



# Disorders Related To Obsessive-Compulsive Disorder

## Diagnoses

**Sylogomania Disorder**, or pathological hoarding, is present when a person has a significant difficulty throwing or parting with certain objects, regardless of their real value. The person feels the need to keep them and experiences pain in throwing them away. As a result, there is an accumulation of objects which clutters and compromises the primary function of the room/home/space.

The accumulation of objects causes significant distress which has an impact on the person's functioning.

Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.



**Trichotillomania Disorder** is the compulsive pulling out of one's own hair which results in hair loss.

The diagnosis is present when the person repeatedly tries to decrease or stop this behavior and the hair pulling causes significant distress that has an impact on the person's functioning.

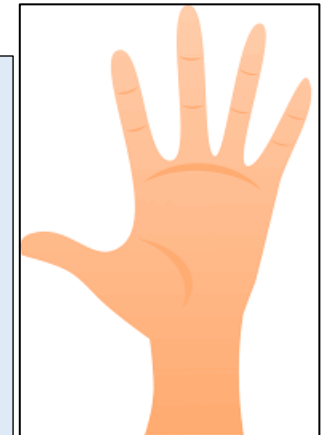
Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.



**Excoriation Disorder**, or skin picking, is present when a person repeatedly picks their skin to the point of getting skin lesions.

The diagnosis is present when the person repeatedly tries to decrease or stop this behavior and the picking causes significant distress that impacts their functioning.

Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.





## Resources

Équipe Santé mentale jeunesse  
Youth Mental Health Team  
CIUSSS-O/DIM

### Sylogomania Disorder

<https://www.mayoclinic.org/diseases-conditions/hoarding-disorder/symptoms-causes/syc-20356056>

<https://adaa.org/understanding-anxiety/obsessive-compulsive-disorder-ocd/hoarding-basics>

<https://www.psychiatry.org/patients-families/hoarding-disorder/what-is-hoarding-disorder>

<https://www.apa.org/monitor/2020/04/ce-corner-hoarding>

<https://sylogomanie.fr/thesaurisation-pathologique/>

<https://www.esantementale.ca/Canada/Trouble-de-thesaurisation-aka-thesaurisation-pathologique/index.php?m=article&ID=13330>

<https://iocdf.org/about-ocd/related-disorders/>

### Excoriation Disorder

<https://www.esantementale.ca/Canada/Dermatillomanie-alias-trouble-dexcoriation/index.php?m=article&ID=52635>

[https://mhanational.org/conditions/excoriation-disorder-skin-picking-or-dermatillomania#:~:text=Excoriation%20disorder%20\(also%20referred%20o,significant%20disruption%20in%20one's%20life.](https://mhanational.org/conditions/excoriation-disorder-skin-picking-or-dermatillomania#:~:text=Excoriation%20disorder%20(also%20referred%20o,significant%20disruption%20in%20one's%20life.)

<https://www.bfrb.org/learn-about-bfrbs/skin-picking-disorder>

<https://iocdf.org/about-ocd/related-disorders/skin-picking-disorder/>

### Trichotillomania Disorder

<https://www.mayoclinic.org/diseases-conditions/trichotillomania/symptoms-causes/syc-20355188>

<https://www.esantementale.ca/Canada/La-trichotillomanie-chez-les-enfants-et-les-jeunes/index.php?m=article&ID=8889>

Salazar, C. (2004). *Qu'arrive-t-il à mon enfant ? Un guide pour les parents d'arracheurs de cheveux / What's Happening To My Child? A Guide For Parents Of Hair Pullers*. Rophe PR.

Golomb, R.G, & Vavichek, S.M. (2000). *The Hair Pulling 'Habit' and You : How to Solve the Trichotillomania Puzzle*. Silver Spring, MD : Writer's Cooperative of Greater Washington.

### Ressources / Resources

**Ligne Parents (24/7)** : 1-800-361-5085, <https://www.ligneparents.com/LigneParents-8-1-1>: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

**Tel-Jeunes (24/7)**: 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

**Jeunesse, J'écoute - Kids Help Phone (24/7)**: 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

**Suicide Action Montréal (24/7)**: 1-866-277-3553, <https://suicideactionmontreal.org/>

**L'Autre Maison Crisis Center (24/7)**: 514-768-7225, <https://centredecrise.ca/lautre-maison>

**West Island Crisis Center (24/7)**: 514-684-6160, <https://centredecriseoi.com/>

