

An Analysis of the Trichotillomania Mental Disorder Among Teens during Pandemic presented in a Narrative Storybook

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Abstract

Covid-19 is an alarming thing, and for a moment people have forgotten other health issues and lack of awareness like mental disorders, that most people do not see as a priority. Depression, anxiety, and bipolar are some of the common mental disorders among Filipino Teens and one of their mannerisms is a rare mental effect called TTM Or Trichotillomania which is described as a weird mental disorder that is characterized by Greek *trich-* ("hair") and *tillein* ("to pull or pluck"), along with the suffix *-mania* (*mainesthai*, "to be mad"), or simply put, a mental health effect that makes someone to pull and worst eat one's hair during stress and anxiety. Trichotillomania is under the BFRB (body-focused repetitive behavior). To integrate the current state of mental health status during the pandemic and provide the foundation of mental health education to indigent families, youth, and the community. Through the encouragement of narrative short photobook through meaningful life stories, looking at the positive side of the pandemic. The researcher will be expecting a healthy mentality during the pandemic and lessen the suicidal thoughts of some senior high students.

Keywords: Short narrative storybook, Mental disorder on teen during the pandemic, Trichotillomania, Stress, Depression, Obsessive Compulsive Disorder (OCD)

Introduction

Trichotillomania or TTM is an urge sovereignty disorder that indicates the uncontrollable desire to pull hair and for other mental disorders that significant problems it is accompanied by other mental disorders like depression, and anxiety, as a response to stress or tension that leads to a sense of relief. *Trichotillomania from the Greek trich-* ("hair") and *tillein* ("to pull or pluck"), along with the

suffix *-mania* (*mainesthai*, "to be mad"). Historically it has already been looked at as a punishment at some point as an expression of one's violence to express his/her disillusionment, frustrations, and disappointments. In 1889 the French Dermatologist Francois Henry Hallopeau studied the trichotillomania to integrate the current state of mental health status during the pandemic and provide the foundation of mental health education to indigent family, youth, and community. 4th Century BC the hair-pulling was documented a famous "Nicomachean Ethics." A philosophical work made by Aristotle.

One of the Philippine stigmas that are hard to break is if you go to the psychologist, you are crazy, but the truth is not, people with OCD (obsessive-compulsive disorder) are more credibly to have trichotillomania, but at some point, trichotillomania is an inheritable disorder. The experts believe that the desire of a person to pull their hair is caused by the neurotransmitters of the brain that do not work properly. This builds the tempting desire to pull one's hair that gives them satisfaction or relief. Eyelashes, eyebrows, and beard are rare, affected parts but, in some people with severe cases, some individuals chew or swallow (ingest) the hair that they pulled out from their scalp (trichophagia) which can result in gastrointestinal problems'.

Narrative stories- Experience is the best teacher" – Julius Cesar, making a story is not just storytelling it to others or promoting something it is all about inspiring, encouraging, or motivate your viewers based on your own experience is a masterpiece. It is not just telling stories; it is changing lives- Dhar Man

Short Storybook- One of the best instruments for the current situation is to convey or let others know about the mental disorder trichotillomania, especially to teens with a high probability to experience stress or this kind of mental disorder. The book itself is one of the comfortable methods.

The study focused on trichotillomania through the help of a short narrative storybook by analyzing trichotillomania in teens during the pandemic using a personal interview with a person who experience trichotillomania in qualitative research format with those who already have depression and anxiety, The researcher will cover the teens in Barangay Pinagsama Taguig City. As for the expected output, the researcher will provide a short narrative short storybook with at least one hundred fifty to two hundred pages. The product use is an inspirational book to motivate and cheer up adolescents the researcher will use an inspirational book to motivate and cheer up adolescents who are facing mental disorders and fighting the high standard of people around the judgmental world.

The world becomes traumatic because of the pandemic that makes people live in fear and affects everything even public places shutdown, livelihoods, even socialization, and education some part teens are experiencing some amount of stress right now, different stress goes around so many aspects one of the most vulnerable in stress are the teens, because of worrying about the academic demands, satisfying the high standards of the family, pleasing some teacher can be triggered stress headache or chronic stress.

Most teens right now are experiencing various kinds of stress and depression because of the pandemic, and some are not yet aware and informed about the mental disorder trichotillomania that they might be experiencing? And How trichotillomania affects adolescents during the pandemic? How can a short narrative storybook be an effective tool to reach and encourage teens with trichotillomania?

To answer the stated questions for this study. I focused on Narrating a story about trichotillomania in teens during a pandemic. that shows a different side of a teen especially in times of studying alone, thinking about the family, society, educational standards. But at last, it shows separate ways and treatments to avoid triggering the mental disorder, this study aims the following objectives:

To make people aware of trichotillomania by providing some information's about mental disorders, especially in teens. Also, to discuss the effect of the pandemic and give information about specific mental health with the target audience directly benefiting from trichotillomania.

To create a short narrative storybook to reach out to teens about trichotillomania.

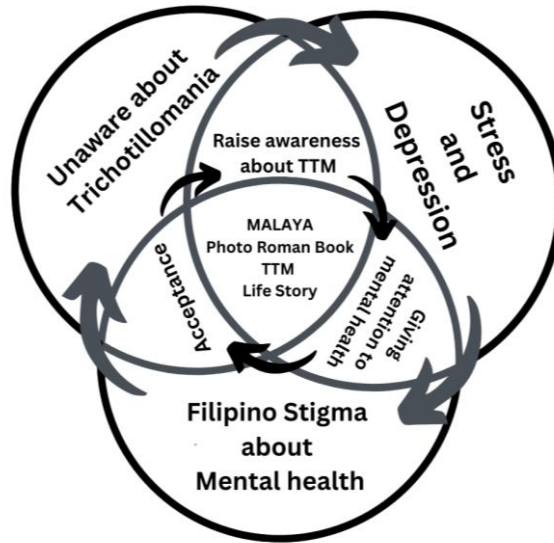


Figure 1 Framework of the Visual Representation of the Trichotillomania Mental Disorder Among Teens during Pandemic presented in a Narrative Storybook

The proponent's thought produced and gave information's about trichotillomania, through the proposed project and methods, to help the researcher to provide the effective materials in modern time. This section will carry out the creative visualized evaluation of the researcher in a multimedia project, it will discuss the information, causes, effects with the help of short storybook as a medium as an owned output.

For my methods and process, I chose an analytical research design. It is an effective solution to answer the questions of why, and how. In qualitative research and as a research instrument, the researcher will use interviews form to gather or collect data to analyze and study. Kendra Cherry (2020) describes those surveys that are more extensively used in psychology research or self-respond to data from selected research participants. And to show the answer and purpose of this study by producing a narrative Storybook The materials I used are articles from online focusing on Trichotillomania, cognitive behavioral therapy (CBT), Habit Reversal Training, Cognitive Therapy, Acceptance, and commitment therapy, and rue to life story that gives information about TTM. The study aims to inform others using thinking skills through the help of professional doctors specializing in mental health. And

by creating and promoting a Filipino short storybook that talked about mental health trichotillomania in teens are expecting to conquer their fear and obsession in pulling their hair.

The selected respondents are the same as the targeted audience for this study, which are the teens in Taguig City Diagnosed with trichotillomania.

In this study, the insight, habits, and mannerisms of adolescents in Barangay Pinagsama Taguig city seek on experiencing obsession with pulling their hair. A One-on-one interview is a primary procedure for gathering the data. I will be focusing on diagnosed teens with trichotillomania in Taguig city. The mentioned group of teens is the population who favor technology, and social media (posting pictures, and videos on Facebook, Instagram, and more social media platforms, the geographic for the study will involve female teens from ages 18- 23 that are more commonly diagnosed with trichotillomania, also male ages from 15-25. The geographic location for this study will be Taguig City, especially the teens in Barangay Pinagsama. In the middle pandemic, the interview will be conducted using a digital platform because of the ongoing pandemic but the setting will be like a comfortable bedroom. The research will be pinpointing the emotions, satisfaction, and urges felt by the person with trichotillomania while pulling their hair and by that, the researcher will be analyzing the behavior of each diagnosed participant. To finally get the answers and facts the researcher will conduct an online survey in a specific group of students. In furtherance of the study, using the focus group discussion utilized the online survey which determines that 4 out of 10 students triggered trichotillomania however 7 out of 10 students that are not yet known their parents about it in the first focus group discussion. ion.

For my **Design Process**, I look forward to this study. The project will contain a short storybook entitled “Malaya” with 45 x 210 mm (5.7 x 8.3 inches) size of the book will produce by a hard bound and soft bound, also the book will contain different photos, narrating different sides of a student during her battle online class, family problems, and Trichotillomania will be divided into two stories but connected with the different falling hair from pulling, in the bedroom atmosphere.

Pre- Production

For my pre-production stage of the research output will contain the plans and preparations of the set with the Gantt Chart. During this stage, I will analyst and list the materials needed for the coming production stage. Part of listing the needed, settings, equipment’s, budget, schedules and more. After the paperwork, the production stage will interview two people with trichotillomania to have an inspirational

narrative story. After the preparation I will draft a poem that will be translated into photos to create a Photo roman book that will represent as the project.

Production

My production stage of the research output will contain the different photoshoot in one location also in this time, I make different arts from fallen hair to make a word or image that may represent as a breaking of the feeling or mood of the story completing the first photo roman book. During the set time and date, the production team will do a photoshoot for the book cover and more. At this stage, the budget is the most important.

Post- Production

My Post-Production stage will contain the face-to-face interview with Dr. Paola a psychiatrist at Kairos Psychological Center in Bayani Road Taguig City, in this stage, I will be finalizing the second part of the book edit each photo in adobe photoshop and adobe illustrator and compile every photo for printing the whole book for book binding.

Review of Related Literature

In correlation of Narrative storybook in this part some related literatures and projects, journals, about pulling the hair mental disorder will be discussed. Trichotillomania is a one-of-a-kind mental disorder that some are not yet informed about it, it is connected to obsessive-compulsive disorder (OCD). For the past few years, stress, anxiety, and depression are usually already known as mental disorders.

Trichotillomania

In continuing the research education, Trichotillomania (TTM) gave many aspects, in these studies, it tackles about the Etiology, Epidemiology, Pathophysiology, history and physical even the evolution of the triggers or the forebear of any mental disorders related to TTM. Trichotillomania has a different treatment and therapy, by enhancing the care of patients affected by trichotillomania. Obsessive Compulsive Disorder (OCD) is a general name for repeated thoughts or activities. In a prior observation the research structural abnormalities have most had dwindling numbers, demonstrated genetic anomalies connected to trichotillomania at some diagnostics shown thicken the right inferior frontal gyrus, and the others shown the lessen cerebellar volumes (*Monzani B, et.al 2014 Feb*). TTM

may cause stress that's why hair pulling occurred, but some tell because of boredom, it shows the constructional irregularity of the white and grey matter tracts, it conveys the importance of enlarge distribution of the front striatal-thalamic pathway in the tracts that make TTM longer or severe. Females are commonly having this kind of disorder that 9 out of 10 females have during the early adolescence even though not all meet the DSM-V basis for trichotillomania. In development of the study there is no identification for trichotillomania except for hair pulling, emotions can be a cue for any actions that triggers TTM as an outcome of the negative emotions, stress, anxiety, feeling of guilt is the baldness of the head. Trichotillomania has many aspects and has multiple different therapy and treatment. One of the therapies is habit reversal therapy. It has three portions: consciousness, engage with the response, and public support. Other narrative medication studies utilize Acetylcysteine to indicate positive results, but there are no stable studies.

Risks of suicide in OCD and BDD (Body Dysmorphic Disorder) in Psychiatric Comorbidities

Mental disorders are unnoticeable, OCD (obsessive-compulsive disorder) and BDD (Body Dysmorphic Disorder) are connected to each other and characterized by obsession and compulsions distressful at the same time OCD and BDD have a common hereditary and environmental risk factor. Obsession, perfectionism, and lack of emotional awareness increase the intensity of suicidal risks with the person who has OCD while BDD increases the presence of other disorders like major depressive disorder, eating and personality disorder. According to (Vaele D et. al 2016) the currency of BDD in an adult community is 1.9%, and psychiatric inpatients are 7.4%, but many people suffer from BDD, and OCD do not counsel by professional Doctors specializing in OCD and BDD. Others choose to keep it themselves because they are afraid of being judged by others. BDD is commonly diagnosed during adolescence more in females than males. In according with recent studies 63% of single people with OCD have suicidal thoughts while 29% had suicidal attempts. People with BDD have four times more suicidal wishes (*Fernández de la Cruz et. al 2017*).

COVID-19 is the main hindrances in Online Learning

Online school based is a difficult kind of learning especially for senior high school students that are in the first step of preparing for college. Covid 19 is the main barrier for students to face to face but the lack of purchase money to buy a deficiency of vaccines; is the main hindrance because as of 2020 many countries are already back to normal from not wearing facemasks and face shields. But in many ways, Online school based also have barriers like background noises, poor internet, responsibilities at

home, and destruction from adjusting to online learning the researcher conducted a focus group discussion at the University of the Philippines with medical students for the nationwide cross-sectional study from May 11 to 24 2021 through the electronic survey in google forms in times of face-to-face suspension. It shows the medical students only 41% are mentally, physically, and financially capable in online study, and using this relevant study, it indicates that 59% are not yet Physically and mentally competent in Online Study, that may lead to stress and depression.

Mental disease on teens during the developing knowledge and skills period

Depression is a familiar mental disease, mostly in teens nowadays. Most adolescents keep it on their own, some express signs of depression through slashing in the hand, loss of interest in things, and crying alone. Managing and diagnosing depression in teens is the main objective of this study. Teens are more prone to mental health disorders; it is in the current study 4-5% of youth have depression. Common reasons for depression are weak relationships with family, and society, lack of knowledge, learning difficulty, and more, therefore teens with depression thoughts and aim to suicide. Proponents propose adolescent screening with self-report screening. Understanding mental disorders and making yourself aware.

Rules of Emotions: It is difficult to stop.

BFRB's body-focused repetitive behavior and endless mannerism, cause a disagreeable feeling. Perfectionism, overusing social media, and poor sleep are some uncommon mannerisms that create pain or misery emotions. (ED) Emotional dysregulation and incompetence to manage emotions successfully or productively. It repeats the actions in a brief period and eventually the effect of repeating actions is physiological and emotional discomfort will divulge. In times of pandemic, teens are more exposed to playful emotions and temptations, and stress from school, family, and companions even in a preteen's trauma can be a factor in pulling the hair. A self-regulation model or emotional regulation model/therapy is one of the best offers to a person with trichotillomania, it is common to loss of controlling emotions. As the consequences of the hard and painful feeling while pulling the hair or doing anything that makes it comfortable or relieved reduces the negative emotions, while the time goes by the basic mannerisms provoke the mental health disorder dictating emotions or feelings. And as the outcome

of it says that the seriousness of hair pulling, and emotional downregulation are not related but it has a significant impact on a person with trichotillomania.

Review of Related works

Awareness is a mass; awareness is necessary because it tells where your hands are to control the urges to pull the hair. 1 to 2 percent of the population has trichotillomania, but most of the films, motivational talks, paintings, and more are made by foreign people. In this portion related works will be used to help the researcher to support the study.

The Hair Pulling "Habit" and You: How to Solve the Trichotillomania Puzzle

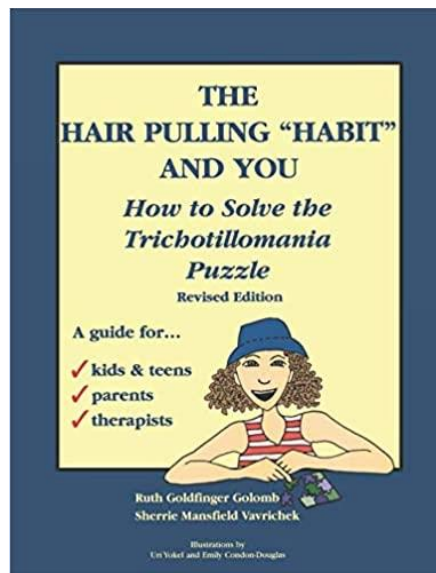


Figure 6. The Hair Pulling "Habit" and You, Ruth Goldfinger Golomb, 2019

Our hands are the gateway to the mind, our thoughts fuel the emotions, which move our hands. Stress, anxiousness, boredom, and are more unnoticed symptoms also triggered the hair pulling disorder (trichotillomania), skin picking (dermatillomania), or nail biting (Onychophagia) sometimes it seen as mannerisms, but these are collectively known as (BFRB) Body-Focused Repetitive Behavior.

BFRB awareness helps the community to come out from hiding the secret of fear because of TTM. Awareness is necessary. And for a million reasons many kids and teens suffer from trichotillomania. Ruth Goldfinger is a senior clinician who helps Adults and Teens who have OCD that is the reason she authors a book and choosing the therapy or kind of awareness is not just letting the lost hair regrow but letting the self-confidence regrow with a healthier mind

Life is Trichy: Memoir of a mental health therapist with a mental health disorder.

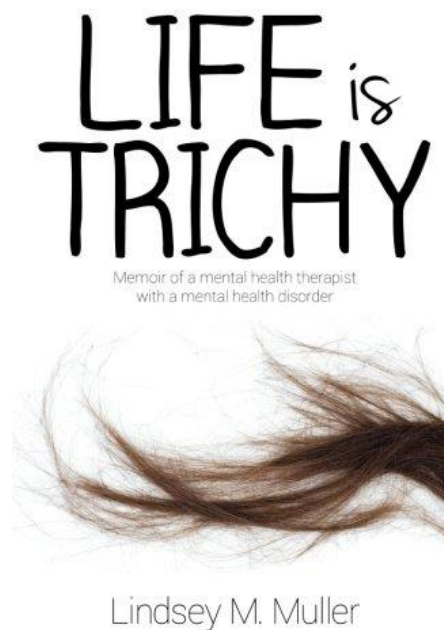


Figure 7. Life is Trichy: Memoir of a mental health therapist with a mental health disorder,

Linsey Muller, 2014

Different people, different hair-pulling habits, and different stories but one problem that many people have is that they do not know what causes it but have an ardent desire to pull their hair. A psychology memoir, of a twenty-nine-year-old lifelong perfectionist about the mental disorder Trichotillomania. According to the study, Trichotillomania is just in its infancy, some do not pull their head hair only their eyelashes and eyebrows, but some pull their head hair only. And because of that

people with trichotillomania are afraid to come out. Lindsey Muller at a very young age experienced hiding her body for almost seven years because of repetitive behaviors, she pursued her professional career in psychology to help others with the exact obstacle she uses her psychological knowledge to gather some stories and information she tries to meet people with trichotillomania to ask their experiences also using arts, photography, and interviews to study the significance of hair to the identities and personality of a person dealing with trichotillomania. Trichotillomania has different portraits of adult adolescents to children at various stages in that way awareness has distinct stages and at this modern technology time of the pandemic, photos can catch everyone's attention and it can be eye-opening material through the help of social media to give information to people with trichotillomania.

Doesn't it Hurt? Confessions of Compulsive Hair Pullers

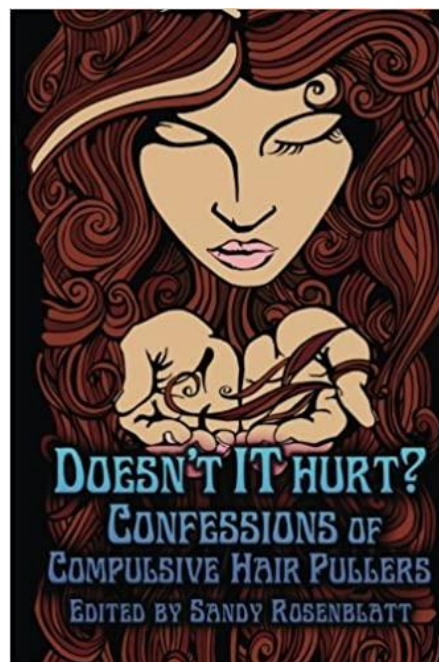


Figure 8. Doesn't it Hurt? Confessions of Compulsive Hair Pullers; Sandy Rosenblatt; 2014

15 million Americans struggle with trichotillomania but only a hundred brave different people with trichotillomania will tell their story of resistance, facing anxiety, facing hair. Pulling hair started as a small side passion project and through the help of the Trichotillomania Learning Center (TLC) retreat, different stories to tell using the documentary film help others who have secret trichotillomania mental

disorder to the point of helping others to accept whoever they are because it's not just only the hair to define who you are.

Marni: My True Story of Stress, Hair-Pulling, and Other Obsessions (Louder Than Words)



Figure 9. Marni: My True Story of Stress, Hair-Pulling, and Other Obsessions

(Louder Than Words); Marni Bates; 2009

College life is stressful, especially in times of pandemic when the world is full of technology. Marni is a true-to-life story of Marni bates who experiences the urge and desire to pluck out her eyebrows and eyelashes because she faces different stress at home, school, and even with friends. The book Marni was published originally in 2009tells about a girl who suffers from a hair-pulling disorder. It will open our eyes for some reason, the home should be our rest but at some point, it became our prison it gives us

more pressure than we thought, that lead to our anxiety of disappointment, stress from school, and some fake and toxic friends.

Where's My Hair? A Trichotillomania Story for Children

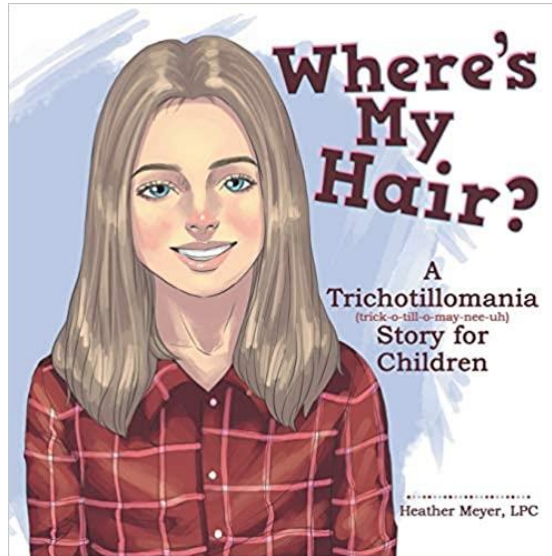


Figure 10. Where's My Hair? A Trichotillomania Story for Children;

LPC Heather Meyer; 2018

The theme of trichotillomania (TTM) *Where's My Hair?* is a story of Trichotillomania Story for Children She Meyer herself at the same time encourages others in a brief period. It tells the different sides of a person with trichotillomania managing their life at the same time a Filipino eye opener Book, especially for parents or people who don't want to know or talk about it, they just ignore it like nothing special but as the story behind is not just to entertain others or inform about this specific disorder but also made the book to express the feelings that pulling their hair has a big impact on one person's life. Also, it gives awareness and accepting yourself and letting yourself be free from the prison of trichotillomania. This storybook is helpful to prove the study and help children to explain TTM in an amazingly simple and entertaining way.

Results and Discussion

Preliminary Interview

For this study, I congregated two interviews, first through an online platform and one on one personal interviews that allowed me to gather quantitative data from my target audience. My first interview was conducted during the pandemic through online interviews with different students from different schools. My second interview was face to face focused on gathering their insights, emotions, and memories about How they faced Trichotillomania and how they handled it. So, through their Story, it would help me create a narrative short storybook about their life and communicate the problem I am talking about through study. The last interview that I conducted was my post-interview with one of the Psychiatrists at Kairos psychological center in Taguig City. The results of my preliminary interview allowed me to know my respondent's insights about Trichotillomania Mental Disorder and were able to achieve the study's goal and objectives, which is to help to increase their awareness about the said disorder.



Figure11. Consultation with Dr. Paula at Kairos Psychological Services, 2023

Conclusion

Trichotillomania is a rare mental disorder and continuous disorder but through the help of licensed psychiatrist for the proper treatment of the unconquerable desire of pulling the hair temptation to release the satisfaction of the hand and body by plucking the hair. However, while having a conversation with Dr. Paola she mentioned that trichotillomania cannot be triggered by photos or any incidents because TTM is a mental disorder caused by stress and depression. On the other hand, I ascertain that TTM is not inheritable in a way if a young child saw her mother or mother figure or anyone that they idolize do a plucking the hair so the child can mimic what is being done, based on the answer that the respondent told me that her little girl mimic what she is doing that make her scared. So, as a person who suffered from trichotillomania, I took a photo roman book that tells a story how a person with trichotillomania faced their battle with unconquerable desire of their hands to satisfy their felling's. Awareness is the main goal of study, that many parents, students, or anyone that suffers stress and depression. As I produced a book with different photos to unveil the Filipino stigma about mental health how important the mentality of the person in a current state pandemic, and as a result, I perform a post-survey to determine how efficacious it was in achieving that objective.

Research Topic

Those who will make another study about trichotillomania and read this paper in the future I , as a person who already have this kind of mental health I wished them well and look forward that they would complete their study with such a strong sense of achievement that they would be thankful for all of the time and effort they put into it. No matter how tired mentally, physically, and sometimes, emotionally, sleepless night they faced, you must be attentive about managing your time and analyzing the data to provide authentic results for your study. In addition, you must remember that the purpose of your thesis is not just to be part of your subject requirement but a particularly important study to raise awareness to a specific topic about mental health which is not given much attention in Philippine society. In that way, you will be inspired to finish your research.

Creative Process

A budget is necessary, especially in production. Again, it tells the amount of the whole production from the equipment, props, and crew also in post-production budget will dictates everything from printing to book binding. Regardless of how high or the budget you use it will never tell the standard of the project. Based on my learnings, the story behind every photo will let you know the dipper meaning. The succeeding artist may not have a big budget, but how they use it carefully, with an inspirational story it either give awareness or information, it will make a best and amazing project. Along the production unforeseen problems will come but do not let that small or big problem let production down, plan it well and always have a plan B. When it comes to photoshoot outside shooting

is the most unexpected place that there are so many things could happen but also the most unforgettable site to release all the stress and worries find a place that can help you to unwind. It is important to have relaxation and fresh air to breathe in a judgmental and crucial society that we have.

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