

## Trichotillomania



PLAY PICMONIC

### Etiology

#### Idiopathic

##### [Idiot-path](#)

The exact cause of trichotillomania is unknown (idiopathic). Mutations in the *SLITKR1* gene, which mediates connections between neurons, has been implicated. The imbalance between inhibitory and excitatory neurotransmitters seems to play a role as well, particularly the deficiency of serotonin. Thus, medications such as SSRIs can alleviate symptoms in these patients.

### Characteristics

#### Alopecia

##### [Aloe-plant on bald-head](#)

Patchy alopecia and thinning of the hair is the hallmark feature of trichotillomania. These patients may even pull at their eyebrows.

#### Hair Pulling Disorder

##### [Pulled-hair](#)

Trichotillomania is characterized by irresistible urges to pull out hair from the scalp, eyelids, eyebrows, and other areas of the body (e.g. pubic, perirectal). These patients usually have a strong desire to stop but are unable to do so.

#### Adolescents

##### [Adolescents](#)

The incidence of trichotillomania is highest in adolescents. However, it is important to note that patients in any age group can be affected.

#### Associated with Obsessive Compulsive Disorder

##### [OCD-tiles](#)

Trichotillomania is considered an obsessive-compulsive related disorder in the Diagnostic and Statistical Manual of Mental Disorders Version V. Trichotillomania also has a strong association with excoriation disorder, anxiety, and mood disorders.

### Treatment

## **Cognitive Behavioral Therapy (CBT)**

### [Cog Behavioral Therapist](#)

Treatment of trichotillomania is primarily psychotherapy, particularly cognitive behavioral therapy with habit reversal training. Cognitive behavioral therapy (CBT) is a type of psychotherapy based on analyzing and reforming maladaptive thoughts that are contributing to emotional and behavioral distress.

## **Selective Serotonin Reuptake Inhibitor (SSRI)**

### [Selective Serotonin Reuptake Inhibitor with Inhibiting-Chains](#)

Selective Serotonin Reuptake Inhibitors (SSRIs) can be used for the treatment of trichotillomania. These medications are frequently combined with cognitive behavioral therapy to achieve a greater response to therapy.