

What is StopPulling.com?

StopPulling.com is an easy to use, on-line behavioral program designed to help individuals reduce or stop pulling out their hair. StopPulling.com combines the most current research on the treatment of trichotillomania with state of the art technology to be a powerful skill-building program.

Anyone may visit StopPulling.com's Education Center and learn the most current information about trich at no charge. If an individual decides to subscribe to the program, they will be guided through a comprehensive, individualized behavioral program that will evaluate their hair pulling behavior; provide skills specific to their needs; help them achieve goals of managing their hair pulling; and, help them to maintain their progress over time. StopPulling.com provides daily feedback to the user about their hair pulling frequency and strength of urges to reinforce progress over time. Contact us at info@psycotechltd.com with questions about this or other PsycTech, Ltd.'s products.



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StopPulling.com

Online, yet secure
Dynamic, Interactive Self-Help
Ending the Epidemic
Stopping Trichotillomania



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Reference:

American Psychiatric Association. (1994). Diagnostic and Statistical Manual of Mental Disorders, 4th Edition. Washington, DC: American Psychiatric Association.

What is Trichotillomania ?

Trichotillomania (or trich) is a silent epidemic affecting between 5 and 10 million people in

America alone. Sufferers experience tremendous medical, psychological, and psychosocial impact as a result of their hair pulling. StopPulling.com provides a user-friendly behavioral program that can be accessed in the privacy of one's own home, with the assurance of complete confidentiality.



Definition of Trichotillomania

- Recurrent pulling of one's own hair resulting in noticeable hair loss,
- an increasing sense of tension immediately before pulling out the hair or when attempting to not pull,
- pleasure, gratification, or relief when pulling out hair,
- the disturbance is not better accounted for by another mental disorder and is not due to a dermatological condition, and
- the disturbance causes significant distress or disturbance in social, occupational, or other important areas of functioning. (APA, 1994).

Many people do not meet all of these criteria, but still pull their hair to a bothersome degree and want to stop. StopPulling.com is designed to help all people who pull their hair and want to stop.

How many people have trich ?

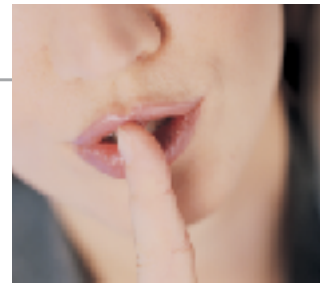
- It is estimated that between 1.5% and 3.4% of the population meets criteria for trichotillomania.
- As many as 15% of people may pull for "non-grooming" purposes, without actually creating bald spots.
- Overall estimates of people who pull their hair for non-grooming purposes are likely between 3 and 15% of the population.

Our commitment to Privacy

Because trich is a hidden disorder with people living in secret about their symptoms,

we have created a secure environment in which subscribers will work the program. At no time will anyone at StopPulling.com have access to subscribers' identifying information. Further, all information is stored in a dedicated server and will only be accessible for program evaluation in the form of aggregate statistics (all user data compiled together).

All identifying information will be housed by the e-commerce company, therefore no one at StopPulling.com will have access to this information. Should you have other questions or concerns about privacy at StopPulling.com, please call us at 1-713-527-9193 or send us an email at www.privacy@psyctechltd.com



About the developers of StopPulling.com

Suzanne Mouton-Odum, Ph.D.: Dr. Mouton-Odum is a licensed psychologist who is dedicated to treating people who suffer from body focused disorders. She serves on the Scientific Advisory Board of the Trichotillomania Learning Center (TLC) and has been studying and treating these disorders since 1992. Dr. Mouton-Odum has published several articles summarizing the mood states associated with trichotillomania and group treatment for this disorder and co-authored a book chapter outlining cognitive-behavioral treatment for trichotillomania.

Melinda Stanley, Ph.D.: Dr. Stanley is a licensed psychologist and a professor in the Department of Psychiatry and Behavioral Sciences at the University of Texas Health Science Center, Houston, Texas. She has published widely in the areas of trichotillomania and obsessive compulsive disorder (OCD) and has conducted epidemiological research and clinical research trials with patients having OCD and trich. She is currently a consultant to the TLC Scientific Advisory Board.

Nancy Keuthen, Ph.D.: Dr. Nancy Keuthen is a licensed psychologist and Associate Professor of Psychology/Psychiatry at Harvard Medical School. She has co-authored the first strategy-based self-help book for the treatment of adults with trich ([Help for Hair Pullers](#)). Dr. Keuthen serves on the Scientific Advisory Board for the TLC.