Trichotillomania Encyclopedia Article

Trichotillomania

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Trichotillomania

Uncontrollable or overwhelming urge to pull out one's own hair.

This pattern of recurrent hair-pulling results in noticeable hair loss. Individuals with this disorder most commonly pull hair from the scalp, eyebrows, and eyelashes, although any area of the body where hair grows can be involved. Hair-pulling may increase during periods of stress, but is also frequent during periods of calm or relaxation. This behavior often begins around ages 5-8; another common period of onset of this disorder is at age 13. Some individuals may experience this disorder spasmodically over periods of weeks or months; other have continuous symptoms for many years.

See Also

Impulse Control Disorder.