

# Trichotillomania

**Definition:** A disorder that involves recurrent, irresistible urges to pull out body hair. Its also known as TMM.

**Symptoms:** Compulsive hair pulling and hair loss, bald patches on the scalp. Social and work functioning may be affected.



The hair pulling happens when one is bored or one may pull their hair as a self-soothing behavior. Some people pull hair to release stress.

The pulling of the hair can occur at any part of the body where it grows but most commonly on the scalp.

**Facts:**

- Common in children and become prevalent between 4-17 years.
- The behavior occurs in both stressful and relaxed states of mind and triggers a feeling of discomfort upon realizing what one is doing and the fear of losing the hair.

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