

Tricotillomania (“trich” for short) is a biological and behavioural disorder that, though little known by the general public and even by most medical professionals, affects approximately 1-2 in 50 people. This disorder often causes serious harm to the sufferer’s self-esteem and quality of life and disrupts the functioning of many families. Children with trich often have problems attending school because of teasing and bullying, as well as studying and reading, due to their strong urges to pull their hair. Adult sufferers, 90% of whom are women, often feel great shame, have difficulty developing intimate relationships, and unnecessarily limit their professional and social lives in an effort to keep their secret. The cause and nature of trich and related disorders is not yet well understood. However, in the past decade successful treatments have been developed that can greatly help control the behaviours and limit their negative impact.

Text and article extracted from ‘The National Hair Journal’ Volume 10 No.40 The Professional Publication of Hair Replacement & Restoration and Skin Health Winter 2006. Article: Tricotillomania Awareness Week. Santa Cruz, CA 10/06 – To break the silence around Tricotillomania (compulsive hair pulling), a disorder that affects millions of Americans, the Tricotillomania Learning Centre (TLC) announced the first national Tricotillomania awareness week last October.

