

Subject Number:

Rater Initials:

Date:

The Psychiatric Institute Trichotillomania Scale (PITS)
Semi-Structured Interview

Instructions: First, ask the patient the general hair pulling history questions and fill in the answers. Each of the following six measures should be scored on the accompanying score sheet. The questions in bold print are to be asked of the patient as worded. The additional questions in bold italics are optional questions to be used if more prodding seems necessary to adequately score the item. The interviewer may also ask any additional questions if it is felt that more information is still required to score the item.

Introductory Interview (Hair Pulling History)

How old were you when your hair pulling first started? _____

Have you had it ever since then or has it gone away and come back?

(Circle one:) has remained constantly has gone away and come back

Since this problem began, would you say this has been with you more than half the time?

(Circle one:) yes no

(If unclear,) **Since it started, has it ever gone completely away for at least 2 weeks?**

(Circle one:) yes no

What is the longest period that it has gone away? _____

(If it has come and gone,)

How long has this current period of hair pulling been going on? _____

Has the hair pulling always been from the same part(s) of the body, or have the sites shifted around?

(Circle one:) always the same sites has shifted around

List sites: _____

(If not apparent,) **Have you done things to hide or disguise the hair loss, like brushing your hair a special way, wearing hats or wigs or anything else?**

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<p>1) <u>SITES:</u></p> <p>(The score for this item should be based on both interview and direct inspection. In order to orient the interview to the scope of the problem, these questions should be asked first. However, it is recommended that direct examination be conducted at the end of the interview. Scoring this item should be done after the direct exam. However, the following questions should be asked because of the relative inaccessibility of some anatomical sites in the course of a standard interview and because some individuals may hide hair pulling from certain sites, but not others.)</p> <p>From what part or parts of your body do you pull hair?</p> <p>Do you ever pull hairs on your arms or legs or other places like your torso or from pubic areas?</p> <p>Any other places?</p> <p><i>(Some people pull hair from areas they find embarrassing to talk about. Do you feel that way?)</i></p> <p><i>If YES, Which sites do you find embarrassing to discuss?</i></p>	<p>No sites</p> <p>1 non-scalp site</p> <p>1 scalp site</p> <p>2 non-scalp sites</p> <p>2 sites including scalp</p> <p>3 sites</p> <p>4 sites</p> <p>5 or more sites</p>	<p>0</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p>
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<p>2) <u>DURATION:</u></p> <p>The subject should be encouraged to provide an answer in minutes or hours.</p> <p>On an average day this past week, how much time would you say you spent pulling your hair or thinking about it? Include time you spend thinking about pulling hair, even if you were not actually pulling.</p> <p>(If the subject has difficulty answering, or does not answer quantitatively,) <i>Is it closer to a few minutes or a few hours?</i></p> <p><i>Would you say it is more or less than ___ hours [minutes] per day?</i></p>	<p>No time</p> <p>≤ 5 minutes per day</p> <p>> 5 min but ≤ 15 min</p> <p>> 15 min but ≤ 30 min</p> <p>>30 min but ≤ 1 hr</p> <p>>1 hr but ≤ 2 hrs</p> <p>> 2 hrs but ≤ 3 hrs</p> <p>> 3 hrs</p>	<p>0</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p>
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<p>2) <u>RESISTANCE:</u></p> <p>When the urge to pull is present, are you ever able to resist?</p> <p>How much of the time can you resist the urge and not pull?</p> <p>Some of the time? A lot of the time?</p> <p><i>(More than half the time? Less than half the time?)</i></p>	<p>No urge</p> <p>Always able to resist</p> <p>Almost always able to resist</p> <p>Able to resist $\frac{3}{4}$ of the time to almost always</p> <p>Able to resist $\frac{1}{2}$ to $\frac{3}{4}$ of the time</p> <p>Able to resist $\frac{1}{4}$ to $\frac{1}{2}$ of the time</p> <p>Rarely able to resist</p> <p>Never able to resist</p>	<p>0</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p>
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<p>4) <u>INTERFERENCE</u>:</p> <p>Does it keep you from doing anything? For example, is there anything you avoid doing, even just sometimes, because of your hair pulling?</p> <p>Does it affect your work (studies, etc.)?</p> <p>What about social things? Does it ever affect things you do socially? Does it have any impact on your dating habits (or your relationship with your husband / wife / boyfriend / girlfriend / lover)?</p> <p>If the individual avoids any activities because of hairpulling-related concerns:</p> <p><i>How often would you say this happens that you might avoid ____? Frequently? Only sometimes?</i></p>	<p>No interference in functioning</p> <p>Occasionally avoids 1 or 2 minor activities, creating no or minor inconvenience (e.g., avoids swimming)</p> <p>Frequently avoids 1 or more minor activities, creating some inconvenience</p> <p>Occasionally avoids 1 major life activity (such as work or dating)</p> <p>Occasionally avoids more than 1 major activity such as work or major social functions</p> <p>Frequently avoids 1 major activity such as work or major social functions (e.g., dating)</p> <p>Frequently avoids more than 1 major activity such as work and major social functions</p> <p>Almost always avoids 1 or more major activities such as work and major social functions</p>	<p>0</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p>
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<p>5) <u>DISTRESS</u>:</p> <p>Is pulling your hair something that you think about much?</p> <p>Does it bother you that you do this?</p> <p>Does it bother you a lot?</p> <p>What do you worry about?</p> <p>Are you ever worried that this problem will keep you from doing important things in life, or will make it harder?</p> <p>Do you worry that it may have any effect on your work (studies, etc.)?</p> <p>What about things like dating or marriage – are you concerned that your hair pulling will affect those things?</p>	<p>No distress or thoughts about it</p> <p>Occasionally thinks about it, but isn't very concerned</p> <p>Worries occasionally about hair pulling and/or its consequences</p> <p>Worries daily about hair pulling, but distress is only mild</p> <p>Worries daily about hair pulling, and distress is moderately severe</p> <p>Worries occasionally that hair pulling may have major impact on life course (e.g., fears may never be able to marry)</p> <p>Worries frequently that hair pulling may have major impact on life course (e.g., fears may never be able to marry)</p> <p>Has daily severe distress regarding hair pulling or its consequences</p>	<p>0</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p>
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<p>6) <u>SEVERITY:</u></p> <p>(The score for this item should also be based on direct inspection. If several areas are involved, the scores should be determined on the basis of the most severely affected area.)</p> <p>(If hair pulling is present in a region that cannot be reasonably inspected in the course of the interview, then scores should be based on what is available to observation.)</p>	<p>No loss</p> <p>Negligible loss (can't see loss even if site is pointed out)</p> <p>Mild loss (seen only if area is pointed out)</p> <p>Moderate loss (loss visible to observer upon inspection). E.g., thin spots on scalp</p> <p>Loss of 50% of hair of brows or lashes or nearly bald spots on scalp or body part</p> <p>Loss of 75% of hair of brows or lashes or small bald spots on scalp or body part</p> <p>Loss of almost all hair of brows or lashes or large areas of baldness on scalp or body part</p> <p>Total loss of hair of brows or lashes or almost total loss of scalp hair or other body part hair</p>	<p>0</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p>
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