

part of the clinical picture of SPD and may help discriminate pathological and non-pathological forms of the behavior. Further, improvement in skin damage and control over the behavior are important indicators of success in treatment, and items assessing these characteristics may enhance the scale's sensitivity to symptom change. Of course, these are speculations that need to be tested empirically. Another positive feature of the SPS-R is that the scale now includes items that cover each of the three impairment domains in a proposed DSM-5 diagnostic criteria for SPD (i.e. skin lesions, subjective distress and functional impairment; Stein et al., 2010).

A notable strength of the current study is the large sample size and relatively stringent inclusion criteria. However, relying on an

anonymous Internet sample is a limitation, as it precludes verification of diagnoses. Also, exclusive reliance on self-report may have resulted in overestimation of SPD-related disability. In order to get a better sense of the clinical relevance of the findings, we examined the psychometric properties (e.g., the factor structure) of the SPS-R only among those responders who reported having sought professional help for SPD ($N=367$) and among those who scored above the median on the SDS. The results remained the same (data not shown), which gives some confidence that the findings generalize to clinical samples. It should also be noted that a growing body of research demonstrates that responses to online surveys are quite similar to responses derived from paper and pencil administration or clinical interviews (Gosling, Vazire, Srivastava, & John, 2004;

Table A1

Instructions: For each item, pick the one answer which best describes the past week. If you have been having ups and downs, try to estimate an average for the past week. Please be sure to read all answers in each group before making your choice.

(1) How often do you feel the urge to pick your skin?

- 0 No urges
- 1 Mild, occasionally experience urges to skin pick, less than 1 h/day
- 2 Moderate, often experience urges to skin pick, 1–3 h/day
- 3 Severe. Very often experience urges to skin pick, greater than 3 and up to 8 h/day.
- 4 Extreme, constantly or almost always have an urge to skin pick

(2) How intense or “strong” are the urges to pick your skin?

- 0 Minimal or none
- 1 Mild
- 2 Moderate
- 3 Severe
- 4 Extreme

(3) How much time do you spend picking your skin per day?

- 0 None
- 1 Mild, spend less than 1 h/day picking my skin, or occasional skin picking.
- 2 Moderate, spend 1–3 h/day picking my skin, or frequent skin picking.
- 3 Severe, spend more than 3 and up to 8 h/day picking my skin, or very frequent skin picking.
- 4 Extreme, spend more than 8 h/day picking my skin, or near constant skin picking.

(4) How much control do you have over your skin picking? To what degree can you stop yourself from picking?

- 0 Complete control. I am always able to stop myself from picking.
- 1 Much control. I am usually able to stop myself from picking
- 2 Some control. I am sometimes able to stop myself from picking.
- 3 Little control. I am rarely able to stop myself from picking.
- 4 No control. I am never able to stop myself from picking.

(5) How much emotional distress (anxiety/worry, frustration, depression, hopelessness, or feelings of low self-esteem) do you experience from your skin picking?

- 0 No emotional distress from picking.
- 1 Mild, only slight emotional distress from my picking. I occasionally feel emotional distress because of my picking, but only to a small degree.
- 2 Moderate, a fair amount of emotional distress from my picking. I often feel emotional distress because of my picking.
- 3 Severe, a large amount of emotional distress. I almost always feel emotional distress because of my picking.
- 4 Extreme, constant emotional distress. I feel constant emotional distress and see no hope of this changing.

(6) How much does your skin picking interfere with your social, work (or role functioning)? (If currently not working determine how much your performance would be affected if you were employed.)

- 0 None
- 1 Mild, slight interference with social or occupational activities but overall performance not impaired
- 2 Moderate, definite interference with social or occupational performance, but still manageable.
- 3 Severe, causes substantial impairment in social or occupational performance.
- 4 Extreme, incapacitating

(7) Have you been avoiding doing anything, going any place, or being with anyone because of your skin picking? If yes, then how much do you avoid?

- 0 None
- 1 Mild, occasional avoidance in social or work settings.
- 2 Moderate, frequent avoidance in social or work settings.
- 3 Severe, very frequent avoidance in social or work settings.
- 4 Extreme, avoid all social and work settings as a result of the skin picking/scratching.

(8) How much skin damage do you currently have because of your skin picking? Only consider the damage produced by the behavior of picking.

- 0 None (no skin damage from picking)
- 1 Mild (Slight damage in the form of small scabs, sores, scrapes etc. Damage covers a very small area and no attempts are made to cover or treat the damage).
- 2 Moderate (Noticeable scars, scabs, or small open sores (< 1 cm in diameter)). Picking results in attempts to cover or treat the damage with in-home remedies (e.g., bandages, creams, ointments) that do not require the assistance of a physician.
- 3 Severe. (Large scars, scabs or open sores (> 1 cm in diameter)), infected areas and/or noticeably disfigured skin. Picking results in extensive attempts to cover the damage and may require periodic treatment by a medical professional (e.g., prescription antibiotics, dermabrasion, etc.)
- 4 Extreme. (Large open wounds or craters, frequent bleeding, large scarred areas). Damage may require extensive covering and medical intervention (e.g., plastic surgery, stitches, hospitalization, etc.).