The NIMH Trichotillomania Scales
Trichotillomania Symptom Severity Scale (NIMH-TSS)

1. In the average day, for the past week, how much time did you spend pulling hairs?

None ________ ≤ 15 min. ________ 16-30 min. ________
(0) (1) (2)
31-60 min. ________ 1-2 hrs. ________ 2+ hrs. ________
(3) (4) (5)

(SCORE)

Which hairs did you pull this week?
Scalp / head ________ Arm / leg / body ________
Eyebrow ________ Pubic ________
Eyelash ________ Other ________

2. How much time did you spend pulling hairs yesterday?

None ________ ≤ 15 min. ________ 16-30 min. ________
(0) (1) (2)
31-60 min. ________ 1-2 hrs. ________ 2+ hrs. ________
(3) (4) (5)

(SCORE)

3. What were the thoughts or feelings preceding the pulling episode?

a. I felt anxious and this calmed me down. ________
b. I felt compelled to pull and reacted to that urge. ________
c. I had a troublesome thought and the ritual / habit of pulling made
   the thought “okay”. ________
d. Other. ________
4. Did you attempt to resist the urge to pull?

NO __________:
   a. too much effort to resist. __________
   b. previously unable to resist so didn’t try. __________
   c. didn’t think about resisting. __________
   d. other. __________

YES __________:
   a. successfully resisted the urge to pull. __________
   b. moderately successful in resisting the urge to pull. __________
   c. limited success in resisting the urge to pull. __________
   d. unsuccessful in resisting the urge to pull. __________

5. How much are you bothered by this compulsion / habit?

________________________________________________________________________

0   1  2   3  4   5
Not at all            Very, very much
__________
(SCORE)

6. How much does hair pulling interfere with your daily life?

________________________________________________________________________

0   1  2   3  4   5
None               A great deal
__________
(SCORE)

In what ways?
   Resulting appearance embarrassing or prohibits activities. __________
   Interference because of time expanded. __________
   Other. __________

_________________
(TOTAL SCORE)