

EXPERIMENT DEBRIEF INFORMATION

Patient perceptions of hypnotherapy and 'self-help' therapy on managing the symptoms of Trichotillomania.

This study is designed to examine perceptions on the effectiveness of various therapies for managing the symptoms of trichotillomania. The main therapies that were involved in this study were Self-help techniques (e.g. social support, will power, motivational therapy etc.); Hypnotherapy; Habit Reversal Therapy, Acceptance/Commitment Therapy and Cognitive Behavioural Therapy.

Previous work has shown that Cognitive Behavioural therapy, Habit reversal therapy and Acceptance/Commitment therapy are successful treatments for trichotillomania. There are self help and social support elements of habit reversal therapy that are essential to the success of the overall therapy. Hypnotherapy has been found to be an effective method of treatment in children and adolescents with trichotillomania.

Here, our interest was in whether the patients in these therapies believed that it was successful as previous research often does not report this.

The study employs a cross-section online survey design using three questionnaires:

- The General Information Questionnaire
- The Trichotillomania Diagnostics Questionnaire
- The Therapy Questionnaire

In this study I want to examine people's perception of how effective the method of therapy was at managing their symptoms of trichotillomania and how this varies as a function of age at the point of diagnosis and the type of therapy ('No therapy', 'Hypnotherapy', 'Habit Reversal Therapy', 'Acceptance/Commitment Therapy' and 'Cognitive Behavioural Therapy').

The data analysis for this study is a mixed methods combining quantitative with qualitative analysis. All closed questions will be analysed using descriptive statistics and statistical tests. The open questionnaires will be analysed using Thematic Analysis and Interpretative Phenomenological Analysis in order to find patterns within the data.

Thank you for your time...

Contact for Further Information

For any further information on this study feel free to contact either:

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