Table 1. Number of people in individual racial groups in the study. Due to low cell counts for each minority group, the study focused on a pooled analysis (BAME).

|  |  |  |  |
| --- | --- | --- | --- |
| Count  Total %  Col %  Row % | Trichotillomania | Skin Picking Disorder | Comorbid TTM & SPD |
| Caucasian | 312  57.88  86.19  67.39 | 142  26.35  85.03  30.67 | 9  1.67  90.00  1.94 |
| Mixed Caucasian and Black | 1  0.19  0.28  100.00 | 0  0.00  0.00  0.00 | 0  0.00  0.00  0.00 |
| Mixed Caucasian and Asian | 0  0.00  0.00  0.00 | 1  0.19  0.60  100.00 | 0  0.00  0.00  0.00 |
| Black | 25  4.64  6.91  73.53 | 9  1.67  5.39  26.47 | 0  0.00  0.00  0.00 |
| Latino/Hispanic | 6  1.11  1.66  54.55 | 5  0.93  2.99  45.45 | 0  0.00  0.00  0.00 |
| Asian | 14  2.60  3.87  73.68 | 4  0.74  2.40  21.05 | 1  0.19  10.00  5.26 |
| Native American | 0  0.00  0.00  0.00 | 1  0.19  0.60  100.00 | 0  0.00  0.00  0.00 |
| Other | 4  0.74  1.10  44.44 | 5  0.93  2.99  55.56 | 0  0.00  0.00  0.00 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 2.** Demographic Characteristics | | | | | | | | |
|  | | **Non-white or mixed race** | | **White** | | **Statistic** | **df** | **p-value** |
| **n** | **M (SD)** | **n** | **M (SD)** |
| Group [%] | TTM | 50 | [65.8] | 312 | [67.4] | 0.280c | 2 | 0.870 |
| SPD | 25 | [32.9] | 142 | [30.7] |
| Both | 1 | [1.3] | 9 | [1.9] |
| Age (years) | | 76 | 31.5 (10.3) | 463 | 31.6 (9.1) | -0.099t | 537 | 0.920 |
| Sex [%] | Female | 67 | [88.2] | 413 | [89.2] | 0.348c | 2 | 0.840 |
| Male | 8 | [10.5] | 47 | [10.2] |
| Intersex | 1 | [1.3] | 3 | [0.6] |
| Education [%] | Less than high school | 2 | [4.4] | 17 | [4.7] | 4.366c | 5 | 0.498 |
| High school grad/GED | 7 | [15.6] | 30 | [8.4] |
| Some college | 10 | [22.2] | 73 | [20.3] |
| College grad | 16 | [35.6] | 118 | [32.9] |
| Graduate school plus | 10 | [22.2] | 118 | [32.9] |
| Occupation [%] | Full-time student | 14 | [30.4] | 144 | [39.7] | 20.120c | 9 | **0.017\*** |
| Student and working | 3 | [6.5] | 16 | [4.4] |
| Work full-time | 10 | [21.7] | 99 | [27.3] |
| Work part-time | 7 | [15.2] | 55 | [15.1] |
| Retired | 0 | [0.0] | 10 | [2.7] |
| Disability | 0 | [0.0] | 5 | [1.4] |
| Unemployed | 12 | [26.1] | 24 | [6.6] |

All results are mean (SD) unless otherwise noted

Statistic: c= Chi-square; t= t-test

Bold p-value indicates significance at <0.05 with effect size

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 3.** Symptom severity, quality of life, and type of BFRB (automatic, focused) | | | | | | | | |
|  | | **Non-white or mixed race** | | **White** | | **Statistic** | **df** | **p-value** |
| **n** | **M (SD)** | **n** | **M (SD)** |
| Pull or pick from multiple sites [%] | No | 11 | [35.5] | 114 | [38.3] | 0.092c | 1 | 0.761 |
| Yes | 20 | [64.5] | 184 | [61.7] |
| Everywhere [%] | No | 28 | [93.3] | 278 | [95.9] | 0.366c | 1 | 0.545 |
| Yes | 2 | [6.7] | 12 | [4.1] |
| Scalp [%] | No | 20 | [64.5] | 158 | [53.4] | 1.428c | 1 | 0.232 |
| Yes | 11 | [35.5] | 138 | [46.6] |
| Eyebrows [%] | No | 10 | [71.4] | 116 | [59.8] | 0.770c | 1 | 0.380 |
| Yes | 4 | [28.6] | 78 | [40.2] |
| Eyelashes [%] | No | 10 | [71.4] | 125 | [64.4] | 0.289c | 1 | 0.591 |
| Yes | 4 | [28.6] | 69 | [35.6] |
| Face Excluding Eyelashes and Eyebrows [%] | No | 21 | [67.7] | 215 | [72.6] | 0.326c | 1 | 0.568 |
| Yes | 10 | [32.3] | 81 | [27.4] |
| Fingers [%] | No | 25 | [80.7] | 274 | [92.6] | 4.010c | 1 | **0.045\*** |
| Yes | 6 | [19.3] | 22 | [7.4] |
| Hands [%] | No | 28 | [90.3] | 275 | [92.9] | 0.254c | 1 | 0.614 |
| Yes | 3 | [9.7] | 21 | [7.1] |
| Arms [%] | No | 25 | [80.7] | 251 | [84.8] | 0.348c | 1 | 0.555 |
| Yes | 6 | [19.3] | 45 | [15.2] |
| Torso [%] | No | 28 | [90.3] | 265 | [89.5] | 0.019c | 1 | 0.889 |
| Yes | 3 | [9.7] | 31 | [10.5] |
| Back [%] | No | 26 | [92.9] | 256 | [93.1] | 0.207c | 2 | 0.902 |
| Yes | 2 | [7.1] | 18 | [6.5] |
| Stomach [%] | No | 27 | [96.4] | 269 | [97.8] | 0.190c | 1 | 0.663 |
| Yes | 1 | [3.6] | 6 | [2.2] |
| Pubic [%] | No | 28 | [90.3] | 278 | [93.9] | 0.536c | 1 | 0.464 |
| Yes | 3 | [9.7] | 18 | [6.1] |
| Legs [%] | No | 29 | [93.6] | 252 | [85.1] | 1.960c | 1 | 0.162 |
| Yes | 2 | [6.4] | 44 | [14.9] |
| Feet [%] | No | 23 | [85.2] | 261 | [97.8] | 7.214c | 1 | **0.007\*** |
| Yes | 4 | [14.8] | 6 | [2.2] |
| Frequency of pulling or picking (Minutes/day) | | 23 | 137.3 (89.6) | 212 | 84.1 (73.7) | -3.215t | 233 | **0.002\*** |
| MGH-HPS Total | | 58 | 16.1 (7.2) | 345 | 16.6 (5.3) | 0.709t | 401 | 0.479 |
| MGH-HPS Factor 1 | | 58 | 8.8 (4.3) | 348 | 8.9 (3.6) | 0.205t | 404 | 0.838 |
| MGH-HPS Factor 2 | | 58 | 7.3 (3.2) | 348 | 7.4 (2.7) | 0.223t | 404 | 0.824 |
| SP-SAS | | 18 | 27.8 (6.6) | 113 | 28.7 (6.4) | 0.527t | 129 | 0.599 |
| CGI Severity Scale | | 76 | 4.1 (1.4) | 455 | 4.2 (1.0) | 1.411t | 529 | 0.159 |
| HAM-D | | 31 | 5.2 (5.2) | 301 | 4.3 (3.7) | -1.230t | 330 | 0.219 |
| HAM-A | | 31 | 5.6 (5.5) | 301 | 4.3 (3.5) | -1.792t | 330 | 0.074 |
| SDS | | 41 | 9.0 (8.2) | 349 | 10..6 (6.8) | 1.347t | 388 | 0.179 |
| QOL T-score | | 43 | 43.0 (12.3) | 351 | 43.7 (11.9) | 0.372t | 392 | 0.710 |
| MIDAS Focused | | 23 | 17 (6.9) | 110 | 15.8 (6.1) | -0.839t | 131 | 0.403 |
| MIDAS Automatic | | 24 | 17.9 (5.3) | 111 | 16.4 (4.5) | -1.403t | 133 | 0.163 |
| MIST-A Focused | | 45 | 44.3 (17.8) | 219 | 40.4 (14.9) | -1.541t | 262 | 0.125 |
| MIST-A Automatic | | 45 | 25.3 (13.4) | 218 | 23.5 (10.2) | -0.997t | 261 | 0.320 |
| BIS Attentional Impulsiveness | | 25 | 16.1 (4.7) | 151 | 17.2 (4.6) | 1.075t | 174 | 0.284 |
| BIS Motor Impulsiveness | | 26 | 20.1 (4.3) | 149 | 21.7 (4.4) | 1.755t | 173 | 0.081 |
| BIS Non-planning Impulsiveness | | 26 | 23.5 (6.2) | 149 | 22.0 (6.7) | -1.022t | 173 | 0.308 |

All results are mean (SD) unless otherwise noted

Statistic: c= Chi-square; t= t-test

Bold p-value indicates significance at <0.05 with effect size

Abbreviations: MGH-HPS= Massachusetts General Hospital Hairpulling Scale; SP-SAS = Skin Picking Symptom Assessment Scale; CGI= Clinical Global Impression rating scales; HAM-D= Hamilton Depression Rating Scale; HAM-A= Hamilton Anxiety Rating Scale; SDS = Sheehan Disability Scale; QOL= The Quality of Life Questionnaire; MIDAS = Milwaukee Inventory for the Dimensions of Adult Skin Picking; MIST-A= Milwaukee Inventory for Subtypes of Trichotillomania-Adults; BIS= Barratt Impulsiveness Scale

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 4.** Treatment history | | | | | | | | |
|  | | **Non-white or mixed race** | | **White** | | **Chi-square** | **df** | **p-value** |
| **n** | **M (SD)** | **n** | **M (SD)** |
| Past Treatment for TTM/SPD [%] | No | 21 | [84.0] | 142 | [55.3] | 8.622 | 1 | **0.003\*** |
| Yes | 4 | [16.0] | 115 | [44.7] |
| Previous Meds for TTM/SPD [%] | No | 21 | [87.5] | 178 | [69.5] | 8.957 | 3 | **0.030\*** |
| Yes, helpful | 2 | [8.3] | 64 | [25.0] |
| Yes, somewhat helpful | 1 | [4.2] | 1 | [0.4] |
| Yes, not helpful | 0 | [0.0] | 13 | [5.1] |
| Previous Therapy for TTM/SPD [%] | No | 24 | [96.0] | 191 | [74.6] | 8.630 | 4 | 0.071 |
| Yes, helpful | 1 | [4.0] | 44 | [17.2] |
| Yes, somewhat helpful | 0 | [0.0] | 10 | [3.9] |
| Yes, not helpful | 0 | [0.0] | 10 | [3.9] |
| What type of therapy [%] | None | 19 | [95.0] | 169 | [80.1] | 6.948 | 30 | 1.000 |
| CBT | 1 | [5.0] | 7 | [3.3] |
| Habit Reversal Training | 0 | [0.0] | 2 | [1.0] |
| Other | 0 | [0.0] | 33 | [15.6] |
| Other treatments [%] | No | 15 | [93.8] | 154 | [97.5] | 5.566 | 5 | 0.351 |
| Yes | 1 | [6.2] | 4 | [2.5] |

All results are mean (SD) unless otherwise noted

Bold p-value indicates significance at <0.05 with effect size

Abbreviations: TTM= Trichotillomania; SPD= Skin-picking disorder

All results are mean (SD) unless otherwise noted

Bold p-value indicates significance at <0.05 with effect size

Abbreviations: AUD= Alcohol use disorder; ADD= Attention deficit disorder; ADHD= Attention deficit hyperactivity disorder

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 5.**  Rates of comorbidities | | | | | | | | |
|  | | **Non-white or mixed race** | | **White** | | **Chi-square** | **df** | **p-value** |
| **n** | **M (SD)** | **n** | **M (SD)** |
| Depression [%] | No | 48 | [64.0] | 296 | [64.2] | 5.087 | 2 | 0.079 |
| Current | 14 | [18.7] | 122 | [26.5] |
| Past | 13 | [17.3] | 43 | [9.3] |
| Anxiety [%] | No | 63 | [84.0] | 380 | [82.8] | 1.227 | 2 | 0.542 |
| Current | 12 | [16.0] | 75 | [16.3] |
| Past | 0 | [0.0] | 4 | [0.9] |
| OCD [%] | No | 73 | [97.3] | 436 | [94.8] | 1.051 | 1 | 0.305 |
| Current | 2 | [2.7] | 24 | [5.2] |
| Past | 0 | [0.0] | 0 | [0.0] |
| AUD [%] | No | 74 | [98.7] | 449 | [97.6] | 0.758 | 2 | 0.685 |
| Current | 1 | [1.3] | 9 | [2.0] |
| Pas | 0 | [0.0] | 2 | [0.4] |
| PTSD [%] | No | 74 | [98.7] | 449 | [98.0] | 0.375 | 2 | 0.829 |
| Current | 1 | [1.3] | 8 | [1.8] |
| Past | 0 | [0.0] | 1 | [0.2] |
| Psychotic Disorder [%] | No | 60 | [100.0] | 396 | [100.0] | 0 | 0 | - |
| Current | 0 | [0.0] | 0 | [0.0] |
| Past | 0 | [0.0] | 0 | [0.0] |
| Panic Disorder [%] | No | 73 | [97.4] | 447 | [97.8] | 1.603 | 2 | 0.449 |
| Current | 1 | [1.3] | 9 | [2.0] |
| Past | 1 | [1.3] | 1 | [0.2] |
| Bipolar [%] | No | 75 | [100.0] | 450 | [99.4] | 0.922 | 2 | 0.631 |
| Current | 0 | [0.0] | 2 | [0.4] |
| Past | 0 | [0.0] | 1 | [0.2] |
| Eating Disorder [%] | No | 73 | [97.4] | 446 | [97.2] | 2.130 | 3 | 0.546 |
| Current | 1 | [1.3] | 11 | [2.4] |
| Past | 1 | [1.3] | 2 | [0.4] |
| Body Dysmorphic Disorder [%] | No | 72 | [98.6] | 432 | [99.1] | 0.120 | 1 | 0.729 |
| Current | 1 | [1.4] | 4 | [0.9] |
| Past | 0 | [0.0] | 0 | [0.0] |
| ADD/ADHD [%] | No | 28 | [93.3] | 271 | [91.6] | 0.120 | 1 | 0729 |
| Current | 2 | [6.7] | 25 | [8.4] |
| Past | 0 | [0.0] | 0 | [0.0] |
| Personality Disorder [%] | No | 26 | [100.0] | 264 | [98.5] | 0.746 | 1 | 0.388 |
| Borderline PD | 0 | [0.0] | 4 | [1.5] |
| Dependent/Narcissistic | 0 | [0.0] | 0 | [0.0] |