



DERMOSCOPY AND SKIN IMAGING

TRICHOSCOPY IN TRICHOTILLOMANIA: ABOUT 37 CASES

Bouakkaz Abderrachid⁽¹⁾ - Chibane Attika⁽²⁾ - Kihal Okba⁽³⁾ - Matari Abdelmalek⁽⁴⁾ - Djeridane Assia⁽¹⁾

Dermatology, University Hospital Ain Naadja (hca), Algiers, Algeria⁽¹⁾ - Pediatrics, University Hospital Ain Naadja (hca), Algiers, Algeria⁽²⁾ - Dermatology, Doctors Office Rouiba, Algiers, Algeria⁽³⁾ - Epidemiology, University Hospital Ain Naadja (hca), Algiers, Algeria⁽⁴⁾

Introduction: Trichotillomania is a compulsive disorder in which the patient pulls out his hair. Trichoscopy (dermatoscopy of hair and scalp) facilitates the diagnosis of hair and scalp disorders.

Objective: to determine the trichoscopic signs of trichotillomania, and compare them to those of the alopecia areata

Materials and Methods: An analytical descriptive study involving 37 patients with trichotillomania and 132 patients with alopecia areata over a period of 2 years.

The diagnosis was clinical, rarely histological.

All patients underwent a trichoscopic examination by the digital trichoscope Dinolite, the results were entered on the EPI info, and compared by X².

Results: 37 patients with trichotillomania, 8 men, 29 women, 13 children, the average age is 21 years, the average change was 14 months. The most frequent site was the forehead in 51% of patients, followed by the temple in 29%, the occiput in 11%, and the diffuse form in 9% of patients. The trichoscopic signs were: broken hair (100%), trichoptilosis (89.18%), exclamation mark hair (51.35%), tulip hair (51.35%), black dot (64.86%), cadaverized hair (in flame) (45.94%), coiled hair (arobasis) (37.83%), yellow dot (35.13%), and V-sign (24%).

Compared with the trichoscopic signs of alopecia areata (132 patients), the signs that were significant for trichotillomania (P 0.001): broken hair, trichoptilosis, tulip hair, coiled hair, and V-sign.

Signs were significant for the alopecia areata: yellow dot (90%) (P= 0.001), and exclamation mark hair (76%) (P = 0.002). The signs were not significant: black dot (67.5%) (P = 0.09), and cadaverized hair (31%) (P = 0.13).

Conclusions: trichoscopy is a simple, fast and inexpensive method for diagnosing and





monitoring trichotillomania.

