

Facts about Trich (Trichotillomania)

Beth Rogers-Doll, PhD

Who pulls hair?

87% Caucasian 4% Hispanic 2% African American
93% female 7% male

Where is hair usually pulled?

80% scalp
65% eyebrows
59% eyelashes
59% pubic

Trich usually begins in childhood with girls between the ages of 9 and 13

What is the treatment?

Cognitive-behavioral therapy is the treatment of choice for trichotillomania. By using habit reversal methods, stimulus control, self-awareness training and relaxation techniques, your psychologist or therapist can help you to greatly reduce or totally quit hairpulling.

How can parents hurt the problem?

Lecturing and demanding it to stop create a negative mood state in your child and may actually increase hairpulling, reducing a child's motivation to beat the problem and producing a sense of hopelessness that she will be able to please you.

Try to avoid becoming the "Trich Police".

How can parents help?

Reward your child for using coping methods arrived at in therapy. Do not reward for *less hairpulling*. Reward for *using alternate coping*.