

Excoriation (Skin Picking) Disorder

1. **Do you repeatedly pick at your skin, such that it causes injury or skin damage?** **A** **S** **P**
☒ ☒
 Tell me more about this. How often do you pick? For how long do you pick? Once you start picking, can you stop? Where on your body do you pick? What is the skin damage like? Has it scarred? Have you had any infections or need for medical attention because of the skin picking? Do you have any special activities or rituals with the skin before or afterwards?

[NOTES:]

2. **Have you repeatedly tried to cut down or stop the skin picking but have not been able to?** **A** **S** **P**
☒ ☒
 How many times have you tried to stop?

3. [CLINICALLY SIGNIFICANT DISTRESS AND/OR IMPAIRMENT IS PRESENT. IF NOT KNOWN, ASK:] **A** **S** **P**
☒ ☒

Is it very upsetting for you that you have these symptoms?

Have the symptoms interfered with your ability to carry out daily activities? In what ways have they interfered? Have they made it hard for you to work, socialize, go to school, or take care of things at home?

[NOTES:]

4. [THE SYMPTOMS ARE NOT BETTER ACCOUNTED FOR BY SUBSTANCE USE OR A MEDICAL CONDITION. IF A MEDICAL CONDITION IS PRESENT, THE SYMPTOMS ARE EXCESSIVE. IF NOT KNOWN, ASK:] **A** **P**
☒

Were you using any substances just before these symptoms began? Do you think this may have caused your symptoms or made them worse?

Did you have any medical conditions just before these symptoms began? Do you think this may have caused your symptoms or made them worse?

5. [THE SYMPTOMS ARE NOT BETTER ACCOUNTED FOR BY ANOTHER MENTAL DISORDER] **A** **P**
☒

DIAGNOSTIC IMPRESSION: **A** **S** **P**
EXCORIATION (SKIN PICKING) DISORDER ☒

[SPECIFY:]

PANIC ATTACKS ARE PRESENT IN THE CONTEXT OF THIS DISORDER WITH PANIC ATTACKS ☐

[NOTE: TO ASSESS SYMPTOMS OF A PANIC ATTACK,
SEE PANIC ATTACK SPECIFIER AND PANIC DISORDER MODULE]

6. **How old were you when these symptoms first began?** _____
7. **How old were you when these symptoms began to be a problem for you?** _____
8. **On a scale from 0 to 10, 0 meaning not at all and 10 meaning extremely, how much are you bothered by your symptoms?** _____