

You will find it difficult to stop yourself carrying out this action. It is linked to obsessive compulsive disorder (OCD).

You might experience a build-up of tension, which you relieve by pulling out the strand of hair. You might not even be aware that you're doing it.

It can be difficult to stop, which can lead to hair loss. This in turn can make you feel guilty, embarrassed and affect how you feel about yourself.

Common symptoms of Trichotillomania:

You repeatedly pull your hair out, which causes noticeable hair loss.

You feel increasing tension before you pull your hair out.

You feel relief or pleasure when you have pulled your hair out.

There is no underlying medical condition causing you to pull your hair out, such as a skin condition.

Pulling your hair out causes you distress or affects your everyday life, such as your relationships or your work.