

A13 The Skin Picking Scale (SPS)

Instructions: For each item, pick the one answer which best describes the past week. If you have been having ups and downs, try to estimate an average for the past week. Please be sure to read all answers in each group before making your choice.

1. FREQUENCY OF URGES	0 = No urges
How often do you feel the urge to pick your skin?	1 = Mild, occasionally experience urges to skin pick, less than 1 hr/day
	2 = Moderate, often experience urges to skin pick, 1–3 hrs/day
	3 = Severe, very often experience urges to skin pick, greater than 3 and up to 8 hrs/day
	4 = Extreme, constantly or almost always have an urge to skin pick
2. INTENSITY OF URGES	0 = Minimal or none
How intense or “strong” are the urges to pick your skin?	1 = Mild
	2 = Moderate
	3 = Severe
	4 = Extreme
3. TIME SPENT ENGAGED IN SKIN PICKING	0 = None
How much time do you spend picking your skin? How frequently does it occur? How much longer than most people does it take you to complete routine activities because of your picking?	1 = Mild, spend less than 1 hr/day picking my skin, or occasional skin picking.
	2 = Moderate, spend 1–3 hrs/day picking my skin, or frequent skin picking.
	3 = Severe, spend more than 3 and up to 8 hrs/day picking my skin, or very frequent skin picking.
	4 = Extreme, spend more than 8 hrs/day picking my skin, or near constant skin picking.
4. INTERFERENCE DUE TO SKIN PICKING	0 = None
How much does your skin picking interfere with your social or work (or role) functioning? (If currently not working determine how much your performance would be affected if you were employed.)	1 = Mild, slight interference with social or occupational activities but overall performance not impaired.
	2 = Moderate, definite interference with social or occupational performance, but still manageable.
	3 = Severe, causes substantial impairment in social or occupational performance.
	4 = Extreme, incapacitating.
5. DISTRESS ASSOCIATED WITH SKIN PICKING	0 = None
How much distress do you experience as a result of your skin picking? How would you feel if prevented from picking your skin? How anxious would you become?	1 = Mild, only slightly anxious if skin picking prevented, or only slight anxiety during skin picking.
	2 = Moderate, anxiety would mount but remain manageable if skin picking prevented, or anxiety increases to manageable levels during skin picking.
	3 = Severe, prominent and very disturbing increase in anxiety if skin picking is interrupted, or prominent and very disturbing increase in anxiety during skin picking.
	4 = Extreme, incapacitating anxiety from any intervention aimed at modifying activity, or incapacitating anxiety develops during skin picking.
6. AVOIDANCE	0 = None
Have you been avoiding doing anything, going any place, or being with anyone because of your skin picking? If yes, then how much do you avoid?	1 = Mild, occasional avoidance in social or work settings.
	2 = Moderate, frequent avoidance in social or work settings
	3 = Severe, very frequent avoidance in social or work settings.
	4 = Extreme, avoid all social and work settings as a result of the skin picking.

Source: Keuthen *et al.* J Psychosom Res 2001; 50: 337–41. Adapted with permission of Elsevier.

The Skin Picking Scale (SPS) is a 6-item measure of skin picking symptoms, with scores ranging from 0–24. The SPS can be used as a screening measure. A score of ≥ 7 is highly suspicious for a skin picking disorder. In addition, the SPS can be used at each visit to assess improvement of symptoms with treatment.