

Subject Number:

Date:

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*Instructions:* For each question, pick the one statement in that group which best describes your behaviors and/or feelings over the past week. If you have been having ups and downs, try to estimate an average for the past week. Be sure to read all the statements in each group before making your choice.

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*For the next three questions, rate only the urges to pull your hair.*

1. **Frequency of urges.** On an average day, how often did you feel the urge to pull your hair?

- 0 This week I felt no urges to pull my hair.
- 1 This week I felt an **occasional** urge to pull my hair.
- 2 This week I felt an urge to pull my hair **often**.
- 3 This week I felt an urge to pull my hair **very often**.
- 4 This week I felt **near constant** urges to pull my hair.

2. **Intensity of urges.** On an average day, how intense or "strong" were the urges to pull your hair?

- 0 This week I did not feel any urges to pull my hair.
- 1 This week I felt **mild** urges to pull my hair.
- 2 This week I felt **moderate** urges to pull my hair.
- 3 This week I felt **severe** urges to pull my hair.
- 4 This week I felt **extreme** urges to pull my hair.

3. **Ability to control the urges.** On an average day, how much control do you have over the urges to pull your hair?

- 0 This week I could **always** control the urges, or I did not feel any urges to pull my hair.
- 1 This week I was able to distract myself from the urges to pull my hair **most of the time**.
- 2 This week I was able to distract myself from the urges to pull my hair **some of the time**.
- 3 This week I was able to distract myself from the urges to pull my hair **rarely**.
- 4 This week I was **never** able to distract myself from the urges to pull my hair.

*For the next three questions, rate only the actual hairpulling.*

4. **Frequency of hairpulling.** On an average day, how often did you actually pull your hair?

- 0 This week I did not pull my hair.
- 1 This week I pulled my hair **occasionally**.
- 2 This week I pulled my hair **often**.

- 3 This week I pulled my hair **very often**.
- 4 This week I pulled my hair so often it felt like I was **always** doing it.

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5. **Attempts to resist hairpulling.** On an average day, how often did you make an attempt to stop yourself from actually pulling your hair?

- 0 This week I felt no urges to pull my hair.
- 1 This week I tried to resist the urge to pull my hair **almost all of the time**.
- 2 This week I tried to resist the urge to pull my hair **some of the time**.
- 3 This week I tried to resist the urge to pull my hair **rarely**.
- 4 This week I **never** tried to resist the urge to pull my hair.

6. **Control over hairpulling.** On an average day, how often were you successful at actually stopping yourself from pulling your hair?

- 0 This week I did not pull my hair.
- 1 This week I was able to resist pulling my hair **almost all of the time**.
- 2 This week I was able to resist pulling my hair **most of the time**.
- 3 This week I was able to resist pulling my hair **some of the time**.
- 4 This week I was **rarely** able to resist pulling my hair.

*For the last question, rate the consequences of your hairpulling.*

7. **Associated distress.** Hairpulling can make some people feel moody, "on edge," or sad. During the past week, how uncomfortable did your hairpulling make you feel?

- 0 This week I did not feel uncomfortable about my hairpulling.
- 1 This week I felt **vaguely uncomfortable** about my hairpulling.
- 2 This week I felt **noticeably uncomfortable** about my hairpulling.
- 3 This week I felt **significantly uncomfortable** about my hairpulling.
- 4 This week I felt **intensely uncomfortable** about my hairpulling.