

QUESTIONNAIRE 2.2: DO I HAVE COMPULSIVE SKIN-PICKING?

1. Do you repeatedly scratch, pick, gouge, dig, rub or squeeze your skin and does it lead to noticeable skin damage?

Yes No

2. Are you preoccupied with scratching, picking, gouging, digging, rubbing or squeezing your skin and are the urges intrusive or irresistible?

Yes No

If you answered 'yes' to both questions, then proceed to question 3. If you did not answer 'yes' to both questions then you do not need to complete this questionnaire.

3. Do the urges or behaviors associated with skin-picking cause you marked distress?

Yes No

4. Are the urges or behaviors associated with skin-picking significantly time-consuming or do they interfere with your social life or work?

Yes No

5. Do the behaviors result in medical problems (e.g. infections or significant scarring)?

Yes No

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If you answered 'yes' to the first two questions and to one or more of the questions 3 to 5 then you probably have compulsive skin-picking. However, only a health professional can diagnose you as suffering from psychogenic excoriation or tell you if there is an underlying problem such as BDD. Sometimes a medical condition can account better for your behavior.