CLÍNICA VIVALDI · FREE SHEET · OBSESSIVE-COMPULSIVE AND RELATED

Trichotillomania (hair-pulling)

Repeatedly pulling out hair (scalp, eyebrows, eyelashes) with failed attempts to stop, often to relieve tension or automatically.

COMMON SIGNS

- Patches with less hair
- Does it without noticing or when tense
- Shame and hiding it

TIPS FOR YOU

1. Habit reversal training
2. Identify high-risk times and places
3. Use barriers: gloves, a cap, fidget toys

FOR FAMILY AND FRIENDS

1. Don't scold them: it increases tension
2. Help them notice high-risk moments

WHEN TO ASK FOR HELP

1. If there are visible bald patches
2. If there is a lot of shame or isolation

TO OBSERVE AND NOTE DOWN

☐ I pull out my hair (head, eyebrows or eyelashes)
☐ Sometimes I do it without realising
☐ I do it when I'm tense or bored
☐ I feel relief when I pull it out
☐ I have tried to stop without success
☐ I have patches with less hair
☐ I try to hide it
☐ I feel ashamed

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/tricotilomania-arrancarse-el-pelo
- Full article: Trichotillomania: clinicavivaldi.com/en/trastorno-tricotilomania
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112