
Acceptance and Action Questionnaire – Trichotillomania

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following scale to make your choice.

1	2	3	4	5	6	7
Never true	Very seldom true	Seldom true	Sometimes true	Frequently true	Almost always true	Always true

- _____ 1. It's OK if I experience the urge to pull my hair.
- _____ 2. My urges to hair pull make it difficult for me to live a life I would value.
- _____ 3. I'm afraid of my urges to hair pull.
- _____ 4. I worry about not being able to control my urges to hair pull.
- _____ 5. My urges to hair pull prevent me from having a fulfilling life.
- _____ 6. I am in control of my pulling.
- _____ 7. Urges to pull cause problems in my life.
- _____ 8. It seems like most people are handling their lives better than I am.
- _____ 9. Urges to pull get in the way of my success.

Scoring Instructions

To calculate your score, add your ratings for all items. Be sure to reverse your scores for items 2, 3, 4, 5, 7, 8, 9 (i.e., 1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1). Higher scores indicate more psychological flexibility.