

Appendix

Name _____

Date _____

TRICHOTILLOMANIA SCALE FOR CHILDREN, CHILD VERSION (TSC-C)

These questions are about your hair pulling. There are no right or wrong answers. Each item is made up of three sentences. Your job is to pick the sentence that comes closest to describing how things have been for you in the past week. When you have picked the best sentence, put a check mark in the box next to it. If you can't decide which sentence is the best one, it's OK to check more than one. Try it now for practice:

How much do you like homework?

- (0) I do not like homework at all.
- (1) I like homework a little bit.
- (2) I like homework a lot.

Now the questions will be about hair pulling. When we talk about hair pulling, it doesn't have to be on your head—it could also include eyebrows, eyelashes, or anywhere else on your body. Remember, your job is to pick the sentence that best describes how your hair pulling has been in the last week.

Severity

1. On most days in the last week, how often did you feel like pulling your hair?

- (0) I did not feel like pulling my hair at all.
- (1) I felt like pulling my hair once in a while.
- (2) I felt like pulling my hair very often.

2. On most days in the last week, how often did you actually pull your hair? This question means how many times you had a period of pulling—not how many hairs you pulled.

- (0) I did not pull my hair at all.
- (1) I pulled my hair between 1 and 5 times a day.
- (2) I pulled my hair more than 5 times a day.

3. On most days in the last week, how much time did each period of hair pulling last?

- (0) I did not pull my hair at all.
- (1) A hair-pulling period lasted between 1 second and 5 minutes.
- (2) A hair-pulling period lasted more than 5 minutes.

4. On most days in the last week, how many hairs did you pull out?

- (0) I did not pull any hair at all.
- (1) I pulled out between 1 and 10 hairs on most days.
- (2) I pulled out more than 10 hairs on most days.

5. On most days in the last week, how much control did you have over urges to pull your hair? (You can check more than one thing if you want to).

- (0) I did not feel like pulling my hair at all.
- (0) I felt like pulling, but I never actually pulled my hair.
- (1) I could stop myself from pulling some of the time.
- (2) I could not stop myself from pulling at all, even when I really wanted to stop.
- (1) Some times I did not want to stop myself from pulling.
- (2) I did not want to stop myself from pulling at all.

Note to scorer: Score item 0-2 based on highest rating

For office use only: Sum (items 1-5) _____ ÷ 5 = _____ Severity score
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Distress/Impairment

6. During the last week, how much longer did it take for you to get ready for school, or get ready to go out, because you had to hide bald patches?

- (0) I didn't have to hide any bald patches.
- (1) It took me a little longer to get ready than other kids, because I had to be careful about how I styled my hair or put on my makeup.
- (2) It took me a whole lot longer to get ready than other kids, because I had to be careful about how I styled my hair or put on my makeup.
- (2) I decided not to go somewhere this week, because it seemed like too much effort to style my hair or put on my makeup.

Note to scorer: Score item 0-2 based on highest rating

7. How much would you avoid the activities listed below because you were embarrassed about hair pulling or bald patches? (You can check more than one thing if you want to).

- (0) I would not avoid any of these activities because of hair pulling or bald patches.
 (1) I might not go swimming because I'd be embarrassed about bald patches.
 (2) I definitely would not go swimming because I'd be embarrassed about bald patches.
 (1) I might not go outside on a windy day because people might see my bald patches.
 (2) I definitely would not go outside on a windy day because people might see my bald patches.
 (1) I might not go outside on a sunny day because people might see my bald patches.
 (2) I definitely would not go outside on a sunny day because people might see my bald patches.
 (1) I might not go to a school dance or a party because people might see my bald patches.
 (2) I definitely would not go to a school dance or a party because people might see my bald patches.
 (1) I might not go on a field trip because people might see my bald patches.
 (2) I definitely would not go on a field trip because people might see my bald patches.
 (1) I might not hang out with friends or classmates because they might see my bald patches.
 (2) I definitely would not hang out with friends or classmates because they might see my bald patches.

Note to scorer: Score item 0-2 based on highest rating

8. During the last week, how do you think hair pulling has affected the way you look?

- (0) Hair pulling has not affected the way I look.
 (1) I don't look as good as I would if I didn't pull my hair.
 (2) Hair pulling has made me look really ugly.

9. During the last week, how guilty do you feel about hair pulling?

- (0) I did not feel guilty about hair pulling.
 (1) I felt a little guilty about hair pulling.
 (2) I felt extremely guilty about hair pulling.

10. During the last week, how embarrassed were you about hair pulling or bald patches?

- (0) I was not embarrassed at all about hair pulling or bald patches.
 (1) I was a little embarrassed about hair pulling or bald patches.
 (2) I was extremely embarrassed about hair pulling or bald patches.

11. During the last week, how upset at yourself did you get because of hair pulling or bald patches?

- (0) I did not get upset with myself at all because of hair pulling or bald patches.
 (1) I got a little upset with myself because of hair pulling or bald patches.
 (2) I got extremely upset with myself because of hair pulling or bald patches.

12. During the last week, how sad or depressed did you get because of hair pulling or bald patches?

- (0) I did not get sad or depressed at all because of hair pulling or bald patches.
 (1) I got a little sad or depressed because of hair pulling or bald patches.
 (2) I got extremely sad or depressed because of hair pulling or bald patches.

For office use only: Sum (items 6-12) _____ ÷ 7 = _____ Distress/Impairment score

Severity Score _____ + Distress/Impairment Score _____ = Total Score

Child's Name _____

Date _____

Parent's Name _____

Relationship to Child _____

TRICHOTILLOMANIA SCALE FOR CHILDREN, PARENT VERSION (TSC-P)

These questions are about your child's hair pulling. There are no right or wrong answers. Each item is made up of three sentences. Please pick the sentence that comes closest to describing how things have been for your child in the past week. When you have picked the best sentence, put a check mark in the box next to it. If you can't decide which sentence is the best one, it's OK to check more than one.

You may not know the exact answers to each question. For example, if your child pulls his/her hair only when alone, you might not know exactly how often this happens. If you don't know the exact answer, please give your best guess.

*Severity***1. On most days in the last week, how often did your child express urges or desires to pull his/her hair?**

- (0) My child did not feel like pulling his/her hair at all.
 (1) My child felt like pulling his/her hair once in a while.
 (2) My child felt like pulling his/her hair very often.

2. On most days in the last week, how often did your child actually pull his/her hair? This question means how many times your child had a period of pulling—not how many hairs he/she pulled.

- (0) My child did not pull his/her hair at all.
 (1) My child pulled his/her hair between 1 and 5 times a day.
 (2) My child pulled his/her hair more than 5 times a day.

3. On most days in the last week, how much time did each period of hair pulling last?

- (0) My child did not pull his/her hair at all.
 (1) A hair-pulling period lasted between 1 second and 5 minutes.
 (2) A hair-pulling period lasted more than 5 minutes.

4. On most days in the last week, how many hairs did your child pull out?

- (0) My child did not pull any hair at all.
 (1) My child pulled out between 1 and 10 hairs on most days.
 (2) My child pulled out more than 10 hairs on most days.

5. On most days in the last week, how much control did your child appear to have over urges to pull your hair? (You can check more than one thing if you want to).

- (0) My child did not feel like pulling his/her hair at all.
 (0) My child felt like pulling, but he/she never actually pulled his/her hair.
 (1) My child could stop him/herself from pulling some of the time.
 (2) My child could not stop him/herself from pulling at all, even when he/she really wanted to stop.
 (1) Some times my child did not want to stop him/herself from pulling.
 (2) My child did not want to stop him/herself from pulling at all.

Note to scorer: Score item 0-2 based on highest rating

For office use only: Sum (items 1-5) _____ ÷ 5 = _____ Severity score

*Distress/Impairment***6. During the last week, how much longer did it take for your child to get ready for school, or get ready to go out, because he/she had to hide bald patches?**

- (0) My child didn't have to hide any bald patches.
 (1) It took my child a little longer to get ready than other kids, because he/she had to be careful about how he/she styled his/her hair or put on makeup.
 (2) It took my child a whole lot longer to get ready than other kids, because he/she had to be careful about how he/she styled his/her hair or put on makeup.
 (2) My child decided not to go somewhere this week, because it seemed like too much effort to style his/her hair or put on makeup.

Note to scorer: Score item 0-2 based on highest rating

7. How much would your child avoid the activities listed below because he/she was embarrassed about hair pulling or bald patches? (You can check more than one thing if you want to).

- (0) My child would not avoid any of these activities because of hair pulling or bald patches.
- (1) My child might not go swimming because he/she would be embarrassed about bald patches.
- (2) My child definitely would not go swimming because he/she would be embarrassed about bald patches.
- (1) My child might not go outside on a windy day because people might see his/her bald patches.
- (2) My child definitely would not go outside on a windy day because people might see his/her bald patches.
- (1) My child might not go outside on a sunny day because people might see his/her bald patches.
- (2) My child definitely would not go outside on a sunny day because people might see his/her bald patches.
- (1) My child might not go to a school dance or a party because people might see his/her bald patches.
- (2) My child definitely would not go to a school dance or a party because people might see his/her bald patches.
- (1) My child might not go on a field trip because people might see his/her bald patches.
- (2) My child definitely would not go on a field trip because people might see his/her bald patches.
- (1) My child might not hang out with friends or classmates because they might see his/her bald patches.
- (2) My child definitely would not hang out with friends or classmates because they might see his/her bald patches.

Note to scorer: Score item 0-2 based on highest rating

8. During the last week, how does your child think hair pulling has affected the way he/she looks?

- (0) Hair pulling has not affected the way my child thinks he/she looks.
- (1) My child thinks he/she doesn't look as good as he/she would if he/she didn't pull his/her hair.
- (2) My child thinks that hair pulling has made him/her look really ugly.

9. During the last week, how guilty does your child feel about hair pulling?

- (0) My child did not feel guilty about hair pulling.
- (1) My child felt a little guilty about hair pulling.
- (2) My child felt extremely guilty about hair pulling.

10. During the last week, how embarrassed was your child about hair pulling or bald patches?

- (0) My child was not embarrassed at all about hair pulling or bald patches.
- (1) My child was a little embarrassed about hair pulling or bald patches.
- (2) My child was extremely embarrassed about hair pulling or bald patches.

11. During the last week, how upset at him/herself did your child get because of hair pulling or bald patches?

- (0) My child did not get upset with him/herself at all because of hair pulling or bald patches.
- (1) My child got a little upset with him/herself because of hair pulling or bald patches.
- (2) My child got extremely upset with him/herself because of hair pulling or bald patches.

12. During the last week, how sad or depressed did your child get because of hair pulling or bald patches?

- (0) My child did not get sad or depressed at all because of hair pulling or bald patches.
- (1) My child got a little sad or depressed because of hair pulling or bald patches.
- (2) My child got extremely sad or depressed because of hair pulling or bald patches.

For office use only: Sum (items 6-12) _____ ÷ 7 = _____ Distress/Impairment score

Severity Score _____ + Distress/Impairment Score _____ = Total Score

References

- Mannino FV, Delgado RA (1969) Trichotillomania in children: a review. *Am J Psychiatry* 126:505–511
- King RA, Zohar AH, Ratzoni G, Binder M, Kron S, Dycian A et al (1995) An epidemiological study of trichotillomania in Israeli adolescents. *J Am Acad Child Adolesc Psychiatry* 34:1212–1215
- Christenson GA, Pyle RL, Mitchell JE (1991) Estimated lifetime prevalence of trichotillomania in college students. *J Clin Psychiatry* 52:415–417