

Subject Number:

Rater Initials:

Date:

**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. \_\_\_\_\_

