatry*, *149*, 318–327.
- McKay, D. (1997). A maintenance program for obsessive-compulsive disorder using exposure with response prevention: 2-year follow-up. *Behaviour Research and Therapy*, *35*, 367–369.
- McKay, D., Todaro, J. F., Neziroglu, F., & Yaryura-Tobias, J. A. (1996). Evaluation of a naturalistic maintenance program in the treatment of obsessive-compulsive disorder: A preliminary investigation. *Journal of Anxiety Disorders*, *10*, 211–217.
- Meunier, S. A., Tolin, D. F., Diefenbach, G. J., & Brady, R. E. (2005, November). *Severity and course of hair pulling symptoms across the lifespan*. Paper presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Meunier, S. A., Tolin, D. F., & Franklin, M. E. (2005, November). *Affective and sensory correlates of hair pulling in a pediatric sample*. Paper presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Meyers, A. W., Thackwray, D. E., Johnson, D. B., & Schleser, R. (1983). A comparison of prompting strategies for improving appointment compliance of hypertensive individuals. *Behavior Therapy*, *14*, 267–274.
- Michelson, L., Mavissakalian, M., & Marchione, K. (1985). Cognitive and behavioral treatments of agoraphobia: Clinical, behavioral, and psychophysiological outcomes. *Journal of Consulting and Clinical Psychology*, *53*, 913–925.
- Miller, J. J., Fletcher, K., & Kabat-Zinn, J. (1995). Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders. *General Hospital Psychiatry*, *17*, 192–200.
- Miller, M. P., Murphy, P. J., & Miller, T. P. (1978). Comparison of electromyographic feedback and progressive relaxation training in treating circumscribed anxiety stress reactions. *Journal of Consulting and Clinical Psychology*, *46*, 1291–1298.
- Miller, W., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change* (2nd ed.). New York: Guilford.
- Miltenberger, R. G., Fuqua, R. W., & McKinley, T. (1985). Habit reversal with muscle tics: Replication and component analysis. *Behavior Therapy*, *16*, 39–50.
- Mohr, D. C., Boudewyn, A. C., Goodkin, D. E., Bostrom, A., & Epstein, L. (2001). Comparative outcomes for individual cognitive-behavior therapy, supportive-expressive group psychotherapy, and sertraline for the treatment of depression in multiple sclerosis. *Journal of Consulting and Clinical Psychology*, *69*, 942–949.

- Mouton, S. G., & Stanley, M. A. (1996). Habit reversal training for trichotillomania: A group approach. *Cognitive and Behavioral Practice, 3*, 159–182.
- Mouton-Odum, S., Keuthen, N. J., Wagener, P. D., Stanley, M. A., & DeBakey, M. E. (2006). StopPulling.com: An interactive, self-help program for trichotillomania. *Cognitive and Behavioral Practice, 13*, 215–226.
- Murphy, M. T., Michelson, L. K., Marchione, K., Marchione, N., & Testa, S. (1998). The role of self-directed in vivo exposure in combination with cognitive therapy, relaxation training, or therapist-assisted exposure in the treatment of panic disorder with agoraphobia. *Journal of Anxiety Disorders, 12*, 117–138.
- Nemeroff, C. B., & Schatzberg, A. F. (2002). Pharmacological treatments for unipolar depression. In P. E. Nathan & J. M. Gorman (Eds.), *A guide to treatments that work* (2nd ed., pp. 229–243). New York: Oxford University Press.
- Ninan, P. T., Rothbaum, B. O., Marsteller, F. A., Knight, B. T., & Eccard, M. B. (2000). A placebo-controlled trial of cognitive-behavioral therapy and clomipramine in trichotillomania. *Journal of Clinical Psychiatry, 61*, 47–50.
- O'Sullivan, R. L., Keuthen, N. J., Hayday, C. F., Ricciardi, J. N., Buttolph, M. L., Jenike, M. A., et al. (1995). The Massachusetts General Hospital (MGH) Hairpulling Scale: 2. Reliability and validity. *Psychotherapy and Psychosomatics, 64*, 146–148.
- O'Sullivan, R. L., Rauch, S. L., Breiter, H. C., Grachev, I. D., Baer, L., Kennedy, D. N., et al. (1997). Reduced basal ganglia volumes in trichotillomania measured via morphometric magnetic resonance imaging. *Biological Psychiatry, 42*, 39–45.
- Otto, M. W., Pollack, M. H., & Maki, K. M. (2000). Empirically supported treatments for panic disorder: costs, benefits, and stepped care. *Journal of Consulting and Clinical Psychology, 68*, 556–563.
- Parks, G. A., Anderson, B. K., & Marlatt, G. A. (2001). Relapse prevention therapy. In N. Heather, T. J. Peters, & T. Stockwell (Eds.), *International handbook of alcohol dependence and problems* (pp. 575–592). New York: John Wiley & Sons.
- Penzel, F. (2003). *The hair-pulling problem: A complete guide to trichotillomania*. New York: Oxford University Press.
- Pollard, C. A., Ibe, I. O., Krojanker, D. N., Kitchen, A. D., Bronson, S. S., & Flynn, T. M. (1991). Clomipramine treatment of trichotillomania: A follow-up report on four cases. *Journal of Clinical Psychiatry, 52*, 128–130.
- Prochaska, J. O., & DiClemente, C. C. (1982). Transtheoretical therapy: Toward a more integrated model of change. *Psychotherapy: Theory, Research, and Practice, 19*, 276–288.
- Prochaska, J. O., DiClemente, C. C., & Norcross, J. C. (1992). In search of how people change. Applications to addictive behaviors. *American Psychologist, 47*, 1102–1114.
- Rapoport, J. L., Ryland, D. H., & Kriete, M. (1992). Drug treatment of canine acral lick. An animal model of obsessive-compulsive disorder. *Arch Gen Psychiatry, 49*, 517–521.
- Rapp, J. T., Miltenberger, R. G., Galensky, T. L., Ellingson, S. A., & Long, E. S. (1999). A functional analysis of hair pulling. *J Appl Behav Anal, 32*, 329–337.
- Rapp, J. T., Miltenberger, R. G., & Long, E. S. (1998). Augmenting simplified habit reversal with an awareness enhancement device: Preliminary findings. *J Appl Behav Anal, 31*, 665–668.
- Rapp, J. T., Miltenberger, R. G., Long, E. S., Elliott, A. J., & Lumley, V. A. (1998). Simplified habit reversal treatment for chronic hair pulling in three adolescents: A clinical replication with direct observation. *J Appl Behav Anal, 31*, 299–302.

- Reeve, E. A. (1999). Hair pulling in children and adolescents. In E. Hollander (Ed.), *Trichotillomania* (pp. 201–224). Washington, DC: American Psychiatric Press.
- Reeve, E. A., Bernstein, D. A., & Christenson, G. A. (1992). Clinical characteristics and psychiatric comorbidity in children with trichotillomania. *Journal of the American Academy of Child and Adolescent Psychiatry*, *31*, 132–138.
- Reinecke, M. A., Dattilio, F. M., & Freeman, A. (Eds.), (2003). *Cognitive therapy with children and adolescents: A casebook for clinical practice* (2nd edition, pp. 162–188). New York: Guilford Press.
- Reinhardt, V., Reinhardt, A., & Houser, D. (1986). Hair pulling and eating in captive rhesus monkey troops. *Folia Primatol (Basel)*, *47*, 158–164.
- Reiss, S., Peterson, R. A., Gursky, D. M., & McNally, R. J. (1986). Anxiety sensitivity, anxiety frequency and the prediction of fearfulness. *Behaviour Research and Therapy*, *24*, 1–8.
- Renjilian, D. A., Perri, M. G., Nezu, A. M., McKelvey, W. F., Shermer, R. L., & Anton, S. D. (2001). Individual versus group therapy for obesity: Effects of matching participants to their treatment preferences. *Journal of Consulting and Clinical Psychology*, *69*, 717–721.
- Rettew, D. C., Cheslow, D. L., Rapoport, J. L., Leonard, H. L., & Lenane, M. C. (1991). Neuropsychological test performance in trichotillomania: A further link with obsessive-compulsive disorder. *Journal of Anxiety Disorders*, *5*, 225–235.
- Romanczyk, R. G. (1974). Self-monitoring in the treatment of obesity: Parameters of reactivity. *Behavior Therapy*, *5*, 531–540.
- Romanczyk, R. G., Arnstein, L., Soorya, L. V., & Gillis, J. (2003). The myriad of controversial treatments for autism. In S. O. Lilienfeld, S. J. Lynn, & J. M. Lohr (Eds.), *Science and pseudoscience in clinical psychology* (pp. 363–395). New York: Guilford Press.
- Rosenbaum, M. S., & Ayllon, T. (1981). The habit-reversal technique in treating trichotillomania. *Behavior Therapy*, *12*, 473–481.
- Rothbaum, B. O. (1992). The behavioral treatment of trichotillomania. *Behavioural Psychotherapy*, *20*, 85–90.
- Rothbaum, B. O., & Ninan, P. T. (1994). The assessment of trichotillomania. *Behaviour Research and Therapy*, *32*, 651–662.
- Rothbaum, B. O., & Ninan, P. T. (1999). Manual for the cognitive-behavioral treatment of trichotillomania. In D. J. Stein, G. A. Christenson, & E. Hollander (Eds.), *Trichotillomania*. Washington, D.C: American Psychiatric Press, Inc.
- Rothbaum, B. O., Opdyke, D. C., & Keuthen, N. J. (1999). Assessment of trichotillomania. In E. Hollander (Ed.), *Trichotillomania* (pp. 285–298). Washington, DC: American Psychiatric Press.
- Rothbaum, B. O., Shaw, L., Morris, R., & Ninan, P. T. (1993). Prevalence of trichotillomania in a college freshman population. *Journal of Clinical Psychiatry*, *54*, 72–73.
- Sanderson, K. V., & Hall-Smith, P. (1970). Tonsure trichotillomania. *Br J Dermatol*, *82*, 343–350.
- Schlosser, S., Black, D. W., Blum, N., & Goldstein, R. B. (1994). The demography, phenomenology, and family history of 22 persons with compulsive hair pulling. *Annals of Clinical Psychiatry*, *6*, 147–152.

- Scholing, A., & Emmelkamp, P. M. (1993). Exposure with and without cognitive therapy for generalized social phobia: Effects of individual and group treatment. *Behaviour Research and Therapy, 31*, 667–681.
- Sheehan, D. V., Lecrubier, Y., Sheehan, K. H., Amorim, P., Janavs, J., Weiller, E., et al. (1998). The Mini-International Neuropsychiatric Interview (M.I.N.I.): The development and validation of a structured diagnostic psychiatric interview for DSM-IV and ICD-10. *Journal of Clinical Psychiatry, 59 Suppl 20*, 22–33; quiz 34–57.
- Simeon, D., Cohen, L. J., Stein, D. J., Schmeidler, J., Spadaccini, E., & Hollander, E. (1997). Comorbid self-injurious behaviors in 71 female hair-pullers: a survey study. *Journal of Nervous and Mental Disease, 185*, 117–119.
- Simpson, H. B., Liebowitz, M. R., Foa, E. B., Kozak, M. J., Schmidt, A. B., Rowan, V., Petkova, E., Kjernisted, K., Huppert, J. D., Franklin, M. E., Davies, S. O., & Campeas, R. (2004). Post-treatment effects of exposure therapy and clomipramine in obsessive-compulsive disorder. *Depression & Anxiety, 19*, 225–233.
- Smith, M. D., Haas, P. J., & Belcher, R. G. (1994). Facilitated communication: The effects of facilitator knowledge and level of assistance on output. *Journal of Autism and Developmental Disorders, 24*, 357–367.
- Soriano, J. L., O'Sullivan, R. L., Baer, L., Phillips, K. A., McNally, R. J., & Jenike, M. A. (1996). Trichotillomania and self-esteem: A survey of 62 female hair pullers. *Journal of Clinical Psychiatry, 57*, 77–82.
- Stangier, U., Heidenreich, T., Peitz, M., Lauterbach, W., & Clark, D. M. (2003). Cognitive therapy for social phobia: individual versus group treatment. *Behaviour Research and Therapy, 41*, 991–1007.
- Stanley, M. A., & Cohen, L. J. (1999). Trichotillomania and obsessive-compulsive disorder. In D. J. Stein, G. A. Christenson, & E. Hollander (Eds.), *Trichotillomania*. Washington, DC: American Psychiatric Press.
- Stanley, M. A., Borden, J. W., Mouton, S. G., & Breckenridge, J. K. (1995). Nonclinical hair-pulling: Affective correlates and comparison with clinical samples. *Behaviour Research and Therapy, 33*, 179–186.
- Stanley, M. A., Breckenridge, J. K., Snyder, A. G., & Novy, D. M. (1999). Clinician-rated measures of hair pulling: A preliminary psychometric evaluation. *Journal of Psychopathology and Behavioral Assessment, 21*, 157–170.
- Stanley, M. A., Hannay, H. J., & Breckenridge, J. K. (1997). The neuropsychology of trichotillomania. *Journal of Anxiety Disorders, 11*, 473–488.
- Stanley, M. A., & Mouton, S. G. (1996). Trichotillomania treatment manual. In V. B. Van Hasselt & M. Hersen (Eds.), *Sourcebook of psychological treatment manuals for adult disorders* (pp. 657–687). New York: Plenum Press.
- Stanley, M. A., Prather, R. C., Wagner, A. L., Davis, M. L., & Swann, A. C. (1993). Can the Yale-Brown Obsessive-Compulsive Scale be used to assess trichotillomania? A preliminary report. *Behaviour Research and Therapy, 31*, 171–177.
- Stanley, M. A., Swann, A. C., Bowers, T. C., Davis, M. L., & Taylor, D. J. (1992). A comparison of clinical features in trichotillomania and obsessive-compulsive disorder. *Behaviour Research and Therapy, 30*, 39–44.
- Stein, D. J., Christenson, G. A., & Hollander, E. (Eds.). (1999). *Trichotillomania*. Washington, DC: American Psychiatric Press.

- Stein, D. J., Coetzer, R., Lee, M., Davids, B., & Bouwer, C. (1997). Magnetic resonance brain imaging in women with obsessive-compulsive disorder and trichotillomania. *Psychiatry Research, 74*, 177–182.
- Stein, D. J., van Heerden, B., Hugo, C., van Kradenburg, J., Warwick, J., Zungu-Dirwayi, N., et al. (2002). Functional brain imaging and pharmacotherapy in trichotillomania. Single photon emission computed tomography before and after treatment with the selective serotonin reuptake inhibitor citalopram. *Prog Neuropsychopharmacol Biol Psychiatry, 26*, 885–890.
- Stemberger, R. M. T., Thomas, A. M., Mansueto, C. S., & Carter, J. G. (2000). Personal toll of trichotillomania: Behavioral and interpersonal sequelae. *Journal of Anxiety Disorders, 14*, 97–104.
- Stewart, R. S., & Nejtck, V. A. (2003). An open-label, flexible-dose study of olanzapine in the treatment of trichotillomania. *Journal of Clinical Psychiatry, 64*, 49–52.
- Streichenwein, S. M., & Thornby, J. I. (1995). A long-term, double-blind, placebo-controlled crossover trial of the efficacy of fluoxetine for trichotillomania. *American Journal of Psychiatry, 152*, 1192–1196.
- Stricker, J. M., Miltenberger, R. G., Garlinghouse, M. A., Deaver, C. M., & Anderson, C. A. (2001). Evaluation of an awareness enhancement device for the treatment of thumb sucking in children. *J Appl Behav Anal, 34*, 77–80.
- Stuart, R. B. (1971). A three-dimensional program for the treatment of obesity. *Behaviour Research and Therapy, 9*, 177–186.
- Sussman, N., & Stein, D. J. (2002). Pharmacotherapy for generalized anxiety disorder. In D. J. Stein & E. Hollander (Eds.), *Textbook of anxiety disorders* (pp. 135–139). Washington, DC: American Psychiatric Publishing.
- Swedo, S. E., Lenane, M. C., & Leonard, H. L. (1993). Long-term treatment of trichotillomania (hair pulling) [Letter to the editor]. *The New England Journal of Medicine, 329*, 141–142.
- Swedo, S. E., & Leonard, H. L. (1992). Trichotillomania. An obsessive compulsive spectrum disorder? *Psychiatric Clinics of North America, 15*, 777–790.
- Swedo, S. E., Leonard, H. L., Rapoport, J. L., Lenane, M. C., Goldberger, E. L., & Cheslow, D. L. (1989). A double-blind comparison of clomipramine and desipramine in the treatment of trichotillomania (hair pulling). *The New England Journal of Medicine, 321*, 497–501.
- Swedo, S. E., & Rapoport, J. L. (1991). Annotation: Trichotillomania. *Journal of Child Psychology and Psychiatry, 32*, 401–409.
- Swedo, S. E., Rapoport, J. L., Leonard, H. L., Schapiro, M. B., Rapoport, S. I., & Grady, C. L. (1991). Regional cerebral glucose metabolism of women with trichotillomania. *Archives of General Psychiatry, 48*, 828–833.
- Tarnowski, K. J., Rosen, L. A., McGrath, M. L., & Drabman, R. S. (1987). A modified habit reversal procedure in a recalcitrant case of trichotillomania. *Journal of Behavior Therapy and Experimental Psychiatry, 18*, 157–163.
- Teng, E. J., Woods, D. W., Twohig, M. P., & Marcks, B. A. (2002). Body-focused repetitive behavior problems. Prevalence in a nonreferred population and differences in perceived somatic activity. *Behavior Modification, 26*, 340–360.
- Tolin, D. F., Abramowitz, J. S., Brigidi, B. D., & Foa, E. B. (2003). Intolerance of uncertainty in obsessive-compulsive disorder. *Journal of Anxiety Disorders, 17*, 233–242.

- Tolin, D. F., & Foa, E. B. (2001). Compulsions. In W. E. Craighead & C. B. Nemeroff (Eds.), *The Corsini encyclopedia of psychology and behavioral science* (3rd ed., pp. 338–339). New York: John Wiley & Sons.
- Tolin, D. F., & Franklin, M. E. (2002). Prospects for the use of cognitive-behavioral therapy in childhood obsessive-compulsive disorder. *Expert Review of Neurotherapeutics*, 2, 89–98.
- Tolin, D. F., Franklin, M. E., & Diefenbach, G. J. (2002, September). Cognitive-behavioral treatment of pediatric trichotillomania: An open trial. In A. Van Minnen (Chair), *Trichotillomania: Theory and treatment*. Symposium presented to the European Association of Behavioral and Cognitive Therapies, Maastricht, The Netherlands.
- Tolin, D. F., Franklin, M. E., & Diefenbach, G. J. (2004, July). Cognitive-behavioral therapy for pediatric trichotillomania: An open trial. In J. Piacentini (Chair), *Treatment of childhood OCD and trichotillomania: New findings*. Symposium presented to the Annual Meeting of the American Psychological Association, Honolulu, HI.
- Tolin, D. F., Franklin, M. E., Diefenbach, G. J., Anderson, E., & Meunier, S. A. (2006). Pediatric trichotillomania: Descriptive psychopathology and an open trial of cognitive-behavioral therapy. *Submitted for publication*.
- Tolin, D. F., & Hannan, S. E. (2005). The role of the therapist in behavior therapy. In J. S. Abramowitz & A. C. Houts (Eds.), *Handbook of obsessive-compulsive spectrum disorders* (pp. 317–332). New York: Springer.
- Tolin, D. F., & Hannan, S. E. (2005a). Mindfulness and acceptance based behavior therapy for obsessive-compulsive disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: conceptualization and treatment* (pp. 271–299). New York: Springer.
- Tolin, D. F., & Hannan, S. E. (2005b). The role of the therapist in behavior therapy. In J. S. Abramowitz & A. C. Houts (Eds.), *Handbook of obsessive-compulsive spectrum disorders* (pp. 317–332). New York: Springer.
- Tolin, D. F., Maltby, N., Diefenbach, G. J., Hannan, S. E., & Worhunsky, P. (2004). Cognitive-behavioral therapy for medication nonresponders with obsessive-compulsive disorder: A wait-list-controlled open trial. *Journal of Clinical Psychiatry*, 65, 922–931.
- Tolin, D. F., Maltby, N., Diefenbach, G. J., Hannan, S. E., & Worhunsky, P. (2004). Cognitive-behavioral therapy for medication nonresponders with obsessive-compulsive disorder: A wait-list controlled open trial. *Journal of Clinical Psychiatry*, 65, 922–931.
- Turner, J. A. (1982). Comparison of group progressive-relaxation training and cognitive-behavioral group therapy for chronic low back pain. *Journal of Consulting and Clinical Psychology*, 50, 757–765.
- Twohig, M. P., Hayes, S. C., & Masuda, A. (2006). A preliminary investigation of acceptance and commitment therapy as a treatment for chronic skin picking. *Behavior Research and Therapy*, 44, 1513–1522.
- Twohig, M. P., & Woods, D. W. (2001a). Evaluating the duration of the competing response in habit reversal: a parametric analysis. *Journal of Applied Behavioral Analysis*, 34, 517–520.
- Twohig, M. P., & Woods, D. W. (2001b). Habit reversal as a treatment for chronic skin picking in typically developing adult male siblings. *Journal of Applied Behavioral Analysis*, 34, 217–220.



- van Minnen, A., Hoogduin, K. A., Keijsers, G. P., Hellenbrand, I., & Hendriks, G. (2003). Treatment of trichotillomania with behavioral therapy or fluoxetine. *Archives of General Psychiatry*, *60*, 517–522.
- van Nes, J. J. (1986). Electrophysiological evidence of sensory nerve dysfunction in 10 dogs with acral lick dermatitis. *Journal of the American Animal Hospital Association*, *22*, 157–160.
- Ware, J. E., & Sherbourne, C. D. (1992). The MOS 36-Item Short-Form Health Survey (SF-36): I. Conceptual framework and item selection. *Medical Care*, *30*, 473–483.
- Westen, D. (2000). The efficacy of dialectical behavior therapy for borderline personality disorder. *Clinical Psychology: Science & Practice*, *7*, 92–94.
- Wheeler, D. L., Jacobson, J. W., Paglieri, R. A., & Schwartz, A. A. (1992). *An experimental assessment of facilitated communication (TR #92-TA1)*. Schenectady, NY: OD Heck/ER DDSO.
- White, S. D. (1990). Naltrexone for treatment of acral lick dermatitis in dogs. *J Am Vet Med Assoc*, *196*, 1073–1076.
- Winchel, R. M., Jones, J. S., Molcho, A., Parsons, B., Stanley, B., & Stanley, M. A. (1992). The Psychiatric Institute Trichotillomania Scale (PITS). *Psychopharmacology Bulletin*, *28*, 463–476.
- Winchel, R. M., Jones, J. S., Stanley, B., Molcho, A., & Stanley, M. A. (1992). Clinical characteristics of trichotillomania and its response to fluoxetine. *Journal of Clinical Psychiatry*, *53*, 304–308.
- Wong, L. (1994). *Essential study skills*. Boston, MA: Houghton Mifflin Company.
- Woods, D. W., Flessner, C. A., Franklin, M.E. Keuthen, N. J., Stein, D., Goodwin, R. G., et al. (2006). Trichotillomania Impact Project (TIP): Exploring phenomenology, functional impact, and treatment utilization. *Journal of Clinical Psychiatry*, *67*, 1877–1888.
- Woods, D. W., & Miltenberger, R. G. (2001). *Tic disorders, trichotillomania, and other repetitive behavior disorders: Behavioral approaches to analysis and treatment*. Norwell, MA: Kluwer Academic Publishers.
- Woods, D. W., Miltenberger, R. G., & Lumley, V. A. (1996). Sequential application of major habit-reversal components to treat motor tics in children. *J Appl Behav Anal*, *29*, 483–493.
- Woods, D. W., Wetterneck, C. T., & Flessner, C. A. (2006). A controlled evaluation of acceptance and commitment therapy plus habit reversal for trichotillomania. *Behaviour Research and Therapy*, *44*, 639–656.
- Wright, H. H., & Holmes, G. R. (2003). Trichotillomania (hair pulling) in toddlers. *Psychol Rep*, *92*, 228–230.
- Wynchank, D., & Berk, M. (1998). Fluoxetine treatment of acral lick dermatitis in dogs: a placebo-controlled randomized double blind trial. *Depress Anxiety*, *8*, 21–23.
- Yalom, I. D. (1995). *The theory and practice of group psychotherapy* (4th ed.). New York: BasicBooks.

# INDEX

## A

- Acceptance and Commitment Therapy (ACT), 103
- Activity cues
  - of pulling behavior, 82-83
  - as stimulus control strategy, 84
- Alcohol abuse, 155
- Alopecia ratings, 35
- Altered pain severity and TTM, 19-21
- Anxiety symptoms, 152, 154
- ASAP procedures, 153
- Axis I and/or Axis II comorbidity, 151

## B

- “Baby trichs” 12
- Beck Depression Inventory, 156
- Behavioral triggers and TTM, 21-22
- Biological vulnerability and TTM, 18-19
- Biopsychosocial model, of trichotillomania
  - altered pain sensitivity, 19-21
  - behavioral triggers, 21-22
  - biological vulnerability, 18-19
  - communications to patients, 24
  - core assumptions, 17
  - delayed consequences, 22-23
  - reinforcement, 22
- Body dysmorphic disorder (BDD), 32-33
- Body-focused repetitive behaviors (BFRBs), 13
- Borderline personality disorder (BPD), 33

## C

- Children’s Depression Inventory* (CDI), 37
- Citalopram, 54

- Claudias and Howards pulling behavior, 49-50
- Clinical Global Impressions (CGI) Scale, 175
- Clomipramine, 14, 54, 56
- Cognitive behavior therapy (CBT), 52
  - for bulimia nervosa, 174
  - competing response training (CRT), 91-99
  - for social phobia, 174
  - stimulus control (SC), 83-89
- Cognitive restructuring
  - with adults, 139-142
  - with a child, 143-149
  - cognition and TTM, 137-139
  - concept, 136-137
- Cohesiveness, 175-176
- Comorbid Axis I disorder, 9
- Comorbid depressive symptoms, 153-154
- Competing response training (CRT)
  - activities, 94
  - as a component of habit reversal training (HRT), 91
  - randomized clinical trial, 93-94
  - “self-contained” behaviors, 94
  - transcript of session, 95-99
- Conditional analgesia*, 20
- Controlled drinking strategies, 155

## D

- DASS-21, 156
- Depression Anxiety Stress Scales (DASS), 36
- Discriminative cues
  - of pulling behavior, 83
  - as stimulus control strategy, 84

DSM-III-R criteria, for TTM, 8-9, 26  
 DSM IV-TR criteria, of TTM, 3-4, 25  
 Dysregulated arousal, 21

## F

Family based therapy  
 limitations, 170-171  
 misunderstandings of TTM, 163-165  
 parental interest and involvement, 165-169  
 reinforcing aspects, 169-170  
 standard operating procedure, 161-163

Fluoxetine, 14, 54

Fluvoxamine, 54

Focused pulling, 7

Frequently asked questions, of TTM

as addiction, 64-65  
 and brain chemistry, 63  
 efficacy of treatment, 62  
 epidemiology, 63  
 growth of hair, 64  
 as a psychiatric illness, 64  
 pulling behavior, 61-62  
 as a sign of trauma, 64  
 similarities with OCD, 65  
 and willpower, 63-64

## G

Generalized anxiety disorder (GAD), 9,  
 154-155

Group therapy

advantages, 173-174, 177  
 efficacy, 174

## H

Habit reversal training (HRT), 53, 91

Hair pulling sites, 5-6

Hair-pulling urges, 22

Hair removal methods, 6

Hair selections, 6

## I

Individual cognitive behavior therapy, 174

## K

KID-MINI interview, 30, 34

## L

Leyton Obsessional Inventory (LOI), 34

Location cues

of pulling behavior, 82  
 as stimulus control strategy, 84

## M

Maintenance of gains, for TTM

case example, 108-113  
 literature review, 102-104  
 strategies for preventing relapse and  
 recurrence, 104-108

*Massachusetts General Hospital Hairpulling  
 Scale (MGH-HPS)*, 36

Mindfulness meditation, 127-128

MINI interview, 30, 34

Motivational aspects, in treatment

case examples, 117-118  
 development of Motivational Interviewing  
 (MI), 118-119  
 discrepancy development, 122  
 patient resistance behavior, overcoming  
 of, 123  
 patient's self-efficacy to change, development  
 of, 123-124  
 reflective listening, 120-121  
 stages of change and associated therapist  
 tasks, 119

Motivational Interviewing, 116

Motivational Interviewing (MI), 118-119  
 principles, 120-124

*Multidimensional Anxiety Scale for Children  
 (MASC)*, 37

## N

Negative internal states, perception of, 17-18

NIMH Trichotillomania Impairment Scale  
 (NIMH-TIS), 34

NIMH Trichotillomania Questionnaire, 34

NIMH Trichotillomania Severity Scale  
 (NIMH-TSS), 34, 56

## O

Obsessive-compulsive disorder (OCD), 31  
 group therapy, 174

OCD spectrum, 13-14

**P**

- Paroxetine, 54
- Post-pulling behaviors, 6-7
- Posttraumatic stress disorder (PTSD), 157
- Process-oriented existential therapy, 175
- Psychiatric comorbidity symptoms, 9
  - clinical case example, 158-160
  - management of, 151-158
- Psychodynamic therapy, 175
- Pulling behaviors, 7, 61-62
  - activity cues of, 82-83
  - discriminative cues of, 83
  - location cues of, 82
  - tactile/proprioceptive cues of, 82

**R**

- Reflective listening, 120-121
- Reinforcement and TTM, 22
- Relaxation and stress-management strategies
  - efficacy, 126-127
  - mindfulness meditation, 127-128
  - muscle tensioning, 125-126
  - problem solving and time management, 132-134
  - transcript of a session, 128-132

**S**

- Saving pulled hairs, 72
  - as a TTM measure, 35-36
- Schedule for Affective Disorders and Schizophrenia for School-age Children (K-SADS), 26
- Selective serotonin reuptake inhibitors (SSRIs), 53-56
- “Self-contained” behaviors, 94
- Self-monitoring, 35
  - as an ongoing process, 79
  - data collection and analysis, 74-76
  - functions in TTM, 73-74
  - limitations, 76-79
  - orienting patients, 70-72
  - other forms of awareness training, 80
- Self-soothing behavior, 12-13
- Serotonin reuptake inhibitors (SRIs), 52-56
- Sertraline, 54
- Sheehan Disability Scale* (SDS), 36-37
- Short-Form Health Survey (SF-36), 10
- Stimulus control (SC)

- session transcripts, 85-89
- strategies, 83-85
- StopPulling.com, 177
- Substance abuse, 9, 156-157

**T**

- Tactile/proprioceptive cues
  - of pulling behavior, 82
  - as stimulus control strategy, 83
- Treatments, for trichotillomania (TTM)
  - cognitive behavior therapy (CBT), 52
  - communications with the patient, 58-60
  - efficacy of treatments, 53-55
  - and evaluation for other symptoms of psychotic disorder, 31-33
  - family-based therapy, 161-171
  - group therapy, 173-177
  - long-term outcome, 56
  - management of psychiatric comorbidity, 151-159
  - motivational enhancement strategies, 117-124
  - other approaches, 57
  - pharmacotherapies, 52-53
  - relaxation and stress-management strategies, 125-134
- Trichobezoars, 12
- Trichophagia, 12
- Trichotillomania Diagnostic Interview (TDI), 26
- Trichotillomania Scale for Children* (TSC), 36
- Trichotillomania (TTM)
  - associated medical problems, 12
  - classification problems, 13-14
  - Claudias and Howards pulling behavior, 49-50
  - definition, 3-4
  - diagnosis, 26-30
  - differential diagnosis, 30-31
  - effects on emotional and social functioning, 9-10
  - epidemiology, 7-8
  - etiology, 12-13
  - features, 4-5
  - as a form of self-mutilation, 28
  - functional analysis, 39-41, 183-189
  - hair pulling sites, 5-6
  - hair removal methods, 6
  - hair selection, 6
  - interview schedule, 41-49
  - measures, 34-36
  - other psychiatric diagnoses, 30

post-pulling behaviors, 6-7  
psychiatric comorbidity symptoms, 9  
pulling behaviors, 7  
resources, 181-182  
Trich Pow-wow time, 167

## U

Unfocused pulling, 7  
Unipolar depression, 9

## V

Visual cues  
of pulling behavior, 82  
as stimulus control strategy, 83

## W

Willpower, 63-64  
Worry, 154-155

## Y

Yale-Brown Obsessive Compulsive Scale  
(Y-BOCS), 34