

Other BFRBs

These are additional BFRBs that are currently not listed in the *Diagnostic and Statistical Manual of Mental Disorders*. Although these are not diagnosable, they are recognized in the BFRB community and are on the radar of BFRB professionals.

- Onychophagia, or nail biting disorder, is a disorder that causes a person to severely bite their own nails.
- Rhinotillexomania, or nose picking disorder, is a disorder that causes a person to excessively pick their nose.
- Trichophagia is a disorder that causes a person to ingest hair and often accompanies trichotillomania.
- Dermatophagia is a disorder that causes a person to bite their skin, often on the fingers around the nails or the insides of the cheeks.
- Trichotemnomania is a disorder that causes a person to obsessively cut their hair.
- Scab eating disorder causes a person to ingest skin or scabs, often accompanying dermatillomania.

Treatment

Always consult a doctor before starting or altering any form of treatment.

Cognitive behaviour therapy and habit reversal therapy are two of the most common treatments doctors are using with BFRBs at this time.

The supplement N-Acetylcysteine is also something many with BFRBs are trying and studies have been done showing varying degrees of success.

Mindfulness is another treatment variant, and while not necessarily a treatment, many BFRBs are accepting their BFRBs and learning to live life with them.

Canadian BFRB Support Network



About Body-Focused Repetitive Behaviours



Canadian BFRB Support
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What are BFRBs?

Body-focused repetitive behaviours (BFRBs) are a set of disorders in which a person either picks, pulls, bites or scratches at their skin, hair, or nails. As of 2013, the disorders are categorized as obsessive-compulsive related disorders (OCDs) in the *Diagnostic and Statistical Manual of Mental Disorders*, fifth edition (DSM-5). Current statistics suggest 1 in 25 people have a BFRB, but many who have them do not come forward because of shame and fear.

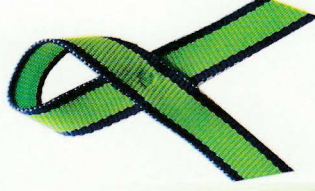
These are common grooming behaviours done in excess, and those who have them find extreme difficulty in stopping the behaviours. The disorders can cause significant impairment in people's lives, resulting in missed work days, hospitalization, and shame.

Scarring, bald patches, lesions, and other bodily damage result from the repeated picking, pulling, or biting. However, DSM-5, states they are not self-injurious behaviours and many BFRB professionals agree. Physical damage is absolutely a consequence of the behaviours, but is not the intent of them, which is what rules out the self-harm classification.

The causes of BFRBs are still being researched, but many agree people who have BFRBs were born with them, even if it's not until later in life that they manifest. The most common age of onset is puberty, but BFRBs can start at any age and are not reliant on trauma.

At present, there is no known cure for BFRBs, but there are a variety of treatments that have helped some people reduce and manage their picking, pulling, or biting.

BFRB Ribbon



The BFRB Ribbon is a green ribbon with a navy blue border created by BFRB activists. The green is said to represent healing and community, while the navy blue represents the link between BFRBs, obsessive-compulsive disorder and anxiety.

Trichotillomania

Trichotillomania is a condition which causes a person to pull out their own hair. This is a recurrent behaviour that can cause significant distress in the person's life and hair loss. Those with trichotillomania often make repeated attempts to stop the behaviour.

People with trichotillomania might focus their pulling to one area on their bodies, such as their heads, but pulling out eyelashes, facial hair, and pubic hair is also common.

The risks involved with this disorder include temporary-to-permanent hair loss, damage to the skin around the hair, and infections.

Many with trichotillomania avoid activities such as swimming and go to great lengths to conceal the hair loss with hats, bandanas, headbands, makeup, and wigs.

Although people with trichotillomania can often be mistaken for cancer patients or people with alopecia, this disorder is not caused by either of those issues.



Dermatillomania



Dermatillomania, diagnostically called excoriation (skin-picking) disorder, is a condition that causes a person to pick their own skin. This is a recurrent behaviour that can cause significant distress to a person's life because of the picking, which causes open wounds and eventually scarring. Those with dermatillomania often make repeated attempts to stop the behaviour.

People with dermatillomania might focus on one area of their bodies when they pick, such as their faces, but the picking can target any area of the body.

The risks involved in this disorder include mild-to-serious infections, and wounds can require additional treatment from medical professionals.

Many with dermatillomania avoid activities such as swimming and often wear concealing clothing or makeup to hide the damage.

Although people with dermatillomania can often be mistaken for drug addicts, this disorder is not caused by or the result of drug use.