

The Milwaukee Inventory for Subtypes of Trichotillomania-Child Version (MIST-C)

People pull their hair for a lot of different reasons. Please choose a number between 0 and 9 that best fits how each question fits your pulling. You would put a “0” in the space provided if the question is **not true of any of your pulling**, and you would put a “9” in the space provided if the question is **true of all of your pulling**. Most kids fit between “0” and “9.” Numbers closer to “9” mean that the question describes more of your hair pulling, while numbers closer to “0” mean that the question describes less of your hair pulling. Please use the scale below to help you answer each question.

[illegible]

1. I experience a strong urge or feeling before I pull my hair. _____
2. I think about pulling my hair before I actually pull. _____
3. I use tweezers or some other tool (not my fingers) to pull my hair. _____
4. I pull my hair to feel better or get some relief. _____
5. I pull my hair while I am looking in the mirror. _____
6. After I pull my hair, the urge to pull goes away or gets “better” for at least a little bit. _____
7. I usually do not know that I have pulled my hair. _____
8. I pull my hair when I am anxious or upset. _____
9. I pull my hair when I am stressed, angry, frustrated, or sad. _____
10. It is hard for me to stop pulling my hair. _____
11. I like the feeling of pulling my hair. _____
12. I have a “strange” feeling just before I pull my hair. _____
13. I don’t know that I have pulled my hair until after it has happened. _____
14. I pull my hair because of something that has happened to me during the day. _____

15. I pull my hair to control how I feel. _____
16. Pulling my hairs relaxes me. _____
17. I feel bad before I pull, but I feel worse after I pull. _____
18. The feeling I get after pulling makes me want to pull more. _____
19. When I am at school or work, I can't wait to get home and pull. _____
20. Pulling gets rid of my bad feelings. _____
21. Pulling makes me feel good (at least for a little bit). _____
22. The bad feelings I have about pulling make me pull more. _____
23. I feel better after pulling my hair then I did before I pulled. _____
24. I don't know I have pulled my hair until my parent(s) tell me. _____
25. I feel like I am in a "trance" when I pull my hair. _____