

Subject Number:

Rater Initials:

Date:

The NIMH Trichotillomania Scales
Trichotillomania Impairment Scale / Trichotillomania “Global” Scale

- 0 No impairment
- 1-3 Minimal impairment – patient feels some embarrassment or shame but hasn’t changed hairstyle or been “found out,” may think she wants to quit and tried on her own. Rarely thinks about it, and finds self pulling a few times each day, no resultant bald spots.
- 4-6 Mild impairment – impairment is noticeable to close friends and family. Preoccupied by urge to pull hair, upset about appearance, has small bald spot / regrowing area. Has tried to quit and feels ashamed of appearance or finds pulling interferes with activities.
- 7-10 Moderate / Severe impairment – pulling is obvious to others either because of time spent or resulting lack of hair. Large bald areas apparent, patient spends time / money to conceal disfigurement, has sought out therapy or tried a number of things to stop. Feels pulling causes significant interference in life because of time / money / embarrassment.