

Appendix B

Hairpulling Distress and Impairment Scale

Directions:

The goal of this questionnaire is to assess your experience of hair pulling this week. Please read each statement carefully. Indicate how frequently it applies to you this past week by filling in the circle under one response.

N = *Never* **R** = *Rarely* **S** = *Sometimes* **O** = *Often* **A** = *Always*

	N	R	S	O	A
1. I feel frustrated about my hair pulling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I get nervous being near to others, being in the front row, or being in bright light, rain, or wind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Hairpulling really interferes with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I worry that someone will ask me about my hair loss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel unattractive because of my pulling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. There are times when pulling really gets me down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I feel embarrassed or ashamed about hair pulling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I think my hair loss is noticeable to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I feel helpless to stop pulling my hair.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Because of my pulling, I feel isolated and alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I feel guilty for the trouble my pulling has caused.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I believe that even if I try hard not to pull, I'll just start pulling again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. There are things I have not been able to do because of pulling (e.g. swimming, sports, going to hairdresser).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I think people probably think I'm crazy because I pull my hair out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I am less productive at work, school, or home because of the time I spend pulling or covering up my hair loss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please continue on next page.

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- | | N | R | S | O | A |
|---|----------|----------|----------|----------|----------|
| 16. I check to make sure my hair loss is hidden. | O | O | O | O | O |
| 17. I avoid going to doctors because of my hair loss (e.g. physician, optometrist, dentist, obstetrician/gynecologist). | O | O | O | O | O |
| 18. I feel like no one understands me. | O | O | O | O | O |
| 19. Because of my hair pulling I avoid social events (e.g. dating, parties, meetings). | O | O | O | O | O |
| 20. I feel scared others would reject me if they knew about my pulling. | O | O | O | O | O |
| 21. If I accidentally pull one hair I can catch myself and stop. | O | O | O | O | O |
| 22. I feel that there is no one I can talk to about my hair pulling. | O | O | O | O | O |
| 23. Because of my pulling, I get nervous when I meet someone new. | O | O | O | O | O |
| 24. I am able to resist the urge to pull. | O | O | O | O | O |
| 25. I feel weird or strange because I pull my hair. | O | O | O | O | O |
| 26. I use effective strategies to help me limit my pulling. | O | O | O | O | O |
| 27. I think I am making progress in dealing with my hair pulling. | O | O | O | O | O |

Thank you for completing this measure