



# Trichotillomania, Skin Picking, and Other Body-Focused Repetitive Behaviors

*Jon E. Grant, Dan J. Stein, Douglas Woods, Nancy J. Keuthen*

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Trichotillomania, skin picking, and other body-focused repetitive disorders are as common among the population as access to comprehensive clinical information is rare. Although research into habitual stereotypic movements, as they are also known, has accelerated in the last 10 years, no volume has yet presented a systematic review of clinical characteristics, diagnosis, evaluation, and treatment options. Until now. *Trichotillomania, Skin Picking, and Other Body-Focused Repetitive Behaviors* provides clinicians, researchers, family members, and individuals who have these disorders with the cutting-edge, comprehensive resource they need to understand and address the problem. Coverage is detailed enough for the clinician, yet written in an accessible style to benefit patients and their families. Of special note are the separate sections for adults and children with these disorders, reflecting the distinct challenges of treating each group. Body-focused repetitive disorders cause a tremendous amount of distress and suffering. In addition to providing the most current, evidence-based assessment and treatment strategies, the authors emphasize the personal and social consequences patients face and make a persuasive case for more research, heightened physician awareness, and greater professional empathy in battling this often debilitating disorder.

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