The Milwaukee Inventory for Styles of Trichotillomania-Adult Report

Please choose a number which best represents how the question fits your hair-pulling behavior.

f	o —— 1 —— 2 —— 3 — not true or any of my pulling	true for about half of my pulling	true for all of my pulling
Ι.	I pull my hair when I am concentrating on another activity.		
2.	I pull my hair when I am thinking about something unrelated to hair pulling.		
3.	I am in an almost "trance-like" state when I pull my hair.		
4.	. I have thoughts about wanting to pull my hair before I actually pull.		
5.	I use tweezers or some other device other than my fingers to pull my hair.		
6.	I pull my hair while I am looking in	the mirror.	
7.	I am usually not aware of pulling my hair during a pulling episode.		
8.	I pull my hair when I am anxious or	upset.	
9.	I intentionally start pulling my hair.		
ΙΟ.	I pull my hair when I am experiencing a negative emotion, such as stress, anger, frustration, or sadness.		
II.	I have a "strange" sensation just before	re I pull my hair.	
12.	I don't notice that I have pulled my hair until after it's happened.		
13.	I pull my hair because of something that has happened to me during the day.		
[4.	I pull my hair to get rid of an unplea	asant urge, feeling, or thought.	
15.	I pull my hair to control how I feel.		