

# Hair Pulling Disorder Severity Measure

On average how frequently do these symptoms occur?	0 None	1 Mild (occasionally)	2 Moderate (often)	3 Severe (very often)	4 Extreme (near constant)
How much distress do these symptoms cause you?	0 None	1 Mild	2 Moderate	3 Severe	4 Extreme (disabling)
How hard is it for you to control these symptoms?	0 Complete control	1 Much control	2 Moderate control	3 Little control	4 No control
How much do these symptoms cause you to avoid doing anything, going anyplace, or being with anyone?	0 No avoidance	1 Occasional avoidance	2 Moderate avoidance	3 Frequent and extensive avoidance	4 Extreme avoidance (housebound)
How much do these symptoms interfere with school, work or your social or family life?	0 None	1 Slight Interference	2 Moderate; definitely interferes with functioning	3 Much interference	4 Extreme interference (disabling)