

hair pulling disorder in children

Hair Pulling Disorder in Children: Understanding Trichotillomania and Its Impact

hair pulling disorder in children is a condition that often goes unnoticed or misunderstood, yet it can have significant emotional and physical effects on young ones. Known medically as trichotillomania, this disorder involves an irresistible urge to pull out hair from the scalp, eyebrows, eyelashes, or other parts of the body. While it might seem like a simple habit, hair pulling disorder in children is a complex behavior that can be distressing for both the child and their family. In this article, we'll explore what hair pulling disorder in children entails, its causes, signs to watch for, and how parents and caregivers can support affected children.

What Is Hair Pulling Disorder in Children?

Hair pulling disorder, or trichotillomania, is classified as a body-focused repetitive behavior (BFRB). These behaviors are characterized by compulsive actions that involve harming one's body in some way, despite wanting to stop. In children, hair pulling disorder manifests as repeated hair pulling that results in noticeable hair loss and distress.

Unlike occasional hair twirling or mild nail-biting, hair pulling disorder is persistent and can cause significant damage to the child's hair and skin. It is more than just a bad habit; it is a psychological condition often linked with anxiety, stress, or other emotional challenges.

How Common Is Hair Pulling Disorder in Children?

While exact numbers are hard to pinpoint, studies suggest that trichotillomania affects approximately 1% to 3% of the population, with many cases beginning in childhood or adolescence. Because children may hide their behavior out of embarrassment or fear of consequences, hair pulling disorder in children can often go undiagnosed.

Signs and Symptoms to Recognize

Identifying hair pulling disorder in children early on can make a big difference. The following signs may indicate a child is struggling with this condition:

- Noticeable patches of missing hair on the scalp, eyebrows, or eyelashes
- Frequent touching, pulling, or twisting of hair strands
- Complaints of itching, irritation, or pain on the scalp or other affected areas
- Increased anxiety or distress related to hair loss

- Attempts to hide hair loss with hats, hairstyles, or scarves
- Feelings of shame or guilt associated with the behavior

Parents and caregivers might also observe the child engaging in hair pulling during times of boredom, stress, or while concentrating. Sometimes, children may not even be fully aware of their pulling, especially if it happens during moments of distraction or anxiety.

Distinguishing Hair Pulling Disorder from Other Conditions

It's important to differentiate trichotillomania from other causes of hair loss in children, such as alopecia areata, fungal infections, or nutritional deficiencies. A pediatrician or dermatologist can perform an examination to help rule out these conditions and confirm a diagnosis of hair pulling disorder.

What Causes Hair Pulling Disorder in Children?

The exact cause of hair pulling disorder in children is not fully understood, but experts believe it results from a combination of genetic, environmental, and psychological factors.

Emotional and Psychological Triggers

Many children with hair pulling disorder experience heightened levels of anxiety, stress, or emotional turmoil. Hair pulling may serve as a coping mechanism to relieve tension or manage feelings of boredom, frustration, or sadness. For some, the act of pulling hair provides a sense of relief or gratification, reinforcing the behavior.

Genetics and Brain Chemistry

Research suggests that genetics may play a role, as trichotillomania sometimes runs in families. Additionally, differences in brain chemistry involving neurotransmitters like serotonin and dopamine might contribute to the compulsive nature of hair pulling.

Environmental Factors

Stressful life events such as family conflicts, school pressures, or traumatic experiences can trigger or worsen hair pulling disorder in children. Changes in routine or major transitions, like moving to a new home or starting a new school, may also be catalysts.

Supporting Children with Hair Pulling Disorder

Helping a child manage hair pulling disorder involves patience, understanding, and a multi-faceted approach. Here are some effective strategies:

Encourage Open Communication

Children often feel ashamed or scared to talk about their hair pulling. Creating a safe, non-judgmental environment where they can express their feelings is crucial. Let your child know that you're there to support them, not punish or criticize.

Identify Triggers and Patterns

Keeping a journal or log of when the hair pulling occurs can help pinpoint triggers. Is it more frequent during homework time? Does it happen when the child feels anxious or lonely? Understanding these patterns allows for targeted interventions.

Implement Behavioral Techniques

Cognitive-behavioral therapy (CBT) and habit reversal training (HRT) are evidence-based treatments that can significantly reduce hair pulling behaviors. These therapies teach children to become more aware of their urges and replace hair pulling with healthier habits, such as squeezing a stress ball or using fidget toys.

Promote Relaxation and Stress Management

Since stress often exacerbates hair pulling disorder in children, incorporating relaxation techniques can be beneficial. Deep breathing exercises, mindfulness, yoga, or engaging in creative activities like drawing or music can help children manage anxiety.

Seek Professional Help When Needed

If hair pulling disorder is severe or causes emotional distress, consulting a mental health professional who specializes in pediatric disorders is advisable. Therapists can offer tailored treatment plans and support both the child and family.

Practical Tips for Parents and Caregivers

Living with a child who has a hair pulling disorder can be challenging, but there are ways to foster a positive environment:

- **Avoid harsh punishments:** Negative reactions can increase stress and worsen hair pulling.
- **Use positive reinforcement:** Praise your child for efforts to resist pulling or for using alternative coping strategies.
- **Maintain a consistent routine:** Predictability reduces anxiety, which can decrease hair pulling episodes.
- **Protect the child's skin:** Use gentle hair care products and consider gentle scalp massages to soothe irritation.
- **Educate siblings and family members:** Helping others understand the disorder can reduce stigma and foster support.

Understanding the Emotional Impact

Beyond the physical effects, hair pulling disorder in children can deeply affect self-esteem and social interactions. Children might avoid activities like swimming or physical education because they feel self-conscious about bald patches. They may also experience teasing or bullying from peers, which can lead to isolation or depression.

Encouraging your child to participate in supportive groups or therapy sessions can provide a sense of community and understanding. Remember, hair pulling disorder is not a reflection of a child's character or willpower—it's a condition that requires compassion and care.

Looking Ahead: Living with Hair Pulling Disorder

While hair pulling disorder in children can be frustrating, many children learn to manage their symptoms effectively with the right support. Early intervention, combined with empathy and consistent strategies, can help reduce hair pulling behaviors and improve quality of life.

Parents and caregivers play a pivotal role in guiding children through this challenge. By staying informed, seeking professional guidance, and fostering a nurturing environment, you can help your child regain confidence and develop healthier coping mechanisms for stress and anxiety.

Understanding hair pulling disorder in children opens the door to compassion and hope—a reminder that with patience and persistence, recovery and growth are possible.

Frequently Asked Questions

What is hair pulling disorder in children?

Hair pulling disorder, also known as trichotillomania, is a condition where children compulsively pull out their own hair, leading to noticeable hair loss and distress.

What causes hair pulling disorder in children?

The exact cause is unknown, but it is believed to be related to a combination of genetic, environmental, and psychological factors such as stress, anxiety, or trauma.

What are the common signs of hair pulling disorder in children?

Common signs include noticeable hair loss, bald patches, frequent touching or pulling of hair, and feelings of tension or relief associated with hair pulling.

How is hair pulling disorder diagnosed in children?

Diagnosis is typically made by a healthcare professional through clinical evaluation, observing symptoms, and ruling out other medical conditions.

What treatments are available for hair pulling disorder in children?

Treatment options include cognitive-behavioral therapy (CBT), habit reversal training, counseling, and sometimes medication to manage underlying anxiety or related conditions.

Can hair pulling disorder in children be prevented?

While it may not be entirely preventable, early intervention, stress management, and creating supportive environments can help reduce the risk or severity.

How does hair pulling disorder affect a child's daily life?

It can lead to emotional distress, social withdrawal, low self-esteem, and difficulty concentrating in school due to embarrassment or anxiety about hair loss.

When should parents seek professional help for hair pulling disorder in their child?

Parents should seek help if they notice persistent hair pulling behavior, significant hair loss, emotional distress, or if the behavior interferes with the child's daily functioning.

Additional Resources

Hair Pulling Disorder in Children: Understanding Trichotillomania and Its Impact

Hair pulling disorder in children, clinically known as trichotillomania, is a complex and often misunderstood condition characterized by the recurrent urge to pull out one's own hair. While this disorder can affect individuals of all ages, its manifestation in children presents unique challenges in diagnosis, treatment, and social implications. Recognizing the signs early and understanding the underlying causes are crucial steps for parents, educators, and healthcare professionals alike.

What is Hair Pulling Disorder in Children?

Hair pulling disorder, or trichotillomania, is classified under obsessive-compulsive and related disorders in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). It involves repetitive hair pulling that results in noticeable hair loss, distress, and impairment in daily functioning. In children, the disorder might manifest differently compared to adults, often intertwined with developmental stages and environmental factors.

The prevalence of trichotillomania in children is estimated to be around 1-2%, though exact figures vary due to underreporting and misdiagnosis. The condition often begins in late childhood or early adolescence, typically between ages 9 and 13, but cases have been documented in younger children as well. Early onset can complicate social development, self-esteem, and academic performance.

Symptoms and Behavioral Characteristics

Children with hair pulling disorder may exhibit a range of behaviors, including:

- Repeatedly pulling hair from the scalp, eyebrows, eyelashes, or other body parts
- Feeling tension or anxiety before pulling and relief or gratification afterward
- Attempting to hide hair loss with hats, scarves, or hairstyles
- Engaging in hair-pulling episodes during periods of boredom, stress, or fatigue
- Possible ingestion of pulled hair (trichophagia), which can lead to medical complications

Unlike habitual or accidental hair pulling, trichotillomania is typically impulsive and compulsive, often linked to emotional states. Some children may be unaware of their behavior, especially when it occurs during focused activities such as reading or watching television.

Causes and Contributing Factors

Understanding the etiology of hair pulling disorder in children involves exploring biological, psychological, and environmental dimensions. No single cause has been identified, but several factors appear to contribute:

Genetic and Neurobiological Influences

Research suggests a genetic predisposition plays a role, as trichotillomania often occurs in families with a history of obsessive-compulsive disorders or tic disorders. Neuroimaging studies indicate abnormalities in brain regions related to habit formation and impulse control, such as the basal ganglia and frontal cortex. These findings point to a neurobiological basis for the compulsive nature of hair pulling.

Psychological Triggers

Stress, anxiety, and trauma can exacerbate or trigger hair pulling behaviors. Children facing bullying, family conflict, or academic pressures may develop trichotillomania as a maladaptive coping mechanism. Some children pull hair to self-soothe, seeking relief from negative emotions.

Environmental and Developmental Factors

Environmental stressors, including changes in routine or exposure to stressful events, can precipitate or worsen symptoms. Additionally, children with developmental disorders such as autism spectrum disorder or attention-deficit/hyperactivity disorder (ADHD) have higher rates of hair pulling, possibly due to sensory processing challenges or difficulties with impulse regulation.

Diagnosis and Challenges

Diagnosing hair pulling disorder in children requires careful assessment by mental health professionals. It involves differentiating trichotillomania from other causes of hair loss, such as alopecia areata, tinea capitis (fungal infections), or dermatological conditions.

Diagnostic Criteria and Tools

According to DSM-5, key diagnostic criteria include:

1. Recurrent hair pulling resulting in hair loss

2. Repeated attempts to decrease or stop hair pulling
3. Clinically significant distress or impairment
4. Not attributed to another medical or psychiatric condition

Clinicians often use structured interviews and behavioral checklists, and may consider input from parents, teachers, and pediatricians. However, children may be reluctant to disclose hair pulling due to embarrassment or fear of judgment, complicating diagnosis.

Distinguishing Hair Pulling Disorder from Similar Conditions

It is important to distinguish trichotillomania from:

- **Alopecia areata:** An autoimmune condition causing patchy hair loss without the behavioral aspect of pulling.
- **Dermatillomania:** Skin picking disorder, which can co-occur but involves different compulsive behaviors.
- **Tic disorders:** Sudden, involuntary movements that may include hair pulling but lack the compulsive urge characteristic of trichotillomania.

Differential diagnosis ensures appropriate treatment strategies are employed.

Treatment Approaches for Hair Pulling Disorder in Children

Effective management of hair pulling disorder in children involves a multidisciplinary approach tailored to the child's age, symptom severity, and coexisting conditions.

Behavioral Interventions

The frontline treatment for hair pulling disorder is behavioral therapy, particularly Habit Reversal Training (HRT). HRT aims to increase awareness of hair pulling behaviors and replace them with competing responses. Components include:

- Awareness training to identify triggers

- Development of alternative behaviors (e.g., clenching fists)
- Relaxation techniques to manage stress
- Supportive counseling to address emotional factors

Studies indicate that HRT can significantly reduce hair pulling episodes and improve quality of life, especially when combined with parental involvement.

Pharmacological Treatments

While no medications are specifically approved for trichotillomania in children, some pharmacological agents have shown promise in reducing symptoms:

- **Selective serotonin reuptake inhibitors (SSRIs):** Commonly prescribed for anxiety and OCD, with mixed results in hair pulling disorder.
- **N-acetylcysteine (NAC):** An amino acid supplement that may modulate glutamate levels and reduce compulsive behaviors.
- **Antipsychotics or mood stabilizers:** Occasionally used in severe or treatment-resistant cases.

Medication is usually considered adjunctive and requires close monitoring due to potential side effects.

Family and School Support

Educational efforts for parents and teachers are essential. Understanding the disorder reduces stigma and promotes empathy. Schools can accommodate affected children by providing safe spaces and minimizing stressors that trigger hair pulling.

The Impact of Hair Pulling Disorder on Children's Lives

The repercussions of hair pulling disorder extend beyond physical symptoms. Children often face psychological distress, social isolation, and diminished self-esteem. Hair loss can lead to bullying or teasing, intensifying feelings of shame and anxiety.

Moreover, trichotillomania may interfere with daily activities, academic performance, and family dynamics. The chronic nature of the disorder means that without intervention, children risk persistent challenges into adulthood.

Long-Term Outlook and Prognosis

The course of hair pulling disorder varies widely. Some children outgrow the behavior, especially with early intervention, while others experience chronic symptoms. Comorbid conditions such as anxiety, depression, or ADHD can complicate recovery.

Early recognition and treatment improve outcomes significantly. Continued research into neurobiological mechanisms and innovative therapies holds promise for more effective interventions.

Hair pulling disorder in children is a multifaceted condition requiring awareness, compassion, and evidence-based care. By fostering understanding and support, caregivers and professionals can help affected children navigate the challenges and reclaim confidence in their daily lives.

[Hair Pulling Disorder In Children](#)

hair pulling disorder in children: A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children with Trichotillomania (Formerly Stay Out of My Hair)

Suzanne Mouton-Odum PhD, Ruth Goldfinger Golomb Lcpc, 2013-01-22 A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children (formerly, Stay Out of My Hair) with Trichotillomania is a guide for parents of children with compulsive hair pulling, or trichotillomania, that explains the nature and causes of the problem and methods for treatment and obtaining help. The book also addresses the particular challenges facing parents in dealing with this little known and misunderstood behavior, which is common among children and adolescents

hair pulling disorder in children: *Stay out of my hair!* Suzanne Mouton-Odum, Ruth Goldfinger Golomb, 2009 Stay Out of My Hair is a guide for parents of children with compulsive hair pulling, or trichotillomania, that explains the nature and causes of the problem and methods for treatment and obtaining help. The book also addresses the particular challenges facing parents in dealing with this little known and misunderstood behavior, which is common among children and adolescents.

hair pulling disorder in children: A Helping Hand for Parents of Children with Hair Pulling: A Journey Through Understanding, Support, and Healing Pasquale De Marco, 2025-05-01 A Beacon of Hope for Parents of Children with Hair Pulling Disorder: A Comprehensive Guide to Understanding, Support, and Healing Pasquale De Marco presents a lifeline for parents navigating the complexities of hair pulling disorder in children. This comprehensive guide offers a wealth of knowledge, support, and practical strategies to help parents understand, support, and empower their children on the journey toward healing. Written with compassion and empathy, this book delves into the intricacies of hair pulling disorder, exploring its causes, triggers, and the emotional impact it has on children and families. Parents will gain insights into the latest treatment options, including behavioral therapies, medication, and support groups, and learn how to navigate the challenges of relapse and promote lasting recovery. Recognizing the importance of self-care, Pasquale De Marco guides parents in prioritizing their own well-being and seeking support from loved ones, professionals, and online communities. By nurturing their own resilience, parents can better support their children on their healing journey. With warmth and understanding, this book empowers parents to become advocates for their children, ensuring they receive the care and support they need to thrive. It is a beacon of hope, offering guidance, understanding, and practical tools for parents to navigate the challenges of hair pulling disorder and help their children reclaim their lives. In this book, parents will discover: * The nature of hair pulling disorder and its causes

and triggers * The emotional impact on children and families * Effective communication strategies to foster a supportive home environment * A comprehensive overview of treatment options and therapies * The importance of self-care and seeking support for parents This book is an invaluable resource for parents seeking to understand, support, and empower their children with hair pulling disorder. With its wealth of knowledge and practical strategies, it offers hope and guidance on the journey toward healing and recovery. If you like this book, write a review on google books!

hair pulling disorder in children: Handbook of DSM-5 Disorders in Children and Adolescents Sam Goldstein, Melissa DeVries, 2017-11-05 This handbook synthesizes and integrates the science of internalizing and externalizing childhood disorders with the diagnostic structure of the Diagnostic and Statistical Manual – 5th Edition (DSM-5) of the American Psychiatric Association. It offers a comprehensive overview of DSM-5 disorders in childhood, covering etiology, symptom presentation, assessment methods, diagnostic criteria, and psychotherapeutic and pharmacological approaches to treatment, prognosis, and outcomes. Clinical vignettes and empirical insights illustrate key concepts and diagnostic and treatment issues such as developmental, cultural, gender, and other considerations that may influence diagnosis and case formulation. In addition, chapters on psychosocial therapies offer robust guidelines for working with children and adolescents with DSM-5 disorders. The Handbook also addresses the shift from categorical to dimensional, diagnostic, and treatment systems, particularly focusing on the current shift in funded research in childhood disorders. Topics featured in this Handbook include: Intellectual disabilities and global developmental delay. Depressive disorders in youth. Posttraumatic and acute stress disorders in childhood and adolescence. Autism spectrum and social pragmatic language disorders. Alcohol-related disorders and other substance abuse disorders. Parent-child and sibling relationships. Cognitive-behavioral interventions and their role in improving social skills. The Handbook of DSM-5 Disorders in Children and Adolescents is a must-have resource for researchers, professors, and graduate students as well as clinicians, professionals, and scientist-practitioners in clinical child and school psychology, pediatrics, social work, and educational psychology.

hair pulling disorder in children: Clinical Handbook of Psychological Disorders in Children and Adolescents Christopher A. Flessner, John C. Piacentini, 2019-03-12 Bringing together leading authorities, this volume synthesizes the breadth of current research on child and adolescent treatment into a practical handbook for students and clinicians. The book was inspired by the preeminent work on adult disorders, Clinical Handbook of Psychological Disorders (now in its sixth edition), edited by David H. Barlow. It provides a concise overview of the disorders most commonly encountered in clinical practice and details evidence-based treatment approaches, largely grounded in cognitive-behavioral therapy (CBT). Procedures for assessment, diagnosis, case formulation, intervention, and progress monitoring are illustrated with rich extended case examples, including session transcripts. The book addresses nuts-and-bolts issues such as how to set up each session, what to cover, and how to broach difficult topics with children and parents. See also Clinical Handbook of Psychological Disorders, Sixth Edition (on adults), edited by David H. Barlow.

hair pulling disorder in children: Behavioural Disorders in Children BD Gupta, RK Maheshwari, Pankaj Agrawal, Anil Kumar Arora, Adarsh Purohit, Shivji Ram Choudhary, 2023-10-27 1. Introduction to Behavioral Disorders in Children 2. Autism Spectrum Disorders: Etiopathogenesis and Diagnostic Evaluation 3. Management of Autism Spectrum Disorder 4. Attention-deficit Hyperactivity Disorder in Children 5. Anxiety Disorders in Children and Adolescents 6. Exogenous Depression in Children 7. Nonsuicidal Self-injury and Suicide in Adolescence 8. Obsessive-Compulsive Disorder 9. Phobias and Hallucinations 10. Oppositional Defiant Disorder 11. Conduct Disorders in Children 12. Substance Abuse in Children: A Growing Concern 13. Feeding and Eating Disorders 14. Hysterical Conversion Disorder in Children 15. Somatic Symptom and Related Disorders in Children 16. Sleep Disorders in Children 17. Learning Disorders in Children: Intellectual Disability and Specific Learning Disability 18. Fluency Disorders 19. Habit Disorders in Children 20. Aggressive Behavior 21. Rumination Disorder 22. Enuresis and Encopresis 23. Gratification Disorder in Children 24. Mobile Phone Addiction in Children 25. Teenage and

Adolescent Behavioral Issues 26. Counseling of Parents and Children with Behavioral Disorder 27. Mobile and Behavioral Disorders in Children 28. Pharmacology of Behavioral Disorders 29. Genetics and Behavioral Disorders 30. Cognitive Behavior Therapy

hair pulling disorder in children: A Clinician's Guide to Childhood

Obsessive-Compulsive and Related Disorders Andrew G. Guzick, Ph.D., Eric A. Storch, Ph.D., 2025-02-12 This book provides mental health clinicians and trainees with an overview of the new category of obsessive-compulsive and related disorders as they apply to youth. These disorders are highly impairing but can typically be overlooked in children and adolescents when they most often onset. This book draws attention to these disorders and provides an up-to-date review on the classification and development of these conditions in youth. Chapters explore the arguments for and against the new obsessive-compulsive related disorder DSM-5 category, provide reviews of transdiagnostic factors believed to underly these disorders, as well expert overviews of the clinical disorders that make up this category. An international team of contributors focuses on a range of topics such as: pediatric acute-onset neuropsychiatric syndrome, early-onset and tic-related OCD, common comorbid psychiatric conditions in youth, developmental neurobiology, and more. This book is an essential read for clinicians who specialize in OCD and related disorders and treat children. It is also applicable to clinicians, trainees, and students across mental health disciplines such as: psychology, psychiatry, social work, mental health, and counselling.

hair pulling disorder in children: Trichotillomania Dan J. Stein, Gary A. Christenson, Eric Hollander, 1999-01-01 The phenomenon of trichotillomania, or hair pulling, has been observed for centuries. The ancient Greek physician Hippocrates noted hair pulling as one of the many symptoms that the physician was advised to assess as a routine matter. In our present time and culture, pulling one's hair out is more typically referred to in the context of depression, frustration, boredom, or other emotional turmoil. In truth, hair pulling is a highly prevalent behavior that may be associated with significant morbidity. Edited by experts in the field, Trichotillomania addresses the importance of the study of hair pulling from both a clinical and a research perspective. Documenting the clinical phenomenology, morbidity, and management of trichotillomania, it discusses the phenomenology of childhood trichotillomania, providing a comprehensive description of its symptoms and sequelae. Of particular value for the clinician are contributions on the assessment of trichotillomania and a detailed cognitive-behavioral treatment plan. The uses of medication, the place of a psychodynamic perspective, the value of behavioral interventions, and the role of hypnotherapy are also thoroughly discussed. This discerning text further documents the significance of research on trichotillomania for obtaining a broader understanding of complex brain-behavior relationships. While recent research has suggested that hair pulling lies on the spectrum of obsessive-compulsive disorder, a range of evidence is presented that indicates important differences between trichotillomania and OCD. As such, attention by clinicians to hair pulling may be of enormous value to patients, whose condition was previously unrecognized, while leading to a better understanding of the range of OCD-like disorders.

hair pulling disorder in children: The Hair-Pulling Problem Fred Penzel, 2003-03-27 Trichotillomania, one of the family of obsessive-compulsive disorders, may afflict as many as 6 to 8 million people in the United States. Now, a leading authority on obsessive-compulsive disorders, Dr. Fred Penzel, has written the most up-to-date, comprehensive, and authoritative guide to this syndrome available, filled with reassuring advice for patients and their families. Endorsed by the Trichotillomania Learning Center, the leading advocate group for this disorder, this superb handbook includes all the information a patient or relative would need to understand this illness and to cope with it. Penzel provides a detailed discussion of causes and he reviews all the treatment options, describing the most effective medications and their side effects as well as the recommended cognitive and behavioral treatments. He shows patients how to design a self-help program and gain control of their compulsive behavior, how to prevent relapse, describes trichotillomania and its treatment in children, and suggests coping strategies for families at home and in public situations. He also provides a guide to all the resources available, including internet sites, recommended books,

and videos, and outlines ways to start a support group. The appendix will include questionnaires, clinical rating scales, and the official DSM diagnostic criteria for the disorder, so readers can decide if they need to seek behavioral and possibly medical treatment. Dr. Penzel has helped patients with OCD and trichotillomania for over twenty years and is one of America's leading authorities on these disorders. Drawing on decades of hands-on experience, he has produced the most complete and scientifically accurate handbook available on this disorder, a comforting guide packed with information to help people with trichotillomania get well and stay well.

hair pulling disorder in children: *Assessment and Treatment of Childhood Problems* Carolyn S. Schroeder, Julianne M. Smith-Boydston, 2017-06-29 This highly accessible work, now thoroughly revised, has shown thousands of students and clinicians how to assess and treat children's emotional and behavioral difficulties from a developmental perspective. The authors provide a sound understanding of typical development (ages 2-12) and the risk and protective factors for psychopathology. Chapters on common psychological disorders and family stressors describe the nature of each problem, review evidence-based treatments, and offer step-by-step guidelines for intervention, illustrated with helpful case examples. A comprehensive framework for assessing children and planning treatment is used throughout. Purchasers get access to a Web page where they can download and print the book's 24 reproducible forms and handouts in a convenient 8 1/2 x 11 size. New to This Edition: *Chapters on developmental disabilities and trauma. *Significantly revised to reflect advances in assessment, treatment, and developmental psychopathology research. *Additional material on pharmacological treatments in each disorder-specific chapter. *Sibling rivalry chapter expanded to include difficulties with peers. *Updated for DSM-5.

hair pulling disorder in children: Handbook on Obsessive-Compulsive and Related Disorders Edited by Katharine A. Phillips M.D., Dan J. Stein M.D. Ph.D., 2015-03-19 Handbook on Obsessive-Compulsive and Related Disorders is the first book of its kind to reflect the new DSM-5 classification, which no longer identifies obsessive-compulsive disorder (OCD) as an anxiety disorder, but instead groups it with related conditions, which are now known as obsessive-compulsive and related disorders (OCDs). This pivotal change recognizes the increasing evidence that these disorders are related to one another and distinct from other anxiety disorders, and is intended to help clinicians better identify and treat individuals with OCDs. Many of the book's authors participated in the development of DSM-5, and the editors were chair the DSM-5 work group and chair of the sub-work group, respectively, that studied these disorders, ensuring that the text is utterly consistent with the classification and provides cutting-edge coverage, from body dysmorphic to tic disorders. Key clinical points and case studies contribute to the book's hands-on usefulness, as do the many differential diagnosis tables and other charts. Handbook on Obsessive-Compulsive and Related Disorders is authoritative, but it is also written and structured to be accessible and should appeal to a broad range of readers.

hair pulling disorder in children: *Child and Adolescent Psychopathology* Linda A. Wilmshurst, 2021-07-08 Child and Adolescent Psychopathology: A Casebook, Fifth Edition provides students with an opportunity to gain deeper insight into a wide range of disorders within the context of the diagnostic framework of the DSM-5. This supplemental textbook provides an abundance of real life cases which demonstrate methods in assessing and treating a wide spectrum of child and adolescent psychopathologies in a variety of settings. Each case presents an opportunity to practice and develop clinical skills in the assessment, diagnosis, and treatment of childhood disorders from a number of theoretical perspectives and at various levels of interest and expertise. The book features current trends in assessment, diagnosis, treatment, and research. It is an ideal hands-on resource for a child and adolescent psychopathology course. The Fifth Edition includes a new case study on depression, expanded coverage of trauma-related disorders, a new glossary, and updated assessment materials and references throughout.

hair pulling disorder in children: *Child Psychopathology* Eric J. Mash, Russell A. Barkley, 2014-07-15 This highly respected reference and text on developmental psychopathology brings together leading authorities on the psychological, biological, and social-contextual determinants of

child and adolescent problems. The comprehensive introductory chapter provides a state-of-the-art developmental--systems framework for understanding behavioral and emotional disturbances. Subsequent chapters synthesize the developmental bases of specific disorders. The characteristics, epidemiology, developmental course and outcomes, and etiological pathways of each disorder are described, as are risk and protective factors and issues in conceptualization and diagnosis. Important unanswered questions are identified and implications for treatment and prevention considered. New to This Edition *Includes DSM-5 criteria and discussion of changes. *Incorporates over a decade's worth of research advances in genetics, neurobiology, and other areas. *Chapters on bipolar disorder, suicide/self-injury, obsessive-compulsive spectrum disorders, and personality disorders.

hair pulling disorder in children: Childhood Obsessive-Compulsive and Related Disorders Eric A. Storch, Ph.D., Andrew G. Guzick, Ph.D., 2024-12-18 This book is a comprehensive evidence-based guide for clinicians and trainees on the assessment and treatment of youth with obsessive-compulsive and related disorders (OCDs). OCDs typically begin in childhood or adolescence and can be highly prevalent and impairing, though there has been minimal clinical guidance on treatment of such disorders in youth. This go-to handbook on OCDs in childhood has an international range of expert contributors providing evidence-based guidance on assessment and treatments of these conditions including adapting treatment for very young children, digital mental health interventions, and family-based, parent-based, and intensive treatment formats. Chapters also review other field areas such as clinical presentation, causal and maintaining factors, and features and transdiagnostic psychological dimensions of OCDs. The concluding chapters discuss future directions for the field and emphasize the need for diversity, dissemination, and implementation in childhood OCD research. This book is essential for clinicians specializing in OCD and related disorders in children and adolescents. It is also applicable to clinicians, trainees, and students across a wide range of mental health disciplines.

hair pulling disorder in children: Encyclopedia of School Psychology T. Stuart Watson, Christopher H. Skinner, 2012-12-06 School psychologists are on the front lines in dealing with the most significant challenges facing children and the educational community today. And in a world of ever-increasing risks and obstacles for students, school psychologists must be able to use their in-depth psychological and educational training to work effectively with students, parents, teachers, administrators, and other mental health professionals to help create safe learning environments. By recognizing each individual student's unique circumstances and personality, school psychologists are able to offer specialized services to address such crucial children's issues as: family troubles (e.g., divorce, death); school assignments; depression; anger management; substance abuse; study skills; learning disabilities; sexuality; and self-discipline. The Encyclopedia of School Psychology provides school psychologists and other educational and mental health professionals with a thorough understanding of the most current theories, research, and practices in this critical area. In addition, the Encyclopedia offers the most up-to-date information on important issues from assessment to intervention to prevention techniques.

hair pulling disorder in children: The American Psychiatric Publishing Textbook of Psychiatry Robert E. Hales, 2008 Its previous edition hailed as the best reference for the majority of practicing psychiatrists (Doody's Book Reviews) and a book that more than any other, provides an approach to how to think about psychiatry that integrates both the biological and psychological (JAMA), The American Psychiatric Publishing Textbook of Psychiatry has been meticulously revised to maintain this preeminence as an accessible and authoritative educational reference and clinical compendium. It combines the strengths of its three editors -- Robert Hales in clinical and community psychiatry, Stuart Yudofsky in neuropsychiatry, and new co-editor Glen Gabbard in psychotherapy -- in recruiting outstanding authors to summarize the latest developments in psychiatry and features 101 contributors, 65 of whom are new to this edition. The book boasts a new interior design, with more figures and color throughout to aid comprehension. Each chapter ends with 5-10 key points, 5-10 recommended readings, and helpful Web sites not only for the clinician but also for patients

and family members. The book also includes complimentary access to the full text online. Online benefits include powerful searching, electronic bookmarking, and access by username and password from wherever you have Web access -- especially convenient for times when the print copy of your textbook is not where you are. The online version is accompanied by a downloadable PowerPoint presentation, which contains a wealth of material to enhance classroom presentation, study, and clinical use. Among the improvements to this edition's content:

- Of the text's 44 chapters, 23 either feature new topics or have new authors, making this the most completely revised edition yet.
- New basic-science chapters on cellular and molecular biology of the neuron and on neuroanatomy for the psychiatrist conveniently distill essential information on the biological foundations of psychiatric disorders for clinicians.
- A new chapter on human sexuality and sexual dysfunctions, and another new chapter on treatment of gay, lesbian, bisexual, and transgender patients, equips clinicians to address the entire spectrum of sexual issues and their attendant mental health concerns.
- New chapters on nonpharmacological somatic treatments, supportive psychotherapy, and combination psychotherapy and pharmacotherapy augment the section on psychiatric treatments.
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