
This website would be a helpful, reliable starting place for someone who is experiencing symptoms or has been diagnosed with trichotillomania. This website starts with a description of trichotillomania, which is an impulse control disorder, and then lists common symptoms. There is also information on how trichotillomania is diagnosed and treated. This website is helpful because there are many links that direct the reader to other websites for more information on specific topics.

WebMD stated that the recommended treatment for this disorder is behavioral therapy focusing on habit reversal training. This website is helpful because it provides some explanation of what habit reversal training is and what the client can expect. This is important because it may encourage people to seek treatment by reducing some anxiety or fear. There is also information about medication as an option for treatment. Selective-serotonin reuptake inhibitors can be useful in reducing intense urges associated with impulse control disorders.

This website is also helpful because it lists complications associated with trichotillomania. This is important because readers may not be aware of the severity of this mental illness, causing it to go untreated for a prolonged period of time. Parts of this website appear to be directed to people who may be concerned that someone they know has trichotillomania. Under the section about symptoms, there is some information about how people with this disorder may deny that something is wrong and may try to hide bald spots on their head with hats or scarves.


This website provides similar information as WebMD, but it is very concise. There is a brief definition of trichotillomania that compares it to pyromania, kleptomania and pathologic gambling. There is a brief list of symptoms that are written in a more clinical language than the WebMD website. This website has reliable information and does not exhibit any clear biases, but it provides a limited amount of information.

This website is useful because there is a section about other mental illnesses that are frequently comorbid with trichotillomania. There is some information about obsessive-compulsive disorder and depression. This could be helpful to a reader who is experiencing symptoms of these disorders, as well, because it normalizes these other symptoms and may provide more hope for treatment.

This website also supports behavioral therapy for treatment. There is information about the use of antidepressants, as well, but it is recommended that medication only be used in combination with therapy to improve the long-term prognosis. This website also provides two additional resources for trichotillomania including the Trichotillomania Learning Center and the Obsessive Compulsive Foundation.
3. **Trichotillomania Learning Center (2012).**
   Retrieved from [http://www.trich.org](http://www.trich.org)

Trichotillomania Learning Center (TLC) is a nonprofit organization formed to increase awareness, research and education about this disorder. The website states that the goal of TLC is to end the suffering experienced by people with this disorder.

This is a great website for a clinician to refer someone to if he or she has been diagnosed with trichotillomania or if he or she knows someone with trichotillomania. This website provides a wealth of information for parents, educators, kids and teenagers and treatment professionals.

Not only does this website provide information about what the disorder is and how it is treated, but there are also support groups and blogs that could be very beneficial for someone with this disorder. These groups and blogs could help someone feel a sense of universality and hope for his or her future. There is a link that allows readers to search for support groups in their region and there is also information about how to start a new support group. This website also has video clips of people talking about their experiences with the disorder and they offer hope to other people suffering with trichotillomania.

There is also a wealth of information about treatment options for someone with this disorder. This website can assist someone in finding a treatment provider and it has recommendations for books, DVDs, articles and brochures. Overall, this would be an excellent website to refer someone with trichotillomania to for more information and support. This website allows people with the disorder to connect with each other so they do not feel as alone in their struggle.


This is the first website that comes up if a person searches “Trichotillomania”. This is important to know because it is likely somewhere that a person would receive a lot of his or her information if he or she was diagnosed with trichotillomania. This website has reliable information, but it is in very clinical language. There is information about the symptoms, risk factors, treatment and prognosis, but it does not provide any support or recommendations for what a person could do to help someone with trichotillomania. This website provides minimal information about the disorder and may leave the reader feeling confused or unsure of what to do next.

This website appears to be objective and it does not appear to have a hidden agenda of advertising, so it would not be harmful to a client to receive information from this site, but there are other websites that may be of more value. This website could give a person an understanding of what the disorder actual is and how it manifests in a person, but it would not be very helpful if a person is looking for support or a way to communicate with other people who have trichotillomania.

5. **American Academy of Child and Adolescent Psychiatry (2010). Hair pulling (trichotillomania).**

Information on this website is designed for families of children with trichotillomania. This website would be a good starting place for parents who have a child diagnosed with this disorder or who
suspect that their child’s hair pulling is a problem. This website is useful because it clearly states that the child cannot simply stop pulling his or her hair and punishing the child will have more negative consequences. Yelling at a child to stop pulling his or her hair will not decrease the behavior, but it will likely affect his or her self esteem because the behavior is uncontrollable.

This website also normalizes the disorder by providing the statistic that as many as 1 out of every 100 people experiences symptoms of trichotillomania. There is also information for parents about what the effects of this disorder may be for their child, including poor self-esteem, bullying, anxiety and depression. This website is also helpful because it provides information about how trichotillomania is treated. Not only does it state that cognitive-behavioral therapy is the standard treatment, but it also describes what CBT is and what the goals of this treatment are for someone with trichotillomania. Demystifying the treatment process may make the reader feel more comfortable about seeking help.

This website also provides many links for additional information regarding disorders that are frequently comorbid with trichotillomania. There is also a link for the Trichotillomania Learning Center, which is an excellent resource for information and support.